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2

91300



NEW ZEALAND QUALIFICATIONS AUTHORITY
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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.

Excellence

TOTAL

08

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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.

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PLANNING (OPTIONAL)

Determinants

Food Choice

Well-being

Stress

- demanding, highly-paid job
- long hours + weekends
- Gaining weight
- running late for school

- biscuits
- chips
- 2 minute noodles
- energy drink
- pie
- quick easy foods
- takeaways

- gain weight
- obesity
- Type II diabetes
- tooth decay
- heart disease
- tiredness
- fatigue
- exhaustion
- family time together
- performance at sport & values
- Moe feels letting down her family & values

Access to healthy food

running out of fresh fruit,
milk, and bread

Grandparents have fresh
vegetables from garden

even though have lots of
money, time to go shopping is
not there.

- biscuits
- chips
- takeaways
- energy drink
- pie

doing
close to
school

- weight gain
- obesity
- Type II diabetes
- tooth decay
- heart disease
- tiredness
- fatigue
- exhaustion
- family time
- sport performance
- Moe feels like a bad mum

Social gradient

• high in social
ladder but
lack family time and
enough time to
go grocery
shopping

- spend time cooking to
increase family time
- hire a chef + nutritionist
to make healthy foods

→ junk foods despite
money

→ all of above

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

Stress has a negative impact on the health of Hayes family and their food choices. John is under a lot of stress because his job is demanding and works overseas regularly. He also has to work late to meet deadlines. This means he is under a lot of pressure and stress to make sure that he is getting his work done. John is starting to gain weight too. This could be that maybe he consumes a lot of quick easy foods and snacks to get him through a long day such as chips and drinks coffee. This is bad for his health because quick easy foods like chips and takeaways that John picks up on his way home tend to be high in salt, sugar, and fats. This can lead to diabetes, Type II diabetes, Obesity, heart problems, etc because of salt, sugar, and fats. and coffee has caffeine that can damage brain and liver cells The salt can block arteries and result to high blood pressures and heart diseases. This means that John would also have to worry about his job and his health. If he took too many time offs for his sickness, it could lead to unemployment which could bring him and his family down on the social ladder, especially if there is left working by herself. Stress also has a negative impact on the family because they are all stressed about (mental) their own things. The parents are stressed about work and the twins about school, they feel tired and exhausted because they are working too much and the

Part (a) continues on the next page

kids still have sports. They are also not eating the proper foods that should be nutrient dense so to provide them longer lasting energy instead of simple carbohydrates that have very little ~~food~~ ^{physical} nutrients. The twins may begin to perform badly and they will feel spiritually down if their goal is to play well. Stress also prevents the family from spending time together because of work. ^(social)

Access to healthy food

Although the Hayes family is high on the social ladder/gradient, they don't have very good access to healthy food because the parents are both too busy to be grocery shopping and preparing meals so the children tend to go to school without any breakfast or making lunch because they have run out of fresh fruit, milk, and bread. This is bad because the children need to have enough energy to last them the whole school day + trainings. Wholemeal breads would be a great breakfast as it contains fibre which can make them feel full ~~and~~ longer and are complex carbohydrates so they can have energy throughout the day instead of energy drinks ^{and} pies that are simple ~~and~~ ^{carbohydrates} and will provide energy instantly for a small amount of time. They also need fruits to gain the vitamins and nutrients that they need such as Vitamin D to help absorb calcium, ~~because they are growing~~ and this leads us to milk because calcium is important for these twins as they are growing so their bones and teeth need calcium as it is growing as lack of calcium can lead to osteoporosis or weak bones in the long term. It is important that they have strong dense bones especially that they are playing basketball and could get hurt and could easily damage a bone if it is very weak but dense bones are harder to get damaged. They ^{buy} ~~bring~~ biscuits and energy drinks from their ^{local} ~~local~~ ^{local} because it is on the way to school so they have easy access, so access to healthy food, and this is very bad for them as it can lead to future problems such as Type II diabetes, tooth decay, and heart

^(physical)
↓
problems. They are not getting the proper nutrients so it can lead to fatigue, and tiredness when training and result to low performance which they will feel ^(emotionally) bad about because they are not achieving their goal (spiritual) of playing well.

Social gradient

The Hayes Family may be high on the social gradient but they are not able to buy healthy foods still, even though they have a lot of money and are very wealthy. They do not have the time to go to the nearest supermarket to buy foods that are healthy and they also do not have the time to cook meals because John is overseas regularly and Mere works long hours. This means that the family turn to easy convenient foods that may taste good but are often high in salt, sugar, and fats. Mere is not able to cook quality foods that are healthy because she works as an emergency doctor and it becomes difficult for her to make a routine. She is not getting enough energy and feels rundown and exhausted probably due to the foods ^{she eats} as well as the stress at her job. Red meats are important for iron to help prevent anaemia and fatigue in individuals, especially women as on certain days in a month, women are losing blood and ^{they} ~~we~~ need the iron to help replenish that blood lost. This ~~was~~ ^{is} her physical well-being, her mental is that she is stressed and she can see her family suffering due to the lack of good foods at home as well. This can make her depressed ~~mental~~ and affect her spiritual because her self-esteem will lower as though she feels like a bad mother because her family is suffering. This is also her social because she is not spending time with her kids and her husband. The family is all just too busy with their work and sports + school to be spending time with each other and so all their social well-being is affected. Their physical is as well, because all are gaining weight and eating unhealthy, leading to future problems. Their mental is that they are all exhausted and eventually become depressed at their work because of

all the pressure or the bad performance at school or at their sports. Their spiritual ~~could be that the individuals feel as though they are giving their best, impacting their~~ self-esteem if ~~this~~ being the best is a value of theirs.

