

See back cover for an English  
translation of this cover

# 2

91304MR



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

## Ohaoha Kāinga, Kaupae 2, 2014

**91304MR Arotakehia ngā rautaki whakatairanga hauora i  
whakaritea kia ea ai tētahi matea kaiora**

2.00 i te ahiahi o te Rāmere, te 21 o Whiringa-ā-rangi, 2014  
Whiwhinga: E whā

### PUKA RAUEMI

Whakamahia tēnei puka hei whakautu i ngā pātai mō te Ohaoha Kāinga 91304M.

Tirohia mena e tika ana te raupapatanga o ngā whārangi 2–7 kei roto i tēnei puka, ka mutu, kāore tētahi o aua whārangi i te takoto kau.

**E ĀHEI ANA KI TE PUPURI KI TĒNEI PUKA Ā TE MUTUNGA O TE WHAKAMĀTAUTAU.**

*He tapu ēnei rauemi. E kore taea te tuku atu.  
Aata tirohia ki ngā kupu kei raro iho i te pouaka nei. /  
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### Te Horopaki mō te Manatū Hauora

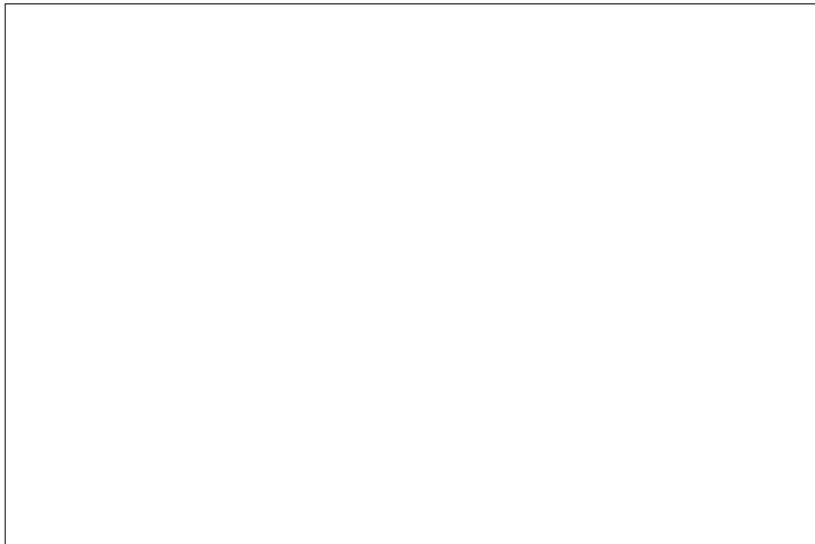
E āwangawanga ana te Manatū Hauora i te kaha rawa o te kainga o ngā kai kī ana i te ngao, i te ngako me te huka, o ngā kai hoki he iti te kaka o roto, e ngā tāngata o Aotearoa. He tokomaha rawa ngā tāngata e kai tonu ana i ngā kai he nui te ngako, te huka me te tote o roto. Mā te kaha rawa o te kai ngako kōhura, ka piki haere pea te ngakototo, me te aha, ka piki ake te tūpono ki te mate manawa. Ki te kaha rawa te kainga o te ngako, māna te kore e piki anō hoki te taumaha, inā hoki, ko ngā kai he nui te ngako o roto, he nui hoki te ngao.

Hei āpiti anō ki ērā raru, kua ngoikore haere te kaha kainga o te huarākau me te huawhenua. Kua piki ake te tokomaha o ngā tamariki me ngā rangatahi ka kai i ngā kai timotimo aewa, ā, kua ngoikore haere ngā tamariki ki te korikori tinana.

Nā ēnei āhukatanga, kua tīmata te Manatū Hauora ki te akiaki i ngā hapori ki te whakarite rautaki e aro nui ana ki te āwangawanga kaiora e pā ana ki te kaha rawa o te kainga o ngā kai kī ana i te ngako me te ngao, me te kaha o te kainga o te huka e ngā tāngata o Aotearoa.

