

91304R



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

## Level 2 Home Economics, 2012

### 91304 Evaluate health promoting strategies designed to address a nutritional need

9.30 am Friday 23 November 2012  
Credits: Four

#### RESOURCE BOOKLET

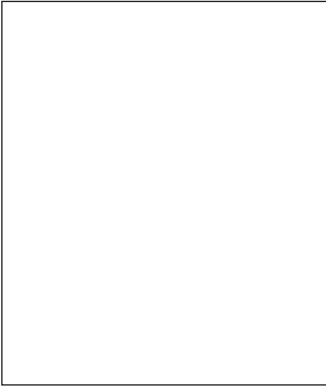
Refer to this booklet to answer the questions for Home Economics 91304.

Check that this booklet has pages 2–4 in the correct order and that none of these pages is blank.

**YOU MAY KEEP THIS BOOKLET AT THE END OF THE EXAMINATION.**

## Introduction

*The National Nutritional Guidelines* recommend teenagers drink 6–8 glasses of fluids each day. ...

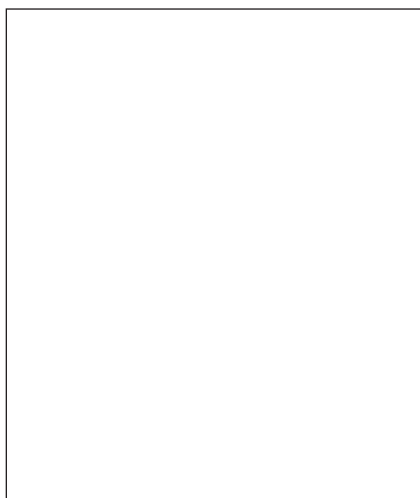


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... A 355 ml can of soft drink contains about 10.5 teaspoons of sugar.

## Strategy A

**Group One** decided that they would take The Waitemata District Health Board's *Beverage Guidelines* (a simple "traffic light" system where fluids are sorted into three groups, depending on how much sugar and energy they contain), to the Board of Trustees through their student representative, in the hope that the Board would adopt these guidelines at the school. ...



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... The red drinks would then be replaced with alternatives from the green or amber categories.

## Strategy B

**Group Two** organised a speaker from the Heart Foundation to come in and speak about the importance of healthy eating and exercise, including recommendations on how to reduce fat and sugar in foods and beverages. ...

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... Extract from flyer:

### Keep yourself in shape with regular exercise and healthy eating

Too much food, especially fatty or sugary foods, can contribute to being overweight or obese. ...

... To maintain a healthy body weight, we need to balance our food intake with physical activity—at least 30 minutes of moderately intense activity on most days of the week is recommended.

Recommendation	What can I do?
	✓
	✓
	✓
	✓
	✓

### Have plenty of water and other drinks every day

The body loses at least 1–1.5 litres of water each day. ...

... Unfiltered coffee may contribute to raised cholesterol levels.

Recommendation	What can I do?
	✓
	✓
	✓
	✓
	✓
	✓
	✓

## Strategy C

**Group Three** approached the Parent Teachers Association (PTA) to help buy water coolers that could be placed in supervised areas of the school. The PTA gave the students several water coolers, which were placed around the school for access by all students to fill their water bottles during breaks.

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## ACKNOWLEDGEMENTS

Material from the following sources has been adapted for use in this examination.

Page 2: Introduction

Auckland Regional Public Health Service, Waitemata District Health Board, and The National Heart Foundation of New Zealand, *Waitemata DHB Beverage Guidelines*, <http://www.arphs.govt.nz/Portals/0/Health%20Information/Nutrition%20and%20Healthy%20Eating/82420%20Beverage%20guidelines%20Brochure.pdf>.

Image from Microsoft® Office.com

<http://officeimg.vo.msecnd.net/en-us/images/MH900400989.jpg>

Strategy A

Auckland Regional Public Health Service, Waitemata District Health Board, and The National Heart Foundation of New Zealand, *Waitemata DHB Beverage Guidelines*, <http://www.arphs.govt.nz/Portals/0/Health%20Information/Nutrition%20and%20Healthy%20Eating/82420%20Beverage%20guidelines%20Brochure.pdf>.

Image from FreeClipartNow.com

<http://www.freeclipartnow.com/d/42981-1/traffic-light-all.jpg>

Page 3: Strategy B

The National Heart Foundation of New Zealand, *Heartbeat Catering Guidelines for Adults (Part Two)*, [http://www.heartfoundation.org.nz/uploads/hbc\\_adults\\_workbook%20part2%20of%202%20parts.pdf](http://www.heartfoundation.org.nz/uploads/hbc_adults_workbook%20part2%20of%202%20parts.pdf)

Image from <http://www.hoax-slayer.com>

<http://www.hoax-slayer.com/images/reusing-plastic-bottle.jpg>

Strategy C

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