

No part of the candidate's evidence in this exemplar material may be presented in an external assessment for the purpose of gaining an NZQA qualification or award.

SUPERVISOR'S USE ONLY

2

91300



Draw a cross through the box (X) if you have NOT written in this booklet

☐

+



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 2 Home Economics 2023

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

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.

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.

Do not write in any cross-hatched area (DO NOT WRITE). This area will be cut off when the booklet is marked.

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

Achievement

TOTAL 04

INSTRUCTIONS

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

Include relevant examples from Resource B – Scenario: The Smith family.

PLANNING

Consider how the following determinants of health affect food choices and well-being:

- social support
- work conditions
- access to healthy food.

QUESTION

(a) How are the Smith family's food choices influenced by **social support**?

The Smith family's food choices are influenced by social support. One example is how Tania takes advantage of the food parcels which contain foods like pasta, rice, baked beans and tinned tomatoes. These foods are mainly starchy carbs ~~however~~ ^{which} ~~the~~ ^{the} body needs but more protein, fresh fruits and vegetables, and milk products are needed. Another example is how Tanias boss lets her take home slices and cakes which are both sugary foods which can lead to health problems like obesity or diabetes.

(b) How are the Smith family's food choices influenced by Tania's **work conditions**?

The Smith family's food choices are influenced by Tanias work conditions. For Tania, the free lunch she receives is relatively healthy. The base is vegetables and homemade bread which is not processed. This benefits her however she also brings home slices and cakes that are full of sugar and for the kids could lead to obesity or diabetes.

- (c) How do food choices affect the well-being of the members of the Smith family, both **positively** and **negatively**?

Name and refer to all FOUR dimensions of well-being from Resource A in your response.

Social well-being of the

Social - the food choices made affect the Smith family both positively and negatively.

~~Firstly~~ Firstly, Tania gets to eat at work and because staff get free lunch, they can sit together and socialise. ~~As well as~~ Similar to this, the children enjoy the breakfast at the school and therefore can meet new friends in the process. The family can also spend quality time with each other while foraging. These are all positive however Tania is impacted negatively due to avoiding socialising as she doesn't have food. Physical - the kids diets are made up of mainly carbs which can be high in fats, salts, sugars. Therefore, could lead to obesity, or other issues which impacts their physical well-being negatively. Mental/Emotional - For Tania, the food choices she has to make will affect her mental health negatively. She is not able to feed her children breakfast or a healthy diet. ~~Bring a~~ Overall, her food choices affect her and the kids more negatively than positively.

- (d) Explain in detail how the THREE determinants of health from Resource A **interconnect** to enhance or hinder the Smith family's food choices AND well-being.

The social support Tania receives impacts her physical well-being positively, but her mental/emotional well-being negatively. The social support the cafe provides means she can eat a healthy lunch while not being at risk of health problems. However, having other people constantly provide for you can impact your mental/emotional well-being negatively. Also your spiritual well-being is negative because you can have thoughts of failure. The Smith family have access to a balanced diet and can receive foods from everywhere. This benefits them as they can eat a nutritious healthy meal each day. Similar to social support, Tania's work conditions also impact her food choices positively.

- (e) Explain in detail how food choices, made by families like the Smith family, can have an impact on New Zealand society.

Over 1 million people in NZ struggle to make good food choices like the Smith family in NZ which can lead to have an impact on the society as a whole. Throughout the Smith family example, we can link many things they do/need to the society. Food banks in NZ will be constantly impacted as people cannot afford to make good food choices. If people constantly continue to use eat these 'filler' foods, major health problems can arise throughout the country. This can then lead to more filled hospitals and make a whole ~~an~~ other industry disadvantaged. Similar to many kids in NZ, the Thomas kids eat a average breakfast at school. This costs schools alot of money. Overall, the impacts on the society peoples food choices make, mainly impact the countries economy negatively.

Achievement

Subject: Home Economics

Standard: 91300

Total score: 04

Q	Grade score	Marker commentary
One	A4	The candidate has attempted to answer all parts of the assessment. Food choices and determinants are explained but the responses lack the detail needed for a higher grade. For example, in part c, regarding social well-being, the candidate states, "Firstly Tania gets to eat at work and because staff get free lunch, they can sit together and socialise. Similar to this, the children enjoy the breakfast at the school and therefore can meet new friends in the process. The family can also spend quality time with each other while foraging."