

91304R



## 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 2–4 in the correct order and that none of these pages is blank.

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

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

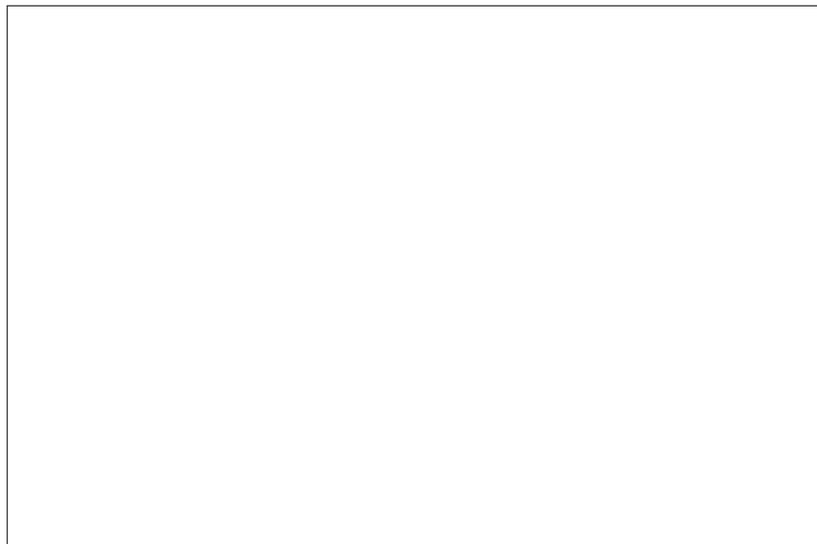
The Ministry of Health is concerned about the overconsumption of energy-dense, high-fat, high-sugar, and low-fibre foods by New Zealanders. Too many people continue to eat food that is high in fat, sugar, and salt. Eating too much saturated fat can raise blood cholesterol, which increases the risk of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

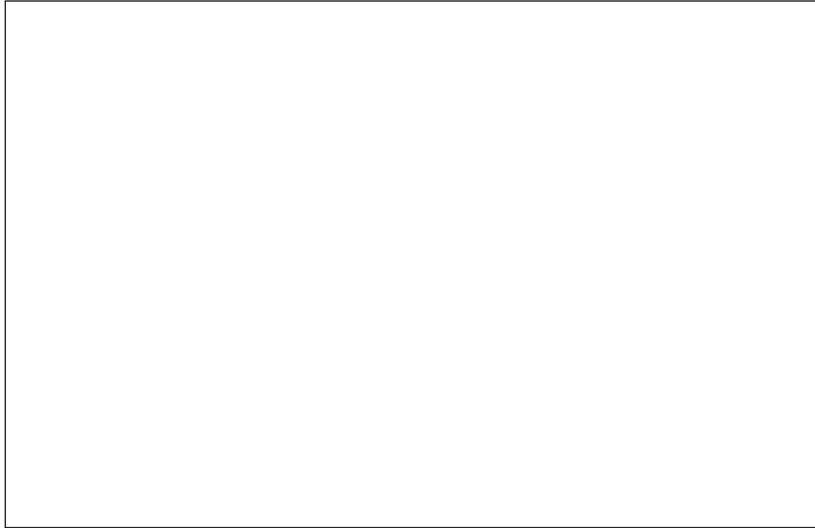
### **Strategy A: Sky TV Cooking Show**



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.

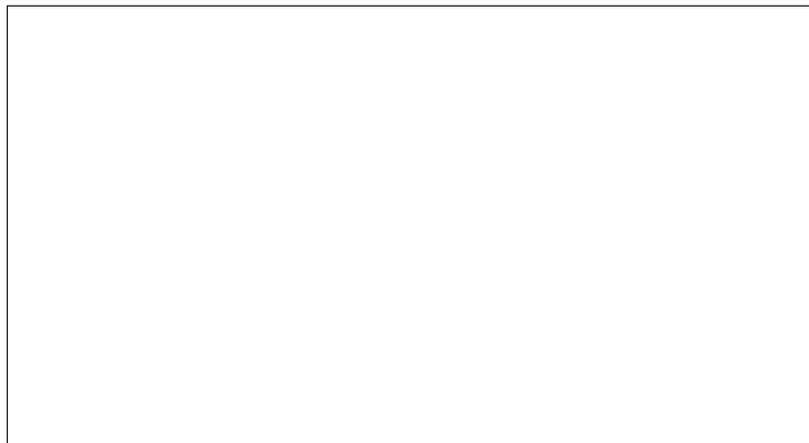
### Strategy B: Marae Cooking

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.



## Acknowledgements

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

Page 3: 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.