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91300



NEW ZEALAND QUALIFICATIONS AUTHORITY
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SUPERVISOR'S USE ONLY

Level 2 Home Economics, 2018

91300 Analyse the relationship between well-being, food choices and determinants of health

2.00 p.m. Friday 23 November 2018
Credits: Four

Achievement	Achievement with Merit	Achievement with Excellence
Analyse the relationship between well-being, food choices and the determinants of health.	Analyse, in depth, the relationship between well-being, food choices and the determinants of health.	Comprehensively analyse the relationship between well-being, food choices and the determinants of health.

Check that the National Student Number (NSN) on your admission slip is the same as the number at the top of this page.

You should attempt ALL parts of the question in this booklet.

Pull out Resource Booklet 91300R from the centre of this booklet.

You **MUST** use the resources provided in the resource booklet to answer the questions.

If you need more room for any answer, use the extra space provided at the back of this booklet.

Check that this booklet has pages 2–8 in the correct order and that none of these pages is blank.

YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

Achievement

TOTAL

04

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INSTRUCTIONS

Read **Resource Booklet 91300R** and refer to it, as well as your own knowledge, when answering the question in this booklet.

Use the space below to plan, then begin your written response on page 3.

PLANNING (OPTIONAL)**Determinants****Food Choice****Well-being****Stress**

- Demanding job, traveling overseas regularly.
- Works late.
- Mere
- Works long hours/weekends
- No routine at home.

Access to healthy food**Social gradient**

QUESTION

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Interconnections between three determinants of health (stress, access to healthy food, and social gradient) will impact on the Hayes family's food choices and well-being, as well as on the society in which they live.

- (a) How do EACH of the three determinants of health positively and/or negatively affect the Hayes family's food choices, and their well-being?

Include at least ONE detailed example for each determinant to support your answer.

Stress

"Both John and Mere have demanding jobs that take up a lot of their time. John is often traveling overseas & working late so his food choices would be based off what's quick & easy for example takeaways which he admits to buying on the way home from work because "the family is often too tired to cook dinner". Mere also works long hours/weekends. Mere's shift work has a negative effect on ~~there~~ food choices because she has little to no routine at home. John & Meres demanding jobs are having a negative impact on not only their food choices but their childrens as they have no food routine and are often too tired to cook a healthy meal and choose the quick/easy but unhealthy option of takeaways. There ^{physical} well-being is

Part (a) continues on the next page

being negatively affected, ~~they~~ Sam & Aroha are lacking energy, struggling to concentrate & starting to gain weight because they don't have a continuous healthy diet.

Access to healthy food

John and Mere both have demanding irregular working hours ~~so~~ which negatively affect their access to healthy food.

John is often working late so wouldn't have time to go to the grocery store or fruit & vegetable markets.

Mere often works long hours including the weekends so she also wouldn't have time to go to the grocery store or fruit & vegetable markets.

this will affect the Hayes family negatively because they won't regularly have fresh fruits & vegetables. Sam & Aroha have access to the local dairy & school canteen but buy energy drinks & pies which are high in sugar & fats so will negatively affect their well-being, they will get no nutrients from energy drinks & pies. However on Tuesdays after basketball their grandparents cook them a healthy meal with fresh vegetables from their garden. This will positively affect their well-being by contributing to their 5+ a day.

Social gradient

The Mayes family are quite high on the social gradient ~~low~~ as they live in a wealthy suburb in Wellington & both John & Mere have well paying jobs. This means they have warm uncrowded housing, reliable transport & the ability to afford a variety of healthy food. This will positively affect ~~the~~ not only their physical well-being by insuring they are warm & healthy but also their mental & emotional well-being because they don't have to stress as much about affording food ect. ||

- (b) Explain how the interconnections between the three determinants of health (stress, access to healthy food, and social gradient) will affect the Hayes family, AND New Zealand society.

The Hayes Family need to make more time and make their diet more of a priority as they can easily afford to and can access healthy food its just finding the time. Their poor diets are starting to negatively affect all aspects of their well-being.

Achievement Exemplar 2018

Subject	Level 2 Home Economics		Standard	91300	Total score	04
Q	Grade score	Annotation				
1	A4	<p>The candidate explains an effect of two determinants of health on the food choices for the Hayes family. These determinants were: stress and/or access to healthy food, and/or social gradient (e.g. “too tired to cook a healthy meal and choose quick/easy but unhealthy takeaways. Their physical well-being is being negatively affected ... struggling to concentrate and starting to gain weight”; “Grandparents cook them a healthy meal with fresh vegetables from their garden. This will positively affect their well-being by contributing to their 5+ a day”).</p> <p>The candidate explains two dimensions of food choices’ impact on the well-being of the Hayes family (e.g. “ability to afford a variety of healthy food ... emotional well-being because they don’t have to stress as much about affording food”; “Sam and Aroha have access to the local dairy ... but buy energy drinks and pies which are high in sugar and fat so will negatively affect their well-being”).</p>				