

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.

2

91300



913000



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

SUPERVISOR'S USE ONLY

Tick this box if you
have NOT written
in this booklet

Level 2 Home Economics 2022

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 (X). This area may 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

ASSESSOR'S USE ONLY

INSTRUCTIONS

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

Include relevant examples from the scenario (Resource B) when answering ALL parts of the question.

PLANNING

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

- access to healthy food
- transport
- social gradient.

Access to healthy food can affect your well-being if you don't have access to healthy foods your physical well-being is effected as your body isn't getting the right nutrition that it needs this can cause your body to be low on energy or put on weight from fatty foods. This may effect your mental and emotional well-being if you are not happy with your body/health.

Transport may have an affect on food choices ~~as~~ if you don't live near a supermarket ~~as~~ and can't afford a car or the expenses of a car such as petrol you might find a more convenient option such as the local dairy.

QUESTION

- (a) How are the Parata family's food choices influenced by **access to healthy food**?

The Parata family's food choices are influenced by access to healthy food ~~by making a packed lunch from the supermarket with healthier foods instead of buying lunch everyday at school~~. As they can shop at the large Supermarket that have a wider ~~bigger~~ range of foods / healthy foods. This means they are able to make packed lunches for work and school instead of wasting money at the canteen. This is a cheaper and healthier option.

- (b) How are the Parata family's food choices influenced by **transport**?

Transport has ~~an impact~~ influenced the Parata family's food choices as they no longer live in the city ~~where~~ where they are walking distance to takeaways. They now can get their weekly shop ~~by delivery~~ delivered. This is a convenient option as Tamahi drives the family car to work everyday ~~meaning~~ & meaning it may be more difficult to use the car to go to the Supermarket.

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

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

The food choices of the members of the parata family affect there physical well-being in a positive way, as they have access to healthy foods meaning there body is getting the nutrition it needs so that they have energy to get ~~th~~ through there day. and The boys will be able ~~to withstanding~~ to concentrate more in class as the brain can function better with the right foods.

The members of the parata familys food choices may negatively affect there mental and emotional well-being as they are no longer enjoying the takeaways that they had in the city. The boys might not like the change of not having the canteen food at school. They ~~might~~ miss being able to order pizza for dinner and they feel limited to the takeaways they can eat as they only have the local fish and chip shop.

The members of the parata familys food choices may negatively affect there social well-being as they have moved to a small country town where they dont know anyone, this could mean they dont eat out with family or friends like they might of done in the ~~est~~ City. Instead they make home cooked meals just for ~~their~~ there family of 4.

- (d) Explain in detail how the determinants of health (access to healthy food, transport, and social gradient) interconnect to enhance or hinder the Parata family's food choices AND well-being.

The access of healthy foods from the supermarket that the Parata family shop at has enhanced their food choices and well-being as they are able to choose foods from a wide selection. This enhances their food choices as they can pick healthier foods rather than convenient foods that they may get elsewhere as such as their small local supermarket with a small range of products.

Transport has enhanced the Parata family's food choices and well-being as they no longer have to walk to the nearest supermarket with a less variety of foods, instead they can get it delivered. This is enhancing their well-being as they feel happier that they are getting the food of their choice without it being too expensive.

The social gradient has enhanced the Parata family's food choices and well-being as they can afford to buy the foods they want and need. Healthy foods are often more expensive than unhealthy, fatty, convenience foods. This has a positive effect. This enhances the family's well-being in a positive way as they are earning enough to supply nutritious foods for their family.

These three determinants of health are interconnected as the Parata family are fairly high on the social gradient meaning they can afford to pay for their food to be delivered. They can afford. This means they have access to healthy food.

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

Food choices, made by families like the Parata family can have an impact on New Zealand Society as school canteens may get shut down as students like Tamahi and Marama might decide to save their money and bring their own lunch to school instead of buying the unhealthy food from the canteen or only having canteen food once a week.

Other food choices made by families can have an impact on New Zealand's Society may be to get their food delivered this could mean higher demand on deliveries making deliveries more often instead of only Tuesdays and Fridays. This could give New Zealanders more job opportunities.

Extra space if required.
Write the question number(s) if applicable.

QUESTION
NUMBER

- C The members of the Parata family's food choices may have a positive effect on their spiritual well-being as they feel proud of the changes that they have made to better their family's health and well-being by having ~~better~~ healthier food choices and working together to make their new life better. They may feel ~~better~~ happier within themselves and ~~pround~~ proud to have accomplished something.

Achievement Exemplar 2023

Subject	L2 Home Economics	Standard	91300	Total score	04
Q	Grade score	Annotation			
1	A4	Access to healthy food is explained with links to well-being. However, the candidate could have shown more evidence of understanding what healthy / unhealthy food is by providing examples of food choices. A higher grade could have been achieved by adding more nutritional detail on the foods identified.			