

91300



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

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Level 2 Home Economics, 2014

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

2.00 pm Friday 21 November 2014

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.

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INSTRUCTIONS

Use the diagram below and the flattening scenario on page 3, as well as your own knowledge, when answering (a) and (b).

Space for planning your answers has been provided on page 4.

Stress, transport, and economics are three determinants of health that influence an individual's food choices. These determinants of health are **interconnected**, and can have **positive or negative** consequences on ALL FOUR DIMENSIONS of an individual's and society's 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
<p>Stress – can be caused by many social factors. Workplaces and homes can be stressful, and stress can lead to addiction.</p>	<p>Economics – access to financial resources allows people to buy what they need to be adequately fed, clothed, housed, and to access transport.</p>
<p>Transport – cycling, walking, public transport, or access to transport have an effect on health.</p>	
<p>Social well-being / taha whānau</p>	<p>Spiritual well-being / taha wairua</p>

Flating Scenario

Luke, Mere, and Sanjay are three friends who have been flatting together since they left school three months ago. They find there is very little money left over for food after paying for rent, power, Internet use, and transport.

Most of the time, Sanjay and Luke usually just buy takeaways, as there is a shopping centre close to their flat, but the nearest supermarket is 10 km away. They find this easier than buying and cooking their own food, as they don't have a lot of cooking utensils in the flat. On weekends, they have a few friends around for drinks and pizzas before heading into town.

Luke attends the local polytechnic, where he is studying for a business degree. He also works part-time on Saturdays to subsidise his student loan. He used to play soccer on a Saturday, but has had to give that up because of his job, and because he is usually running late in the mornings, he often buys hot chips and a coke from the polytechnic café during his first break, instead of making breakfast at home. Luke has started to gain weight, which has left him feeling unmotivated, and he is behind in his studies. He is also feeling stressed about having very little money and no car to get to polytechnic, which is 3 km away from the flat. Catching the bus is costing him \$6.00 a day for a return trip.

Mere is completing an electrical apprenticeship with a local electrical firm, where she earns the minimum wage. She is also training for a multisport event and is concerned about the food that the flatmates are eating, as well as feeling like she has to eat the donuts and pies her work colleagues sometimes buy for her at morning tea and lunch. Mere prefers making her own lunch, which includes a variety of fruits and vegetables, as well as low-fat products. She does find this expensive however, as she is often unable to use all the food up before it goes off. Mere owns a small car and usually travels to work in it, but her car has recently failed its warrant of fitness and needs to be fixed. She is feeling stressed about not having enough money to fix her car, and not having enough time to complete assignments for her job.

Sanjay works from 6 am to 4 pm at a café, where he hopes to gain some hospitality credits. He wants to enrol in a chef's course later in the year, but needs to save money to help pay for the course fees. He has just started another job at a takeaway shop five nights a week to get some extra money, but is finding it difficult to hold down both jobs, with only two hours to spare between finishing work at the café and starting work at the takeaway shop. Sanjay is a vegetarian and has not been planning his meals very well, so often just eats snacks throughout the day when he has time. These usually consist of cheap takeaways, or leftover cakes and muffins the café sometimes allows him to take home, which his flatmates get to enjoy as well. However, the leftovers need to be eaten on the day they come home, and Sanjay has been feeling run down and lacking in energy, despite keeping quite fit by riding his push bike to work.

PLANNING

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QUESTION

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(a) For EACH of the three named determinants of health, explain how the determinant impacts on ONE of the flatmate's **food choices**.

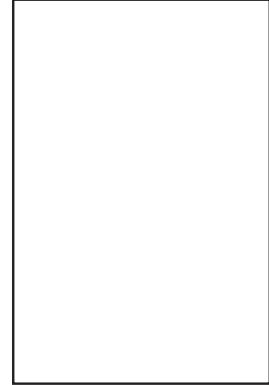
Note: You MUST use a different flatmate for each determinant.

(i) **Determinant: Stress**

Flatmate chosen: _____

Explain how stress could affect this flatmate's food choices.

Include at least TWO detailed examples to support your answer.



- (b) **Interconnections** between the stress, transport, and economic situations of the flatmates impact on their food choices and well-being, as well as on the society in which they live.

Explain, in detail, how the interconnections of these three determinants of health affect the flatmates, AND New Zealand society.

Include detailed examples to support your answer, and consider **ALL the relevant dimensions of well-being.**

Acknowledgements

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

Page	Source(s)
2	Images from Microsoft® Office.com, accessed 3 June 2014 http://office.microsoft.com/en-nz/images/results.aspx?qu=stress&ex=1&origin=EC010141330#ai:MP900448669 http://office.microsoft.com/en-nz/images/results.aspx?qu=bus&ex=1#ai:MP900422812 http://office.microsoft.com/en-nz/images/results.aspx?qu=bike&ex=1#ai:MP900341356 http://office.microsoft.com/en-nz/images/results.aspx?qu=money&ex=1#ai:MP900385427