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91300M



NZQA

NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

SUPERVISOR'S USE ONLY

Ohaoha Kāinga, Kaupae 2 2015

91300M Te tātari i te hononga i waenga i te oranga, i ngā kōwhiringa kai me ngā whakataunga hauora

2.00 i te ahiahi o te Rāapa, te 11 o Whiringa-ā-rangi, 2015
Whiwhinga: E whā

Paetae	Kaiaka	Kairangi
Te tātari i te hononga i waenga i te oranga, i ngā kōwhiringa kai me ngā whakataunga hauora.	Te tātari hōhonu i te hononga i waenga i te oranga, i ngā kōwhiringa kai me ngā whakataunga hauora.	Te tātari whānui i te hononga i waenga i te oranga, i ngā kōwhiringa kai me ngā whakataunga hauora.

Tirohia mēnā e rite ana te Tau Ākongā ā-Motu (NSN) kei runga i tō puka whakauru ki te tau kei runga i tēnei whārangī.

Me whakamātau koe i ngā tūmahi KATOA kei roto i tēnei pukapuka.

Mēnā ka hiahia wāhi atu anō mō ō tuhinga, whakamahia ngā whārangī wātea kei muri o tēnei pukapuka.

Tirohia mēnā e tika ana te raupapatanga o ngā whārangī 2–19 kei roto i tēnei pukapuka, ka mutu, kāore tētahi o aua whārangī i te takoto kau.

ME HOATU RAWA KOE I TĒNEI PUKAPUKA KI TE KAIWHAKAHAERE Ā TE MUTUNGA O TE WHAKAMĀTAUTAU.

TE TAPEKE

MĀ TE KAIMĀKA ANAKE

NGĀ TOHUTOHU

Whakamahia te whakaahua kei raro iho nei me te tūāhuatanga kei te whārangi 4, tae atu ki ōu ake mōhiotanga, i a koe ka whakaoti i te tūmahi i tēnei pukapuka.

He wāhi kua whakaritea hei whakamahere i ō tuinga, kei te whārangi 6.

Ko te **kore mahi**, ko te **taunaki pāpori me te ōhanga** ētahi whakataunga hauora e toru ka whakaawe i ngā kōwhiringa kai a te whānau. E **whātuituia** ana ēnei whakataunga hauora, ka mutu, he pānga **pai**, he pānga **kino** rānei ō aua whakataunga ki ngā taha e whā katoa o te oranga o te whānau me te hapori.

Te taha tinana o te oranga

Te taha hinengaro o te oranga

Te kore mahi – ka pā tēnei ki te nui o te moni a te tangata hei hoko kai, hei utu i te noho whare, ā, he pānga pea tō ērā ki te hauora, ki ngā whakaaro o te tangata mōna anō (ki tōna kiritau), ki ōna hononga anō hoki ki ētahi atu tāngata.

Te ōhanga – mā te whai pūtea e taea ai e te tangata te hoko ngā mea e whai kai ai, e whai kākahu ai, e whai whare ai, e whai wāhi ai hoki ki ētahi waka.

*He tapu tēnei rauemi. E kore taea te tuku atu.
Aata tirohia ki ngā kupu kei raro iho i te pouaka nei.*

Te taunaki pāpori – he mea nui te hono ki te whānau, ki ngā hoa, ki ngā whakahaere, ki ngā rōpū hapori me ngā pokapū kāwanatanga e tuku āwhina ana ki te tangata, ki te oranga ā-whānau, ā-hapori anō hoki.

Te taha whānau o te oranga

Te taha wairua o te oranga

Ngā mātāpuna whakaahua (he mea panoni): 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>, *me* http://photos4.meetupstatic.com/photos/event/a/5/b/6/highres_109602422.jpeg (he mea toro i te 10 o Pipiri, 2015).

INSTRUCTIONS

Use the diagram below and the scenario on page 5, as well as your own knowledge, when answering the question in this booklet.

Space for planning your answers is provided on page 8.

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

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.

Economics – access to financial resources allows people to buy what they need to be adequately fed, clothed, housed, and to access transport.

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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.

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).