Nā konā, kua oti i ngā rōpū hapori e toru te whakarite ngā rautaki whakatairanga hauora e whai ake nei, hei aro nui atu ki ngā āwangawanga kaiora i waenganui i ō rātou hapori.

### Te Rautaki A: He Hōtaka Tunu Kai i SKY TV



Kua whakatau te rōpū hapori tuatahi ki te whakarewa i tētahi hōtaka tunu kai i te Hōngere Kai a Sky TV e whakaatu ana ki te hapori me pēhea te tunu i ngā kai māmā, reka, hauora anō hoki, me te kore i whakapau i te nui o te pūtea.

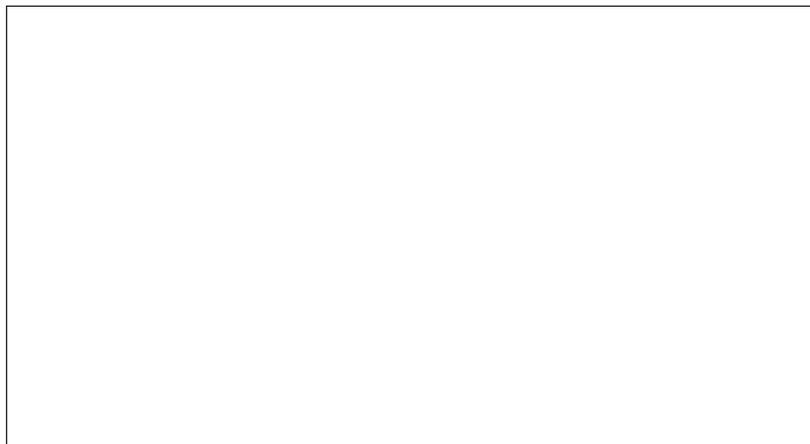
### Te Rautaki B: Te Tunu Ā-Marae

Kua whakatauria e te rōpū hapori tuarua ki te whakapā atu ki tētahi marae rongonui o te rohe tonu, ka taka, ka whāngai hoki i ngā kai he iti noa te ngako, te huka, me te tote, ā, he nui te kaka o roto, ki tōna ruamano manuhiri i ia marama. Ka whakatairanga ngā kaitunu whaitohu o te marae i te kaupapa kai hauora mā te whakaako i ngā rōpū nō marae kē, nō wāhi kē, me pēhea te taka kaiora, iti te utu, mā ngā rōpū nui. Ka riro i te hunga tae atu ngā tohutaka i whakamahia ai, he mea tiro e tētahi mātanga kaiora, ā, he punua tohutohu kei roto e pā ana ki te nui o ngā inati kai, te kai hauora, me ngā tikanga tunu ngako-iti. Ka wātea hoki ētahi tohutaka ki manuhiri kē atu ka tae ki te marae, heoi, he paku utu ka pā.



### Te Rautaki C: He Whakataetae Tunu Kai

Kua whakatauria e te rōpū hapori tuatoru ki te whakahaere i tētahi whakataetae tunu kai ki te whare hapori o te rohe, kotahi te pō i te marama, e aro ana ki te tunu i ngā kai hauora, reka, utu iti anō hoki. Ka whakatairangatia te whakataetae ki te niupepa ā-hapori. Ka tāruatia ngā tohutaka i tukuna ai i te rā tonu o te whakataetae hei hoatu ki te hunga ka tae atu ki te mātakitaki, ā, ka tāia katoatia ngā tohutaka toa ki roto i te niupepa ā-hapori, kia whai wāhi ai te hunga kāore i wātea ki te peka atu ki te whakataetae, ki ngā tohutaka.



