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91300MR



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, 2016

91300MR 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 Rāhina, te 21 o Whiringa-ā-rangi, 2016
Ngā whiwhinga: E whā

TE PUKAPUKA RAUEMI

Tirohia tēnei pukapuka hei whakatutuki i ngā tūmahi mō te whakamātautau Ohaoha Kāinga 91300M.

Tirohia mēnā e tika ana te raupapatanga o ngā whārangi 2–5 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.

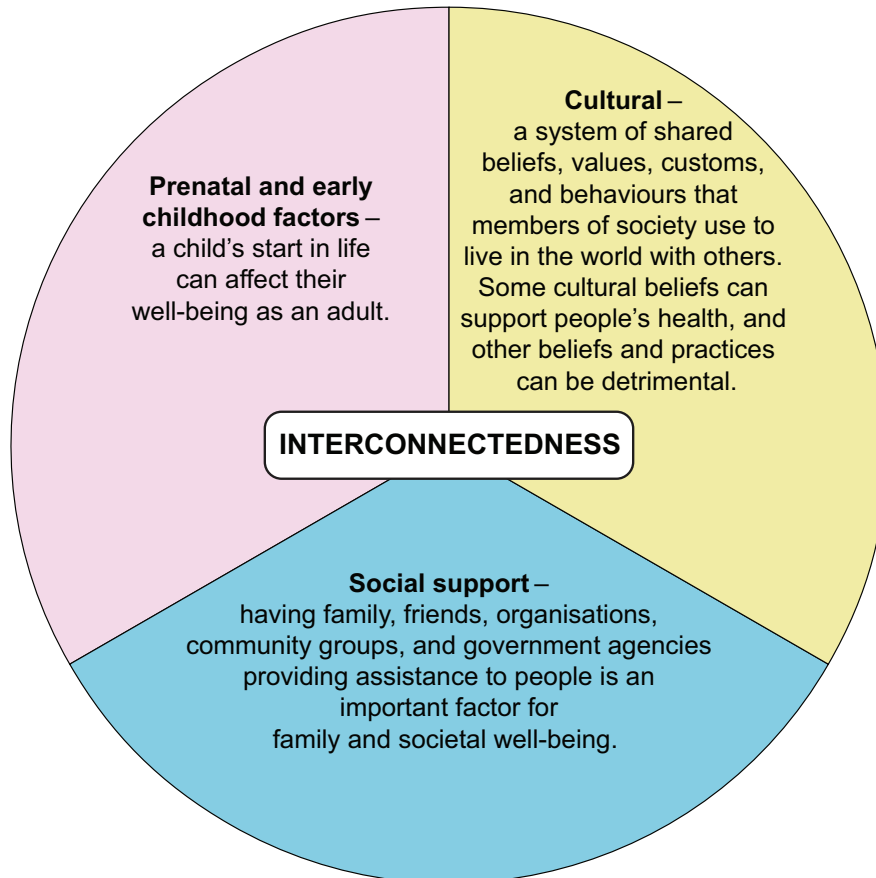
Ko ngā whakataunga hauora e hāngai ana ki **ngā āhuatanga o mua o te whānautanga, o te kōhungahungatanga hoki**, ki **ngā taunaki ā-pāpori**, ki **te ahurea** anō hoki ka whakaawe i ngā kōwhiringa kai a te whānau. E **whātuituia** ana ēnei whakataunga hauora, ka mutu, he putanga **pai**, he putanga **kino** rānei o aua whakataunga ki ngā taha e whā katoa o te oranga o te whānau me te oranga o te pāpori e whai ake nei:

- te taha tinana o te oranga
- te taha hinengaro o te oranga
- te taha whānau o te oranga
- te taha wairua o te oranga.



Prenatal and early childhood factors, social support, and cultural determinants of health 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 as follows:

- physical well-being / taha tinana
- mental and emotional well-being / taha hinengaro
- social well-being / taha whānau
- spiritual well-being / taha wairua.



Te Tūāhua ki te Whānau Hēmi

Ko ngā tāngata o te whānau Hēmi ko Huria (ko te māmā) rātou ko Tama (ko te pāpā), ko ngā tamariki tokotoru. He mea nui ki a rātou kia noho tahi ki tō rātou whānau whānui nō ngā ahurea maha, ā, he rite tonu tā rātou hui tahi ki te whakanui i ngā huritau ā-whānau, whai i muri anō hoki i te karakia. He wāhi nui tō te kai ki ngā huihuinga, ka mutu, ka haria e ngā whānau katoa he kai hei kai mā te katoa. He nui tonu ngā wā ka hokona ngā kai mai i ngā toa o rangaranga pātata, i ngā hokomaha rānei, i te mea me haere tawhiti mai ētahi, otirā, ka mahi te nuinga. Nā tēnei, ka poto te wā ki a rātou ki te taka kai. I te nuinga o te wā ka tūtaki atu rātou ki tētahi pāka ki reira kai hūhunu ai - he hōtiti, he rengarenga mīti kōnatunatu, he kīnaki tomato, he parāoa mā hoki; ka tukuna rānei e te katoa he pūtea, ka hokona ai he o rangaranga, he inu wai reka hoki hei kai mā te katoa.