- (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.

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If the family is stressed because of all their individual activities such as work and basketball, this will affect their access to healthy foods because when they are stressed, they will feel exhausted and not have the time to go to the nearest supermarket and buy fruits and vegetables. This is the same vice versa because if the family do not have access to healthy foods, their health and well-being will decrease and so the family would need to add that stress of health issues on top of work and school and sports. The social gradient research shows that people higher on the social gradient have better health than those lower down because they have access to warm, insulated, and uncondemned housing; reliable transport; and the ability to buy food that provides a variety of nutrients. But this is not always the case. The Hayes family is high on the social gradient but they are not healthier. This is because of access to healthy foods, and stress. They are high on the social ladder which means that they have successful jobs but these jobs come at a price as well and that is a lot of pressure, work, and stress. Their job is very stressful therefore by the end of the day, they are drained and do not have the energy to go to the supermarket regardless if they have reliable transport. The twins' grandparents have good access to healthy foods because they have a fresh vegetable garden but that could be because they are retired so they have the time to do so but John and Merv are always busy and the kids are at school + sports. So the three determinants are all connected because ^{high} social gradient leads to stress and stress can affect ~~the~~ access to healthy food and so on. But some improvements the family could do is that they can hire a chef and/or a nutritionist that could cook for the family and so Merv does not

have to worry about making dinner and John does not have to ~~buy~~ ^{a healthy} takeaways because the chef would be able to make them dinner when all the family gets home. This means that the family can spend time eating at a table and talking about their day instead of the parents being too tired ~~and~~ to make dinner and they all just eat separately. Merv and John could also attend some basketball games when they are both not very busy so to tighten the bonds within the family and the twins would feel more motivated to play. And for the kids gaining weight, they could prepare or the nutritionist could help them prepare a healthy lunch to take to school and have an extra snack for practice so that they do not have to buy pies and energy drinks. This ~~will be~~ ^{so that} are some solutions that the family could take to improve their well-being and ~~so~~ they are able to spend more time with each other.

In New Zealand, obesity and other health problems are ~~bec~~ growing. This means more costs spent on health and hospital payments by the government as to withstand the growing demand for health services. This means that if the government is spending too much money on health services and hospitals, there will be less money for other things such as education, ~~or~~ roads, homes, etc. because families like the Hayes family are becoming obese. In New Zealand, $\frac{1}{3}$ of adults are obese or overweight, this is really bad and the government would need to provide health services for this growing problem because not only people that are low on the social ladder but also ~~else~~ those at the top of the social gradient due to determinants such as stress, access to healthy food, and social gradient that families like the Hayes family is suffering from. Low costs for education, and other things can lower New Zealand's reputation because the education quality may not be

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

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QUESTION
NUMBER

due to the money being spent on the health services. The New Zealand economy could decrease because the money is not being equally dispensed across the different areas such as education, housing, roads, etc. n

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Excellence Exemplar 2018

Subject	Level 2 Home Economics		Standard	91300	Total score	08
Q	Grade score	Annotation				
1	E8	<p>The candidate gives direct links to food eaten (e.g. “takeaways that John picks up on his way home tend to be high in salt, sugar, and fats. This can lead to diabetes”). The candidate then goes on to discuss the impact on NZ society (e.g. “If he [John] took too many time offs for his sickness, it could lead to unemployment”).</p> <p>Access to healthy food is covered in discussion on how busy the Hayes family is in relation to lack of time for “grocery shopping and preparing meals”. Comprehensive detail is given on nutrients required (e.g. complex carbohydrates and fibre that made the family “feel full longer”). A variety of vitamin knowledge is demonstrated.</p> <p>Four dimensions of Hauora are discussed holistically throughout the assessment (e.g. “They are not getting the proper nutrients so it can lead to fatigue and tiredness when training and result to low performance which they will feel bad about because they are not achieving their goal (spiritual) of playing well”).</p> <p>The correct social gradient is chosen for this determinant. Dimensions discussed with how they interconnect. (e.g. Physical: “she is not getting enough energy and feels rundown and exhausted”, “red meats are important ... to help prevent anaemia and fatigue”, “stressed”, mental well-being, “this could make her depressed and affect her spiritual”, and she was not spending time with her children and her husband and that affected her social well-being).</p> <p>In part (b) the candidate explains how demand on societal services relating to obesity rates in NZ are affecting societies’ services (e.g. “the Government is spending too much on money health services [due to obesity] ... there will be less money available for other things such as education, roads, homes, etc”).</p> <p>Interconnections are comprehensively analysed with examples included between stress, access to healthy food and social gradient that relate to the Hayes family’s food choices.</p>				