### **The Ministry of Health Scenario**

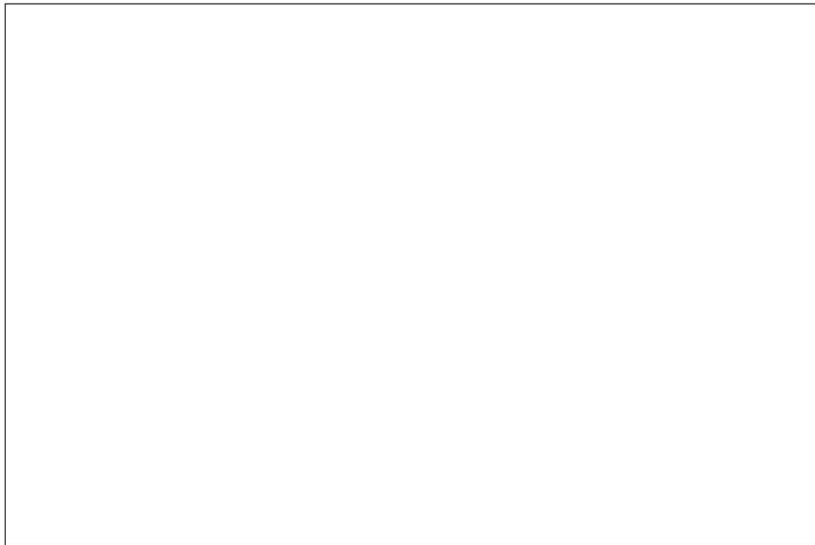
The Ministry of Health is concerned about the overconsumption of energy-dense, high-fat, high-sugar, and low-fibre foods by New Zealanders. Too many people continue to eat food that is high in fat, sugar, and salt. Eating too much saturated fat can raise blood cholesterol, which increases the risk of heart disease. Eating too much fat is also more likely to lead to weight gain, because foods that are high in fat are high in energy too.

To make matters worse, the consumption of fruit and vegetables has declined. The number of children and teenagers eating unhealthy snack foods has increased, and children have become less physically active.

This has led to the Ministry of Health urging communities to come up with strategies to address the nutritional concern of over-consumption of high-fat, energy-dense foods, as well as the high consumption of sugar amongst New Zealanders.

As a result, three community groups have come up with the following health-promoting strategies to try to address the nutritional concerns within their communities.

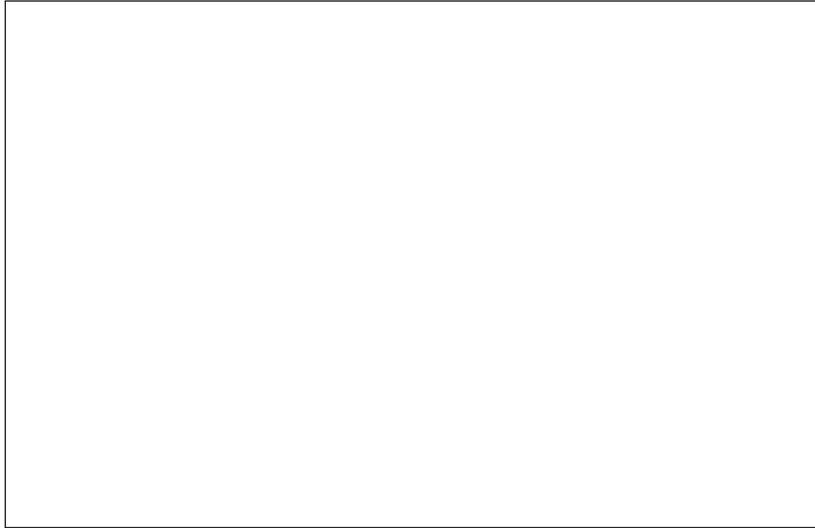
### **Strategy A: Sky TV Cooking Show**



The first community group has decided to launch a cooking programme on the Sky TV Food Channel showing people in the community how to cook easy, delicious, and healthy food without spending a lot of money.

