

91304R



NEW ZEALAND QUALIFICATIONS AUTHORITY
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Level 2 Home Economics, 2015

91304 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 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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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

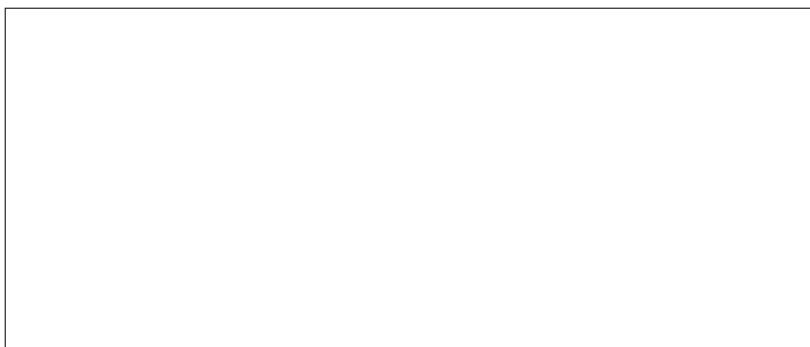
The World Health Organisation's definition of **health promotion** is: "the process of enabling people to increase control over, and to improve their health". (Ottawa Charter, 1986)

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.

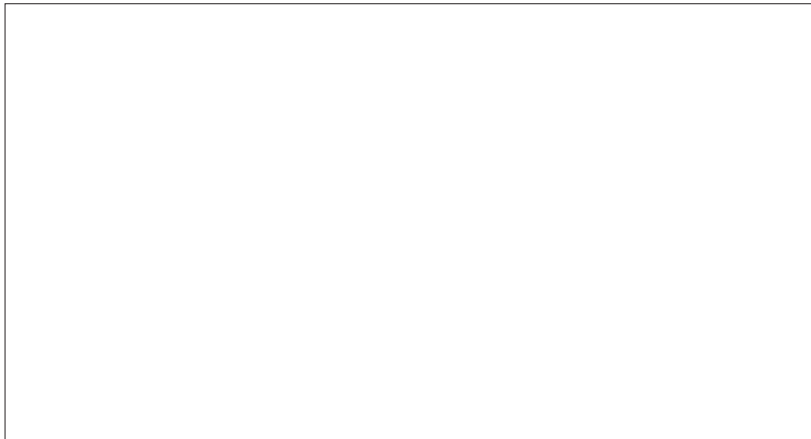


Strategy B: Growing Fruit Trees at School



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.

Acknowledgements

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

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