

91304MR



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

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

## Ohaoha Kāinga, Kaupae 2, 2015

### 91304M Te arotake i ngā rautaki whakatairanga hauora i whakaritea kia ea ai tētahi matea kaiora

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

#### TE PUKAPUKA RAUEMI

Tirohia tēnei pukapuka hei whakatutuki i te tūmahi mō Ohaoha Kāinga 91304M.

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

**E ĀHEI ANA TŌ PUPURI KI TĒNEI PUKAPUKA 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 Tūāhuatanga: Te Kai Hua whenua me te Hua rākau

E whakahau ana te *World Health Organisation* (WHO) me te *Food and Agriculture Organisation* (FAO) me kua e iti iho i te 400 ki te 500 karamu o ngā hua whenua, hua rākau hoki ka kainga i ia rā. E whakahau ana ngā aratohu kai puta noa i te ao kia piki ake te kainga o te hua whenua me te hua rākau. Kua puta ngā hua o tētahi rangahau o nā tata nei e kī ana, mā te kaiora, otirā mā te kai hua whenua, hua rākau hoki i ia rā, ka heke iho pea te tūpono pānga mai o te mate iaia manawa, o te ƒkura, o te mate āmai, o te momo tuarua o te mate huka, o te mate mōmona me ētahi tūmomo mate pukupuku.

E kitea ana i roto i ngā mātaītanga kaiora a te Manatū Hauora, kei raro rawa iho i te taumata e tika ana te nui o te hua whenua me te hua rākau e kainga ana e ngā tāngata o Aotearoa. I tōna tikanga, ko te hua whenua me te hua rākau, tae atu ki ētahi atu otaota, te wāhanga nui o tā tātou e kai ai i ia rā. Kei roto i aua kai whakahirahira rā ngā huaora, ngā ōpapa me te kaka tipu, waihoki kei roto ko ngā matū pērā i ngā aukati hāora kāore i roto i ētahi atu kai. Ko tā te aukati hāora, he tiaki i ngā pūtau kei roto i te tinana kia kore ai e tūkinotia.

Ahakoā ēnei painga, kāore tonu e eke te tokomaha o ngā tāngata ki ngā taumata e tika ana mō te hua whenua me te hua rākau, e tohua ana i ngā aratohu kai, ka mutu ka kainga ngā kai whakararuraru pērā i te ō rangaranga me te waireka. Nā konei, kua whakaarahia e ngā rōpū hapori e toru, e māharahara ana ki te iti o te kainga o te hua whenua me te hua rākau me te pānga o tērā ki te hauora o te tangata, ngā rautaki whakatairanga hauora e whai ake nei hei whakatau i ngā māharahara e pā ana ki te kaiora i roto i ō rātou hapori.

## He kupu whakataki: Te whakatairanga hauora

Ko te whakamārama a *The World Health Organisation* i te kīanga **whakatairanga hauora**, ko: “te whai kia whai wāhi atu te tangata ki te whakapiki i tōna mana whakahaere i tōna anō hauora, ki te whakapiki hoki i tōna hauora”. (Ottawa Charter, 1986)

Ko ngā tauira whakatairanga hauora e toru hei whakatutuki i ngā mahi hauora whaihua, ko:

1. **te panoni i te whanonga**
2. **te mahi ā-rōpū**
3. **te whakaū i te mana tangata**

## Te Rautaki A: He Māra mā te Hapori

Kua whakatau ngā kaiārahi o te hapori o tētahi rōpū ki te tonu ki te kaunihera kia homai he wāhanga whenua e pai ai te whakarite māra mā te hapori. Ka whai wāhi te hapori katoa ki te whakatō, ki te whakatipu hua whenua, hua rākau hoki. Ka mahi tīpako ngā tāngata katoa o te hapori i ngā māra. Ka rite ana ngā hua whenua me ngā hua rākau, ka tohaina ki ngā tāngata katoa o te hapori. E mea ana hoki ngā kaiārahi o te hapori ki te pōhiri i ngā mātanga tunu nō ngā wharekai o te rohe, i ngā kaiako Ohaoha Kāinga rānei nō ngā kura o te rohe, i ētahi wā, kia haere mai ki te whakaatu me pēhea te tunu i ngā hua whenua me ngā hua rākau o te wā.



### Scenario: Vegetables and Fruit Intake

The World Health Organisation (WHO) and the Food and Agriculture Organisation (FAO) recommend consumption of a minimum of 400 g to 500 g of vegetables and fruit daily. Dietary guidelines around the world recommend increased intakes of vegetables and fruit. Recent research has found that a healthy diet, including a daily consumption of vegetables and fruit, can decrease the risk of developing cardiovascular disease, stroke, hypertension, type 2 diabetes, obesity, and several forms of cancer.

