

See back cover for an English translation of this cover

2

91300M



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

SUPERVISOR'S USE ONLY

Ohaoha Kāinga, Kaupae 2, 2013

91300 Tātarihia te hononga i waenga i te oranga,
i ngā kōwhiringa kai, me ngā whakataunga hauora

2.00 i te ahiahi o te Rāpare, te 21 o Whiringa-ā-rangi, 2013
Whiwhinga: E whā

| Paetae | Kaiaka | Kairangi |
|---|---|---|
| Tātarihia te hononga i waenga i te oranga, i ngā kōwhiringa kai, me ngā whakataunga hauora. | Kia hōhonu te tātarihia o te hononga i waenga i te oranga, i ngā kōwhiringa kai, me ngā whakataunga hauora. | Kia whānui te tātarihia o te hononga i waenga i te oranga, i ngā kōwhiringa kai, me ngā whakataunga hauora. |

Tirohia mena e rite ana te Tau Ākonga ā-Motu (NSN) kei runga i tō puka whakauru ki te tau o runga ake o tēnei whārangī.

Me whakamātau koe i ngā pātai KATOA kei roto i tēnei puka.

Mena ka hiahia whārangī atu anō hei tuhituhi i ō whakautu, whakamahia ngā whārangī wātea kei muri o tēnei puka.

Tirohia mena e tika ana te raupapatanga o ngā whārangī 2–23 kei roto i tēnei puka, ka mutu, kāore tētahi o aua whārangī i te takoto kau.

ME HOATU KOE I TĒNEI PUKA KI TE KAIWHAKAHAERE Ā TE MUTUNGA O TE WHAKAMĀTAUTAU.

TE TAPEKE



MĀ TE KAIMĀKA ANAKE

Ko te whakahau, kia whakapau koe i te kotahi haora e whakautu ana i ngā pātai kei roto i tēnei puka.

NGĀ TOHUTOHU

Whakamahia ngā pārongo me te hoahoa o raro nei, te horopaki mō te whānau Smith kei te whārangi 3, me ōu ake mōhiotanga i a koe e whakautu ana i ngā wāhanga (a) me te (b) i ngā whārangi 6, 8, 10, 12, 14, me te 15.

Ko te whai wāhitanga atu ki ngā kai hauora, ki ngā whakataunga āhua noho, me te kōhukitanga ētahi whakataunga hauora e toru e whakaawe nei i ngā kōwhiringa kai a te tangata. Katoa ēnei whakataunga hauora e **honohono** ana, ā, ka pā ki te oranga o te tangata takitahi, o te hapori whānui hoki. He **pānga pai**, he **pānga kino** anō hoki ō ngā whakataunga ki ngā 'WĀHANGA E WHĀ' o te oranga:

- taha tinana
- taha hinengaro
- taha whānau
- taha wairua.

| Taha tinana | Taha hinengaro |
|--|---|
| <p>He wā ōna ka hua ake te kōhukitanga i ngā take pāpori maha. I te wāhi mahi me te kāinga, ka pāngia pea te tangata e te kōhuki, me te aha, ko te waranga te hua ka puta i te kōhuki.</p> | <p>He mea tino nui te whai wāhitanga ki ngā kai hauora - me mātua hākarikari ngā kai e pai ai te hauora.</p> |
| <div data-bbox="288 1429 1305 1568" style="border: 1px solid black; padding: 10px; margin: 20px auto; width: 60%;"> <p><i>He tapu tēnei rauemi. E kore taea te tuku atu. Aata tirohia ki ngā kupu kei raro iho i te pouaka nei.</i></p> </div> | |
| <p>Ka whakaawetia ngā whakataunga āhua noho e te ritenga kai a te tangata, e tāna kai taru, me tana korikori tinana.</p> | |
| Taha whānau | Taha wairua |

Te horopaki mō te whānau Smith

Ko Rawiri rātou ko Susan, ko Adam (15 ngā tau), ko Ashley (13 ngā tau) ngā tāngata o te whānau Smith. Kei tētahi tāone iti, i Aotearoa, rātou e noho ana. Ka mahi a Rāwiri rāua ko Susan, ka mutu, he pai tonu ā rāua utu. He rite tonu te pokea o rāua e te mahi, me te aha, ka kōwhiria ngā momo kai he ngāwari te whakarite, ka mutu, e rua ngā rā o te wiki, ka hokona ngā momo ō rangaranga.

