

90960R



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

## Level 1 Home Economics, 2014

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

2.00 pm Monday 24 November 2014  
Credits: Four

### RESOURCE BOOKLET

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

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.**

*For copyright reasons, the resources in this booklet cannot be reproduced here.*

## Resource A: The Christchurch Fruit and Vegetable Co-operative Process

### How does it work?



Joining the co-operative is free, and anyone can become a member.

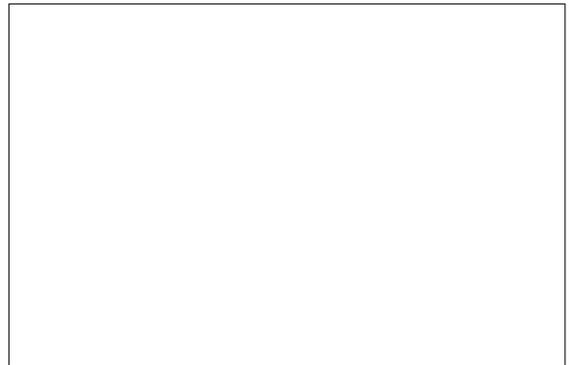
Members must place their orders and pay for them one week in advance. A fruit and vegetable pack costs \$10. The contents of the packs will vary each week depending on what is in season. Each pack comes with a recipe idea on how to use the fruit or vegetables in the pack, and some health information. Members can also sponsor a pack for a family in need.



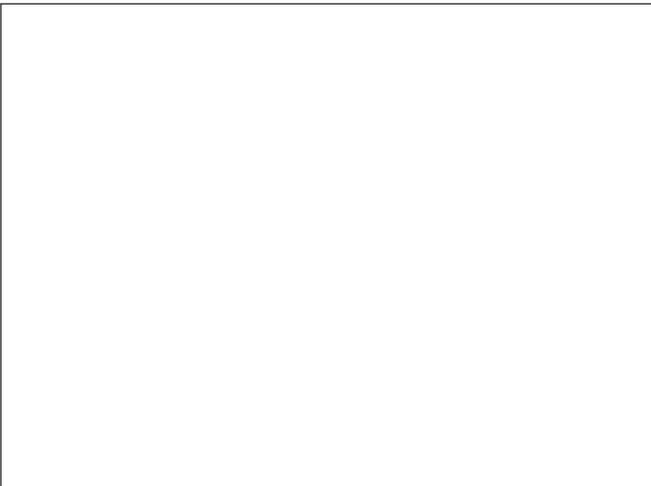
### Co-op buying

The Christchurch Cathedral employs a co-op buyer, who goes to the fruit and vegetable markets in Sockburn around 6.30 am every Tuesday, to get the best buys for all the co-op orders. Big supermarkets also shop there.

The fruit and vegetables are trucked to seven packing centres at churches around Christchurch.



### Packing centres



Volunteers from the community work at the seven packing centres, sorting the fruit and vegetables into \$10 packs.

The packing centres are very well organised with 20 to 30 volunteers that include retired people, shift workers, parents with children, and students. Team leaders assign jobs to volunteers depending on their skills. For example, strong people may be chosen to unpack trucks, while others sort and count fruit, sort waste, or clean-up. There is even someone allocated to look after the children of the volunteers.

The Canterbury District Health Board provides nutrition hints and recipes to go into the packs, and hand sanitiser for the volunteers. They also refer needy families who need sponsored packs.

## Resource A (continued): The Christchurch Fruit and Vegetable Co-operative Process



### Distribution

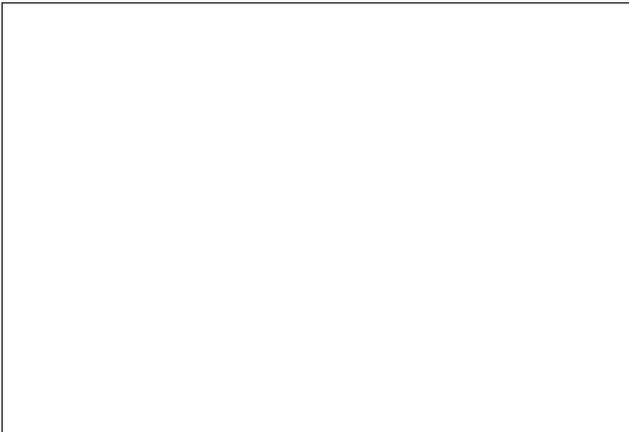
Volunteers transport packs to the 26 pick-up centres around Christchurch. The Christchurch Cathedral have bought a new van to help with this.

At the pick-up centres, more volunteers deliver packs to disabled co-op members.

Other people come and pick up their own packs.