Nutritional studies by the Ministry of Health show vegetable and fruit consumption by New Zealanders is well below what it should be. Vegetables and fruit, along with other plant foods, should form the bulk of what we eat each day. They are a very important source of vitamins, minerals, and fibre, and also contain substances such as antioxidants that are not contained in other foods. Antioxidants help protect the cells in the body from damage.

Despite these benefits, many people do not meet the dietary guidelines for vegetables and fruit, and consume large amounts of unhealthy foods, such as fast food and sugary drinks. As a result of this, three community groups concerned about the low intake of vegetables and fruit and its effect on people's health, have come up with the following health-promoting strategies to try to address the nutritional concerns within their communities.

### Introduction: Health Promotion

The World Health Organisation's definition of **health promotion** is: "the process of enabling people to increase control over, and to improve their health". (Ottawa Charter, 1986)

Three models of health promotion that can be used to achieve effective health action are:

1. **Behaviour change**
2. **Collective action**
3. **Self-empowerment**

### Strategy A: Community Garden

The community leaders of one group have decided to approach their council for an area of land to establish a community garden. The whole community would be involved in planting and growing vegetables and fruit. Everybody in the community would take turns to work in the gardens. Once the vegetables and fruit are ready, they would be shared amongst all the people in the community. The community leaders plan to occasionally invite chefs from local restaurants, or the Home Economics teachers from local schools, to give cooking demonstrations using the seasonal vegetables and fruit.

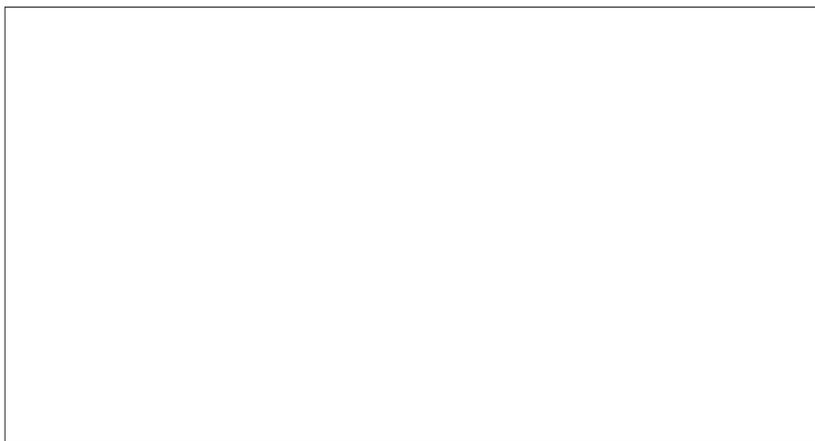


### Te Rautaki B: Te Whakatipu Uru Hua Rākau i te Kura



Kua whakataua te toa māra o te rohe ki te whakahaere i tētahi whakataetae whakatipu hua rākau mā ngā kura, hei whakaawe i ngā tamariki ki te whakatipu i ā rātou ake hua rākau. He māmā noa iho te whakatō me te tiaki i ngā rākau hua rākau, ka mutu he ngahau tonu. E mea ana te toa māra ki te tuku “mōkihi uru hua rākau” ki ngā kura, kei roto ko ētahi momo rākau hua rākau me ngā tohutohu e pā ana ki te whakatō me te whakatipu hua rākau. Kua whakaae kē tētahi kura ki te panoni i tētahi wāhanga o tō rātou kura hei wāhi uru hua rākau. Ka mahi ngā ākonga i roto i ngā rōpū iti ki te whakatō, ki te whakatipu hoki i ā rātou ake hua rākau, kātahi ka whakamātau i ētahi tohutohu i roto i ngā akoranga Ohaoha Kāinga hei tunu i ngā momo hua rākau e rite ana ki ērā ka hua mai i ngā rākau ā tōna wā. Ka whakaahuangia e ngā ākonga ā rātou kai, ā, ka whakaatuhia te whakaahua toa i te whārangi ipurangi matua a te toa māra. Ka riro i ngā ākonga toa tētahi pukapuka tohutohu hua rākau.