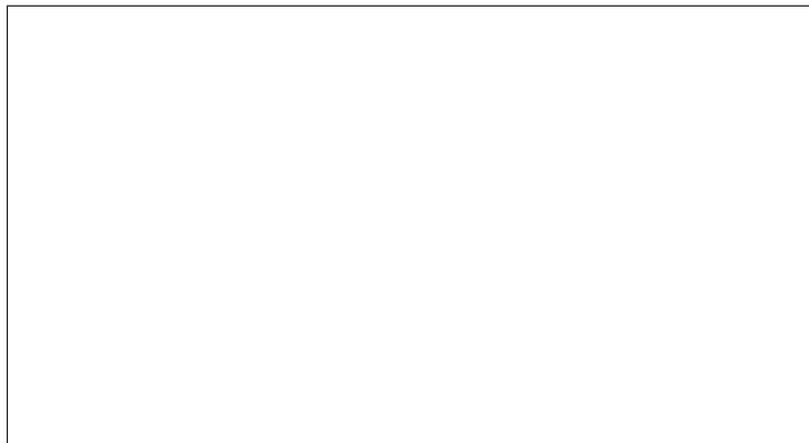
### Strategy B: Marae Cooking

The second community group has decided to approach a popular local marae that prepares and serves food that is low in fat, sugar, and salt, and high in fibre, to about two thousand visitors every month. The qualified marae cooks will promote the message of healthy eating by teaching groups from other maraes and organisations how to prepare cheap and nutritious food for large groups of people. Attendees will receive a copy of the recipes used, all of which have been checked by a dietitian, and provide tips on portion sizes, healthy eating, and low-fat cooking methods. Copies of the recipes used will also be available to the other visitors to the marae for a small fee.



### Strategy C: Cooking Competition

A third community group has decided to run a cooking competition one evening of every month at the local community centre, with a focus on cooking healthy, tasty, and cheap food. Advertising for the competition will run in the local community newspaper. The people who come to watch the cooking competition will get copies of the recipes that have been entered on the day, and all of the winning recipes will be published in the local community newspaper, so that even those people who cannot come to the competition have access to the recipes.



## He Mihi

He mea tiki ngā rauemi i whakamahingia ai i tēnei whakamātautau, i ngā mātāpuna e whai ake nei.

Whārangī 3: Te Rautaki B

I ahu mai ngā pikitia i

[https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcT6QQbnR5FGV8rnCxWe\\_yGTSqIHLJdX2xkUpy8fnCauGgtInDPSKQ](https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcT6QQbnR5FGV8rnCxWe_yGTSqIHLJdX2xkUpy8fnCauGgtInDPSKQ), i torona i te 4 o Pipiri, 2014.

Te Rautaki C

I ahu mai ngā pikitia i

<http://img2-3.timeinc.net/people/i/2013/news/130812/pizza-pockets-300>.  
pghttp and <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQuxdRIOWx0faiBOMydhfpwDEHymJGoGdXd1NdliRLKDTjSxGUddA>, i torona i te 4 o Pipiri, 2014.

## Acknowledgements

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

Page 5: Strategy B

Image from [https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcT6QQbnR5FGV8rnCxWe\\_yGTSqIHLJdX2xkUpy8fnCauGgtInDPSKQ](https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcT6QQbnR5FGV8rnCxWe_yGTSqIHLJdX2xkUpy8fnCauGgtInDPSKQ), accessed 4 June 2014.

Strategy C

Images from <http://img2-3.timeinc.net/people/i/2013/news/130812/pizza-pockets-300.pgh> and <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQuxdRIOWx0faiBOMydhfpwDEHymJGoGdXd1NdiIRLKDTjSxGUddA>, accessed 4 June 2014.

*English translation of the wording on the front cover*

## **Level 2 Home Economics, 2014**

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

2.00 pm Friday 21 November 2014

Credits: Four

**RESOURCE BOOKLET**

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

Check that this booklet has pages 2–7 in the correct order and that none of these pages is blank.

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