### Member benefits



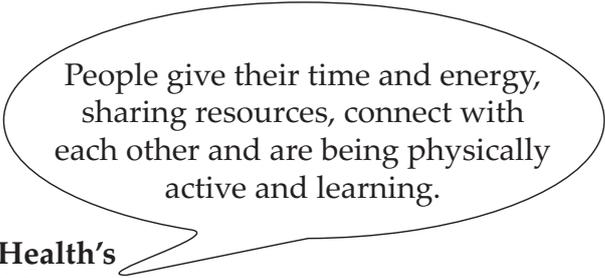
Families, whānau, and individuals have affordable access to a range of nutritious fruits and vegetables each week.

They meet up with other people when they go to pick up their packs, and co-operate with neighbours to take turns picking up packs.

Families learn to cook a variety of fruits and vegetables, and learn about the nutritional benefits of eating fresh foods.

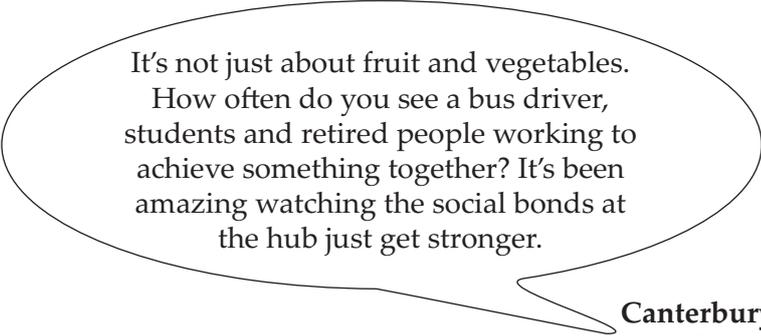
The resources continue on the next page

**Resource B: Viewpoints about the Christchurch Fruit and Vegetable Co-op**



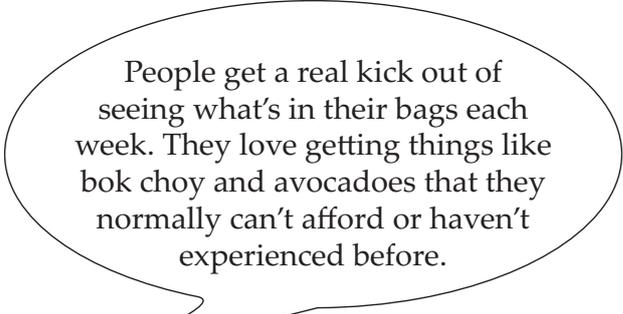
People give their time and energy, sharing resources, connect with each other and are being physically active and learning.

**Community and Public Health's  
Community Nutrition Advisor**



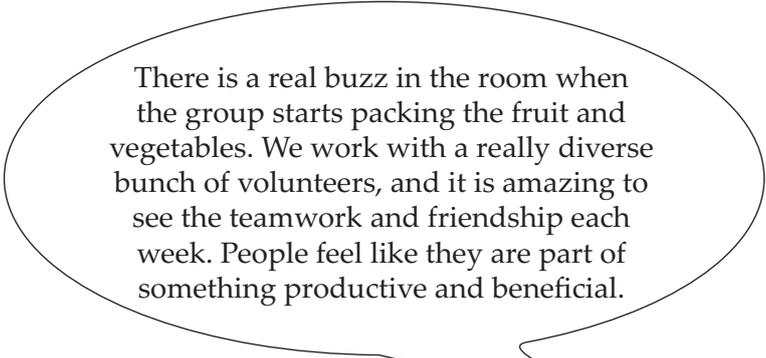
It's not just about fruit and vegetables. How often do you see a bus driver, students and retired people working to achieve something together? It's been amazing watching the social bonds at the hub just get stronger.

**Canterbury DHB  
Health Promoter**



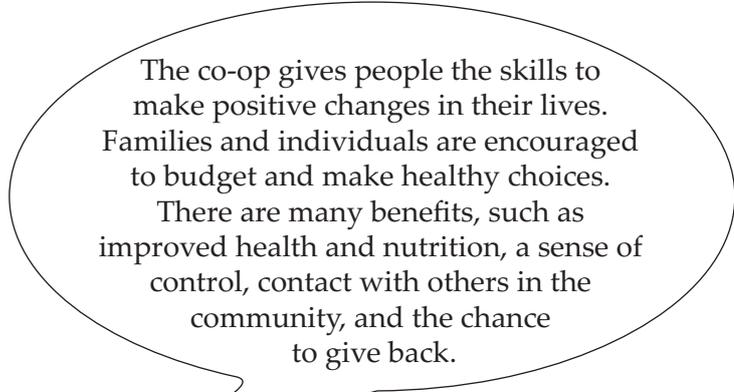
People get a real kick out of seeing what's in their bags each week. They love getting things like bok choy and avocados that they normally can't afford or haven't experienced before.

