

91300



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

2

SUPERVISOR'S USE ONLY

## Level 2 Home Economics, 2013

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

2.00 pm Thursday 21 November 2013

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.**

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 2–12 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.**

TOTAL

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You are advised to spend one hour answering the question in this booklet.

## INSTRUCTIONS

Use the information and the diagram below, the Smith family's scenario on page 3, as well as your own knowledge, when answering (a) and (b) on pages 4–9.

**Access to healthy food, lifestyle determinants, and stress** are three determinants of health that influence an individual's food choices. These determinants of health are **interconnected**, and affect an individual and society's well-being. The determinants can have **positive or negative** consequences on ALL FOUR DIMENSIONS of well-being:

- physical well-being / taha tinana
- mental and emotional well-being / taha hinengaro
- social well-being / taha whānau
- spiritual well-being / taha wairua.

Physical well-being / taha tinana	Mental and emotional well-being / taha hinengaro
Stress can be caused by many social factors. Workplaces and homes can be stressful, and stress can lead to addiction.	Access to healthy food is crucial – a nutritious diet is essential to good health.
<div data-bbox="288 1408 1305 1547" style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 60%;"> <p><i>For copyright reasons, this resource cannot be reproduced here.</i></p> </div>	
Lifestyle determinants can be influenced by an individual's diet, drug use, and exercise.	
Social well-being / taha whānau	Spiritual well-being / taha wairua

### **The Smith Family's Scenario**

The Smith family consists of Rawiri, Susan, Adam (15), and Ashley (13). They live in a small city in New Zealand. Both Rawiri and Susan work and earn a good income. They lead busy lives and choose to have easy meals, along with takeaways twice a week.

Rawiri works in an engineering company from 7.00 am to 4.30 pm, Monday to Friday, and every second Saturday. It is a physical job, and Rawiri struggles because he is overweight and has a heart problem. He does most of the cooking at home during the week, but doesn't like vegetables, with his favourite meal being roast pork and potatoes. Rawiri does the food shopping on a Sunday, but does not plan what meals they are having, as he often buys what is on special.

Susan is a sergeant in the New Zealand Police and manages the local station, which has a large number of staff that she is in charge of. She is required to work shift work, and often works 12-hour days. The job is very stressful, as she needs to deal with staff issues, as well as complex criminal cases. Susan relies on coffee and fast food to keep her going through the day, and struggles to find time to exercise and keep fit. She smokes and enjoys a few wines to help her relax. As she works long hours, she does not often see her children, and cannot help them a lot with their school work. She feels bad about this, and worries about her relationship with her children. She has recently visited the doctor because of difficulties with her digestive system, and the doctor has suggested that she needs to make significant changes to her diet.

Adam and Ashley have to make their own packed lunch and get themselves to school in the mornings. They are often running late and leave without having breakfast, or making lunch. Sometimes they have money and can get food from the school canteen, and when they get home from school, they often cook up 2 minute noodles, as these are easy to make. Both enjoy sport and play netball and rugby. They also spend a lot of their spare time on the computer and Facebook.

The family needs to review their lifestyle determinants and how these, stress, and their access to healthy food, affect the food choices they make.



(ii) **Determinant: Lifestyle**

Explain how the Smith family's lifestyle affects their food choices.

Include at least TWO detailed examples to support your answer.

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(b) **Interconnections** between the family’s chosen lifestyle, stress, and access to healthy food, impact on the Smith family’s food choices and well-being, as well as on the society in which they live.

Explain, in detail, **how** the interconnections of the three determinants of health named on page 3, **affect the Smith family, AND New Zealand society**.

Include detailed examples to support your answer, and consider the relevant dimensions of well-being from page 2.

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## Acknowledgements

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

Page 2: Images from Microsoft® Office.com

<http://office.microsoft.com/en-gb/images/results.aspx?qu=stress&ex=2#ai:MP900400322>

<http://officeimg.vo.msecnd.net/en-us/images/MH900433159.jpg>

<http://office.microsoft.com/en-gb/images/results.aspx?qu=wine&ex=1#ai:MP900314312>

<http://office.microsoft.com/en-gb/images/results.aspx?qu=excercise&ex=1#ai:MP900431107>

<http://office.microsoft.com/en-nz/images/results.aspx?qu=chocolate&ex=1#ai:MP900448355>