Mahi ai a Rawiri ki tētahi kamupene pūkaha mai i te 7.00 i te ata ki te 4.30 i te ahiahi, atu i te Rāhina ki te Rāmere, i ia Rāhoroi tuarua anō hoki. Mā te tinana pakari tāna mahi, me te aha, e raru ana a Rawiri nā tōna taumaha rawa, ka mutu, e pāngia ana hoki tōna manawa e te mate. Ka riro māna te nuinga o ngā kai e tunu i te kāinga i te wiki, engari, kāore ia e pai ana ki ngā huawhenua, otirā, ko te poaka me te rīwai parahunuhunu tāna tino kai. Hoko ai a Rawiri i ngā kai i ia Rātapu, engari, kāore e āta whakaritea ngā kai a te whānau, inā hoki, he rite tonu tana hoko i ngā kai kua heke kē noa iho te utu.

He heihana a Susan i te Ope Pirihimana o Aotearoa. Ko ia te kaiwhakahaere i te teihana ā-rohe, ā, kei reira ngā kaimahi i raro i tōna mana. Me mahi tiriwā ia, ā, he rite tonu tana mahi kia 12 haora i te rā. He mahi tino taumaha tēnei, nā te mea me aro ia ki ngā take kaimahi, me ngā take taihara uaua. Ka whakawhirinaki atu a Susan ki te kawhe me te ō rangaranga e ora tonu ai ia i te roanga o te rā, ā, me uaua ka whai wā ki te kori tinana, ki ngā mahi nakawhiti hoki. He wahine kai paipa ia, ā, he pai ki a ia te inu waina hei whakatau i tōna mauri. I te roa o ana haora mahi, kāore ia e tino whai wā ki ana tamariki, otirā, ki te āwhina i a rātou i roto i ā rātou mahi kura. E pōuri ana ia i tēnei tūāhua, ā, e māharahara ana ia ki te āhua o tana hononga ki āna tamariki. I nā noa nei i toro atu ai ia ki te tākuta i te mea kua raru tana pūnaha kūnatu. Ko tā te tākuta, me mātua panoni ia i tana ritenga kai.

Mā Adam rāua ko Ashley e whakatika ā rāua ake tina, e whakarite anō hoki tō rāua haerenga atu ki te kura i te ata. He rite tonu tō rāua tōmuri, me te aha, kāore e parakuihi, e whakarite tina rānei i mua i te wehenga. I ōna wā, he pūtea ā rāua hei hoko kai i te wharekai o te kura, ā, ka hoki ana rāua ki te kāinga, he rite tonu tā rāua tunu i ngā kihu parāoa 2 mēneti, nā te mea he māmā ki te whakarite. He pārekareka te hākinakina ki a rāua, ā, tākaro ai rāua i te poitarawhiti me te whutupōro. He nui hoki ngā haora wātea ka pau i a rāua ki te rorohiko me te Pukamata.

Me arotake te whānau i ā rātou whakataunga āhua noho me ngā pānga o ērā tūāhua, o te kōhukitanga, me te whai wāhitanga atu ki ngā kai hauora, ki ā rātou kowhiringa kai.

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 5, as well as your own knowledge, when answering (a) and (b) on pages 7, 9, 11, 13, 16, and 17.

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 1413 1305 1550" style="border: 1px solid black; padding: 10px; margin: 0 auto; width: fit-content;"> <p><i>For copyright reasons, this resource cannot be reproduced here.</i></p> </div> | |
| <p>Lifestyle determinants can be influenced by an individual's diet, drug use, and exercise.</p> | |
| 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.

He Mihi

E rārangi mai nei ngā wāhi i tīkina mai ai ētahi mātāpuna hei rau atu ki tēnei whakamātautau.

Te Whārangi 2: I ahu mai ngā pikitia i 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>

Acknowledgements

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

Page 3: 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>

English translation of the wording on the front cover

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 2–23 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.

91300M