**Spokesperson for  
Christchurch Cathedral**

**Resource B (continued): Viewpoints about the Christchurch Fruit and Vegetable Co-op**A large speech bubble with a tail pointing towards the bottom right, containing text.

There is a real buzz in the room when the group starts packing the fruit and vegetables. We work with a really diverse bunch of volunteers, and it is amazing to see the teamwork and friendship each week. People feel like they are part of something productive and beneficial.

**St Faith's  
Volunteer Coordinator**

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The co-op gives people the skills to make positive changes in their lives. Families and individuals are encouraged to budget and make healthy choices. There are many benefits, such as improved health and nutrition, a sense of control, contact with others in the community, and the chance to give back.

**The students'  
Home Economics teacher**

## Acknowledgements

Material from the following sources has been accessed on 30 May 2014, and adapted for use in this examination.

Page(s)	Source
2	<p><a href="http://www.cph.co.nz/About-Us/Fruit-and-Vege-Cooperative/">http://www.cph.co.nz/About-Us/Fruit-and-Vege-Cooperative/</a> and <a href="http://www.cph.co.nz/Files/FruitVegeCoopGrows.pdf">www.cph.co.nz/Files/FruitVegeCoopGrows.pdf</a></p> <p>Images from <a href="http://www.cph.co.nz">cph.co.nz</a></p> <p><a href="http://www.cph.co.nz/Images/FruitVegeCoop.gif">http://www.cph.co.nz/Images/FruitVegeCoop.gif</a></p> <p>Images from <a href="http://www.blogspot.com">blogspot.com</a></p> <p><a href="http://1.bp.blogspot.com/-zwOcykON8mM/UdIFvgYMYhI/AAAAAAAAABc8/M1_uXSfB5nc/s1600/IMG_0421.JPG">http://1.bp.blogspot.com/-zwOcykON8mM/UdIFvgYMYhI/AAAAAAAAABc8/M1_uXSfB5nc/s1600/IMG_0421.JPG</a></p> <p><a href="http://1.bp.blogspot.com/-vl49aApr_3U/UVNdYOvM-BI/AAAAAAAAAns/ZBk1_j0_zFE/s1600/IMG_0014.JPG">http://1.bp.blogspot.com/-vl49aApr_3U/UVNdYOvM-BI/AAAAAAAAAns/ZBk1_j0_zFE/s1600/IMG_0014.JPG</a></p>
3	<p><a href="http://www.cph.co.nz/About-Us/Fruit-and-Vege-Cooperative/">http://www.cph.co.nz/About-Us/Fruit-and-Vege-Cooperative/</a> and <a href="http://www.cph.co.nz/Files/FruitVegeCoopGrows.pdf">www.cph.co.nz/Files/FruitVegeCoopGrows.pdf</a></p> <p>Image from <a href="http://www.anglicantaonga.org.nz">anglicantaonga.org.nz</a></p> <p><a href="http://anglicantaonga.org.nz/var/taonga/storage/images/news/common-life/cathedral-co-op-on-a-roll/the-cathedral-co-op-s-new-van-dressed-up-for-delivery-around-christchurch/118404-1-eng-AU/The-Cathedral-Co-op-s-new-van-dressed-up-for-delivery-around-Christchurch_photoDisplay.gif">http://anglicantaonga.org.nz/var/taonga/storage/images/news/common-life/cathedral-co-op-on-a-roll/the-cathedral-co-op-s-new-van-dressed-up-for-delivery-around-christchurch/118404-1-eng-AU/The-Cathedral-Co-op-s-new-van-dressed-up-for-delivery-around-Christchurch_photoDisplay.gif</a></p> <p>Image from <a href="http://www.therecord.co.nz">therecord.co.nz</a></p> <p><a href="http://www.therecord.co.nz/Pics/1051/Elizabeth-May-&amp;-Chantal-Austin.jpg">http://www.therecord.co.nz/Pics/1051/Elizabeth-May-&amp;-Chantal-Austin.jpg</a></p>
4 and 5	<p>Quotes from <a href="http://www.cdhb.health.nz">cdhb.health.nz</a></p> <p>Canterbury District Health Board, <i>Well Now Canterbury</i> (Spring 2013), <a href="http://www.cdhb.health.nz/News/Publications/Documents/CDHB-WellNow-Nov-2013.pdf">http://www.cdhb.health.nz/News/Publications/Documents/CDHB-WellNow-Nov-2013.pdf</a></p>