### Te Rautaki C: Ngā hua whenua mai i te mākete ahuhenua



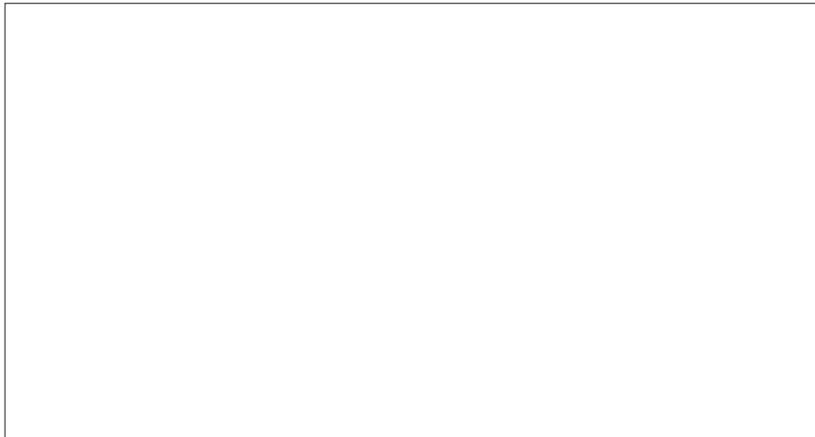
I whakataua te rōpū tuatoru o ngā kaiārahi o te hāpori ki te tono i ngā kaihoko i te mākete ahuhenua kia takohangia mai ngā toenga hua whenua me ngā hua rākau i muri i te mākete i ia Rāhoroi. Kātahi ka tohaina aua hua whenua, hua rākau hoki ki te hunga kua rēhita, i te hōro o te mākete ahuhenua. Me tae te hunga kua rēhita ki te hōro i te wā kua tohua, e riro ai i ā rātou ētahi hua whenua me ētahi hua rākau kore utu.

### Strategy B: Growing Fruit Trees at School



The local garden centre have decided to run a fruit-growing competition for schools to inspire children to grow their own fruit. Fruit trees are low-maintenance, as well as easy and fun to plant. The garden centre plans to provide “orchard packs” that contain a variety of fruit trees, along with planting and growing advice, to the schools. At least one school has already agreed to transform an area of their school to set up a fruit orchard. Students would work in small groups to plant and grow their own fruit, and then experiment with recipes in their Home Economics classes, using similar fruit that the trees will one day produce. Students would then take photos of their dishes, and the winning photo would be displayed on the garden centre’s home page. The winning students would each receive a prize of a fruit cookbook.

### Strategy C: Vegetables from the Farmers Market



The third group of community leaders decided to approach their local farmers market for donations of vegetables and fruit that are left over at the end of each Saturday market. The vegetables and fruit would then be shared at the local farmers market hall amongst registered people. Anybody who is registered would have to be at the hall at a specified time in order to receive the free vegetables and fruit.

## He mihi

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

Whārangi Mātāpuna

2 Te Rautaki A

I tīkina te whakaahua i <http://static2.stuff.co.nz/1351463413/064/7877064.jpg>, he mea toro i te 4 o Pipiri, 2015.

4 Te Rautaki B

I tīkina te whakaahua i [http://www.tuigarden.co.nz/sites/default/files/styles/tui-gallery-large/public/gallery\\_images/Fruit\\_tree\\_apple.jpg](http://www.tuigarden.co.nz/sites/default/files/styles/tui-gallery-large/public/gallery_images/Fruit_tree_apple.jpg), he mea toro i te 4 o Pipiri, 2015.

4 Te Rautaki C

I tīkina te whakaahua i <http://www.farmersmarkets.org.nz>, he mea toro i te 4 o Pipiri, 2015.

## Acknowledgements

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

Page	Source
3	Strategy A  Image from <a href="http://static2.stuff.co.nz/1351463413/064/7877064.jpg">http://static2.stuff.co.nz/1351463413/064/7877064.jpg</a> , accessed 4 June 2015.
5	Strategy B  Image from <a href="http://www.tuigarden.co.nz/sites/default/files/styles/tui-gallery-large/public/gallery_images/Fruit_tree_apple.jpg">http://www.tuigarden.co.nz/sites/default/files/styles/tui-gallery-large/public/gallery_images/Fruit_tree_apple.jpg</a> , accessed 4 June 2015.
5	Strategy C  Image from <a href="http://www.farmersmarkets.org.nz">http://www.farmersmarkets.org.nz</a> , accessed 4 June 2015.

*English translation of the wording on the front cover*

## **Level 2 Home Economics, 2015**

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

2.00 p.m. Wednesday 11 November 2015  
Credits: Four

**RESOURCE BOOKLET**

Refer to this booklet to answer the question for Home Economics 91304M.

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.**

91304MR