

90960R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

Level 1 Home Economics, 2013

90960 Demonstrate understanding of how an individual, the family and society enhance each other's well-being

2.00 pm Friday 22 November 2013

Credits: Four

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Home Economics 90960.

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.

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Resource A

'KickStart Breakfast'



In 2009, Fonterra partnered with Sanitarium to form 'KickStart Breakfast', and today they provide 35 000 breakfasts every week to more than 500 schools in New Zealand (attended by children from low-income families) who have joined the programme online. 'KickStart Breakfast' offers up to **two breakfasts at school every week**, and encourages good breakfast habits that Kiwi kids can keep up at home, rather than taking away parental responsibility.

The programme is based on a community partnership model. Fonterra supplies Anchor Mega Milk, while Sanitarium supplies Weet-Bix, and the school communities provide the bowls, spoons, and people to supervise the breakfast clubs. This partnership approach allows each school to run their club in their own way. In fact, almost half the clubs are run by people from the schools' local communities, with parents and volunteers giving their time and energy to support the programme, leaving teachers to get on with planning their classes for the day.

Fonterra wanted to educate and empower young people to make wise nutritional choices, but the breakfast clubs are about more than promoting a healthy and nutritious diet. The environment provides a warm place and the time for students to develop social skills such as table manners, sharing, taking turns, and self-help skills. Older children are encouraged to take responsibility for younger children, and all students are encouraged to complete their homework before or after breakfast if necessary. Teachers report academic benefits, as well as improvements in behaviour, concentration, attendance, and punctuality.

In May 2013, the government also added their support to the 'KickStart Breakfast' programme by offering money to cover costs over the next five years, matched in value by Fonterra and Sanitarium. This will mean the programme can increase from two to five mornings a week in lower decile schools, with higher decile schools able to join in 2014 should they choose to do so.

Beatrice Faumuina, a former New Zealand gold medal winning discus thrower, was an Ambassador for the 'KickStart Breakfast' Clubs. She inspired thousands of children to get a healthy start to the day, aim high, and reach for their goals. Her passion for community well-being and natural ability inspired people to achieve their best. She continues to support as a friend of the 'KickStart Breakfast' programme.

Resource B

'Fonterra Milk for Schools' – Northland Pilot

Milk is an important building block to a healthy life. Primary school years are an important time for growth and development, and every Kiwi kid should have the best nutritional start. Milk is filled with the vitamins and minerals that children need for sustained growth, and that support energy, concentration, and learning in the classroom.

Fonterra announced a 'Milk for Kiwis' plan late in 2011, to make milk more affordable, and more available to all New Zealanders. The plan included the introduction of 'Fonterra Milk for Schools', offering all New Zealand primary-aged children access to the benefits of dairy nutrition every school day.

The programme offers Year 1 to 6 students a free serve of Anchor milk **every school day**. Fonterra delivers the milk, provides the schools with fridges to chill it, and collects the used packages for recycling, while the schools use a combination of class monitors, parents, and teachers to distribute the milk amongst the students.

In 2012, Fonterra launched a 'Fonterra Milk for Schools' pilot in 120 schools in New Zealand's Northland region, and building on the success of this, has started rolling out the programme to the rest of the country in 2013.

"We are totally committed to Fonterra Milk for Schools because we believe it will make a lasting difference to the health of New Zealand's children.

We want Kiwis to grow up drinking milk because it's good for them and we are proud that this programme will give every primary-aged kid the chance to enjoy this nutritious product."

Theo Spierings, Fonterra CEO

ACKNOWLEDGEMENTS

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

<http://www.kickstartbreakfast.co.nz>

http://www.kickstartbreakfast.co.nz/news?category_id=0&page=5

<http://www.fonterra.com/global/en/Sustainability/Community/Kickstart+Breakfast>

CMDHB Schools' Accord 2008, *Best Practice Guidelines for Establishing Breakfast Clubs in Schools*

<http://www.ana.org.nz/sites/default/files/BreakfastClubGuidelines.pdf>, pp 4 and 6.

<http://www.fonterra.com/global/en/sustainability/community/fonterra+milk+for+schools>

<https://www.fonterramilkforschools.com/news?category=press-release>

<http://www.beehive.govt.nz/release/breakfast-programme-part-solution>