I nā tata nei, kāore i pai te hauora o Huria, engari i ohorere ia i te kīia atu ōna e te rata kua tino mōmona ia. Kua pāngia ia e te momo tuarua o te mate huka, ka mutu, he nui te mōrearea ka pāngia ia e te mate manawa. Ki te hiahia ia kia roa ake tana orange, me whakaheke ia i tana taumaha, me panoni hoki ia i ana āhuatanga kai. Nōna e tupu ana, he āhua nui tonu a Huria, engari i kaha whakatenatenahia ia i a ia e tamariki ana kia whakapaua katoatia ngā kai i tana pereti. I kīia ia, mēnā he nui ake ia, ko te tohu tērā o te tamaiti ora. E mōhio ana ia ka hinga ia i ngā kai pōhā pēnei i ngā tōraha me ngā kōpaki mīti, ka kainga e ia hei paramanawa i te ata i te nuinga o ngā rā. E whakahau ana te rata me toro a Huria ki a Weight Watchers, ki tētahi atu rōpū hāpai rānei, hei tautoko i a ia ki te whakaheke taumaha.

Nō Tama e tamariki ana, i whai wāhi atu tana whānau ki ngā momo hākinakina, ka mutu, i whakapono rātou e hāngai ana ngā ritenga kai hauora ki te kounga o te tākaro. I kaha whai tana māmā kia kainga e rātou ngā momo kai maha, otirā, ko tētahi wāhi nui o ā rātou kai ko ngā hua whenua me ngā hua rākau. Ko te māmā o Tama tētahi o ngā kai hāpai matua o Plunket, ā, i kaha ākona ia ki te hiranga o te kaiora o te tamaiti. E ora pai ana a Tama, otirā e hiahia ana ia ki te hāpai i a Huria. E hiahia ana hoki ia kia ora ā rāua tamariki, kia taunga haere hoki rātou ki ngā ritenga kai pai.

Mahi ai a Tama mā te kaunihera ā-rohe. Kātahi nei ka mana tētahi kaupapa here e whakatenatena nei i te inumia o te wai, e aukati ana hoki i te hokonga atu o ngā inu koropupū ki ngā wāhi mahi katoa o te kaunihera. Kua huri hoki te kura e haere nei ngā tamariki a Tama rāua ko Huria hei kura whakatairanga hauora, e whakarato nei i ngā kai hauora anake, kua aukatihia hoki ngā inu koropupū katoa kia noho hei kura 'wai māori anake'.

The James Family Scenario

The James family consists of Julie (Mum), Tama (Dad), and three children. It is important to them to spend time with their large multicultural extended family, and they often gather to celebrate family birthdays, and after church. Food is an important part of the gathering, and all of the families bring food to share. The food is often brought from the local takeaway shops or supermarket, as people have to travel and most of them work. This limits the time they have for food preparation. They usually meet at a park where they have a shared barbeque consisting of sausages, meat patties, tomato sauce, and white bread; or they all contribute money, and buy takeaways and soft drinks to share.

Julie's health has not been good recently, but she was shocked when the doctor told her that she is obese. She has developed type 2 diabetes and is also at high risk of having a heart attack. If she wants to live a longer life, she needs to lose weight, and change her eating patterns. Growing up, Julie was always on the large side, but she was encouraged as a young child to finish all the food on her plate. She was told that being bigger was a sign of a healthy child. She knows she has a weakness for pastry foods like sausage rolls and pies, which she eats for morning tea most days. The doctor suggests that Julie joins Weight Watchers, or another support group, to help her lose weight.

When Tama was a child, his family was involved in sport and believed that a healthy diet was linked to performance. His mother always ensured that they ate a variety of food, and vegetables and fruit were a large part of their diet. Tama's mother was a major supporter of Plunket, and was well educated on the importance of childhood nutrition. Tama keeps good health, and wants to support Julie. He also wants their children to live healthy lives and to develop good food habits.

Tama works for the local council. It has just passed a policy encouraging the drinking of water, and preventing the sale of fizzy drinks in all council-owned workplaces. The school that Tama and Julie's children attend has also changed to become a health-promoting school, providing only healthy food, and banning all fizzy drinks in order to become a 'water only' school.

English translation of the wording on the front cover

Level 2 Home Economics, 2016

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

2.00 p.m. Monday 21 November 2016
Credits: Four

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Home Economics 91300.

Check that this booklet has pages 2–5 in the correct order and that none of these pages is blank.

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