

91304R



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

## Level 2 Home Economics, 2013

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

2.00 pm Thursday 21 November 2013

Credits: Four

#### RESOURCE BOOKLET

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

Check that this booklet has pages 2–6 in the correct order and that none of these pages is blank.

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

**This page has been deliberately left blank.**

## Introduction

“When I grew up in the 1950s, very few kids went to school hungry, and if they did, the government gave them a free bottle of milk every day. The theory is that hungry kids do not learn. Every kid, rich or poor, was given a bottle of milk. No child should go hungry in New Zealand.”

*A quote from Bryan Bruce’s DVD, ‘Inside Child Poverty’.*

## The New Zealand Food and Nutrition Guidelines

*The New Zealand Food and Nutrition Guidelines for Healthy Children and Young People (Aged 2–18 years) state that teenagers should:*

1. Eat a variety of foods from each of the four major food groups each day.
2. Eat enough for activity, growth, and to maintain a healthy body size.
  - Eat regularly over the day, that is, have breakfast, lunch, and dinner, and include snacks between meals.
3. Prepare foods or choose pre-prepared foods, snacks, and drinks that are:
  - low in fat, especially saturated fat
  - low in sugar, especially added sugar
  - low in salt (if using salt, use iodised salt).
4. Drink plenty of water during the day. Include reduced-fat or low-fat milk every day.
  - Limit drinks such as fruit juice, cordial, fruit drink, fizzy drinks (including diet drinks), sports drinks, and sports water.
  - Energy drinks or energy shots are not recommended for young people.
5. Eat meals with family or whānau as often as possible.
6. Be physically active.
  - Take part in regular physical activity, aiming for 60 minutes or more of moderate to vigorous activity each day.

### Strategy A: 'Meals at School' Food Club

*For copyright reasons, this resource cannot be reproduced here.*

Some students suggested a 'Meals at School' Food Club run by students, parents, and interested staff. The students would pay \$10.00 a week for a simple meal to eat at first break or interval. The students would help with setting tables, serving food, as well as cleaning and clearing up at the end of each meal. The vegetables used in the preparation of the meals would come from the vegetable garden cultivated by the Agriculture / Horticulture and Home Economics students.

### Strategy B: 'Inside Child Poverty' DVD

Some students suggested that they write a detailed article in the school newsletter highlighting the importance of eating regular meals throughout the day, that would then be emailed to parents. They also suggested inviting parents to a Parent Teacher Association (PTA) meeting where they would show them a DVD titled 'Inside Child Poverty' by Bryan Bruce. The DVD shows clearly that if students do not eat regular meals throughout the day, they cannot concentrate on their studies.

The DVD would be shown to the students in assemblies as well, and the following pamphlet would be given out:

*For copyright reasons, these resources cannot be reproduced here.*

### Strategy C: Facebook Page

Some students suggested setting up a Facebook Page where they would upload photos and videos of cooking demonstrations showing how to prepare easy and cheap breakfasts / snacks, as well as packed lunches. Students could then share recipes for nutritious, low-cost (under \$2.50 per serve) meals, to help reduce the food budget. The Level 2 (Year 12) Home Economics class could trial making some of the meals and include these on the web page. There could be a prize given for the best idea (for example, a meal for four, costing under \$10.00, that utilises local, readily available ingredients, and receives the most 'likes'). The principal has also agreed that every Year 9 class has a two-hour lesson on making healthy snacks and lunches suitable for bringing to school.

*For copyright reasons, this resource cannot be reproduced here.*

## ACKNOWLEDGEMENTS

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

Page 3: Introduction

'Inside Child Poverty in New Zealand' DVD, Bryan Bruce, New Zealand (2011)

The New Zealand Nutritional Guidelines

<http://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-children-and-young-people-aged-2-18-years-background-paper>

Page 4: Strategy A

Image from <http://www.ccsdut.org>

<http://www.ccsdut.org/imageGallery/JGibbons9/departments/nutrition/MP900409367.JPG>

Strategy B

Image from <http://www.breakfast-eaters.org.nz>

Page 5: Strategy C

Image from <https://www.facebook.com/pages/St-Martins-School-Year-12-Home-Economics-Class/393107557454502>



