

91300



NEW ZEALAND QUALIFICATIONS AUTHORITY
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SUPERVISOR'S USE ONLY

Level 2 Home Economics, 2015

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

2.00 p.m. Wednesday 11 November 2015
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 2–10 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.

TOTAL

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INSTRUCTIONS

Use the diagram below and the scenario on page 3, as well as your own knowledge, when answering the question in this booklet.

Space for planning your answers is provided on page 4.

Unemployment, social support, and economics are three determinants of health that influence a family's food choices. These determinants of health are **interconnected**, and can have **positive or negative** consequences on all four dimensions of a family's and society's well-being.

**Physical well-being/
taha tinana**

**Mental and emotional well-being/
taha hinengaro**

<p>Unemployment – affects how much money people have to spend on food and housing, which can also affect health, how people feel about themselves (their self-esteem), and their relationships with others.</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>
<div data-bbox="288 1272 1305 1413" style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 60%;"> <p><i>For copyright reasons, this resource cannot be reproduced here.</i></p> </div>	
<p>Social support – having family, friends, organisations, community groups and government agencies providing assistance to people is an important factor for family and societal well-being.</p>	

**Social well-being/
taha whānau**

**Spiritual well-being/
taha wairua**

Image sources (adapted): http://www.jdnews.com/polopoly_fs/1.471537.1430341112!/fileImage/httpImage/image.jpg_gen/derivatives/landscape_445/unemployment.jpg, <http://www.stuff.co.nz/business/68287885/company-money-men-less-upbeat>, and http://photos4.meetupstatic.com/photos/event/a/5/b/6/highres_109602422.jpeg (accessed 10 June 2015).

The Loon Family's Scenario

The Loon family had to flee their war-torn country. They have been relocated to a new city in New Zealand after spending the first six weeks in a refugee centre in Auckland, where they received health screening, health care, English lessons, and a basic introduction to the Kiwi way of life.

The Loon family consists of Mr Loon (a qualified engineer), Mrs Loon (a stay-at-home mum), and their children, Meka (15), and Hena (10). Mr Loon has not been able to find a job, which is getting him down because he has always earned a good income and been able to support his family. The family is struggling to survive on the unemployment benefit. Mrs Loon has managed to get a part-time cleaning job from 5 to 8 pm, giving them a little extra money, but it means she is not at home when the children return from school, or when she usually prepares the family's dinner.

With the help of a neighbour, who lent them the tools required, the Loon family has planted a small garden. Mr Loon and the children try to cook easy noodle dishes with the seasonal vegetables and fruit this produces, or with the produce that their neighbours share with them. They are often unsure how to cook the unfamiliar vegetables and fruit, and have only very basic, donated cooking equipment to use. The family are eating a diet high in fat, complex carbohydrates, and sugar as a result. The diet consists mainly of budget bread, soft drinks, takeaways, and processed foods. Mr Loon finds this easier and cheaper, and the children like this type of food. They love the milk products available here, but can have these only occasionally because of the cost. Mrs Loon buys processed meat products because she finds them cheaper than lean meat. Mr Loon and his children have been putting on weight, and Mr Loon has been told by his doctor that he has the early signs of type 2 diabetes. The children have also been feeling very tired and are finding it hard to concentrate at school.

The New Zealand culture is vastly different from what the Loon family is used to, and they especially miss traditional foods from their own country. While some stores in the large main centres stock some of these products, they are hard to get because the Loon family have no transport, and the food is too expensive for a family on a limited budget. Having no car also makes it difficult for the Loon family to get to the larger supermarkets, and so they often have to buy food from their local shops, and the takeaways are often cheaper. The family get together with people from their own country at the local community support centre, where they can enjoy some traditional music and food, but this only occurs once a month because of transport difficulties.

PLANNING				
Determinants	→	Food Choice	→	Well-being
Unemployment				
Social support				
Economics				

QUESTION

- (a) Explain how EACH determinant of health affects the Loon family's **food choices**.
Include detailed examples to support your answers.

Unemployment

Social support

Interconnections between the unemployment, social support, and economic situation of the Loon family impact on their food choices and well-being, as well as on the society in which they live.

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(b) Explain how the interconnections between the determinants of health, food choices, and well-being affect the Loon family, AND New Zealand society.

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

Lined writing area for student response

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