Te Tūāhuatanga ki te Whānau Loon

I mate te whānau Loon ki te pūrere i tō rātou whenua anea. Kua nukuhia rātou ki tētahi tāone hou i Aotearoa i muri i te noho ki tētahi pūtahi rerenga i Tāmakimakaurau mō ngā wiki e ono, i reira ka tātarihia ō rātou hauora, ka tiakina te hauora, ka ākona ki te reo Pākehā, ka whai paku mōhiotanga hoki rātou mō te āhua o te noho ki Aotearoa.

Kei roto i te whānau Loon, ko Mr Loon (he kaipūkaha kua whai tohu) rātou ko Mrs Loon (he whaea noho i te kāinga), ko ā rāua tamariki, arā, ko Meka (15) rāua ko Hena (10). Kāore anō a Mr Loon kia whai mahi, me te aha, kua auhi haere ia i te mea mai, mai, kua autaiā tana moni whiwhi, kua taea hoki e ia tana whānau te hāpai. Uaua ana te noho a te whānau i te iti o te penihana kore mahi. Kua whai mahi harangotengote a Mrs Loon hei kaiwhakapai whare, atu i te 5 ki te 8 karaka i te pō, ā, mā reira kua paku nui ake te moni whiwhi, engari nā reira, kāore ia i te kāinga i te hokinga atu o ngā tamariki i te kura, i te wā rānei i tōna tikanga e taka kai ana ia mā te whānau.

Nā te āwhina a tētahi kiritata, nāna ētahi taputapu i tuku, kua whakatō te whānau Loon i tētahi māra iti. Ngana ai a Mr Loon me ngā tamariki ki te tunu i ētahi kai, ko te pūtake he kihu parāoa, ā, ka kīnakihia ki ngā huawhenua me ngā huarākau o te wā, ki ngā hua rānei ka takohangia mai e ō rātou kiritata. He rite tonu tō rātou kore i mōhio me pēhea te tunu i ngā huawhenua me ngā huarākau tauhou, ā, ruarua ana ā rātou taputapu kua takohangia mai hei tunu kai. Nā konei e kainga ana e te whānau ngā kai hinuhinu, ngā warowaihā me ngā kai hukahuka. I te nuinga o te wā, kai ai rātou i te kai utu iti, i te waireka, i te ō rangaranga me ngā kai kua āta raweketia e ukauka ai. He māmā ake, he iti iho hoki te utu o ēnei huarahi ki a Mr Loon, ka mutu e pai ana ngā tamariki ki aua tūmomo kai. Rawe ana ki a rātou ngā kai ka hua mai i te miraka i konei, engari me kai ērā i ētahi wā noa iho, nā te nui o te utu. Hokona ai e Mrs Loon ngā mīti kua āta raweketia he iti iho nō te utu o ērā i tō te mīti kouniga. Kua mōmona haere a Mr Loon rātou ko ana tamariki, ā, kua kīia a Mr Loon e tana tākuta kua tīmata te pā mai o te momo tuarua o te mate huka. Kua pā mai hoki te nenge ki ngā tamariki, ā, uaua ana tā rāua noho hihiwa i te kura.

He rerekē noa atu te ahurea o Aotearoa i te ahurea e taunga ana te whānau Loon, ka mutu, e warawara ana rātou ki ngā kai taketake o tō rātou ake whenua. Kei ētahi toa i ngā tāone nui ētahi o aua kai, heoi he uaua te tiki atu, i te korenga o tētahi waka hei kawē i te whānau Loon, he nui hoki nō te utu o aua kai ki tētahi whānau e penapena pūtea ana. Nā te kore waka e uaua ana ki te whānau Loon te haere ki ngā toa hokomaha nui ake, nō reira he rite tonu tā rātou hoko kai i ngā toa pātata, ka mutu he iti iho te utu o te ō rangaranga i ētahi wā. Ka hui tahi te whānau me ētahi atu tāngata nō tō rātou whenua i te pūtahi taunaki hapori o taua rohe, ki reira rangona ai ētahi pūoro taketake, kainga ai hoki ētahi kai taketake, engari kotahi te hui pēnei i te marama ka taea, he uaua nō te whai waka.

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.

TE WHAKAMAHEREMĀ TE
KAIMĀKA
ANAKE**Ngā whakataunga**————→ **Te kōwhiringa kai**————→ **Te oranga**

Te kore mahi

Te taunaki pāpori

Te ōhanga

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

Te ōhanga

English translation of the wording on the front cover

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

91300M

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 2–19 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.