

91300R



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## 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

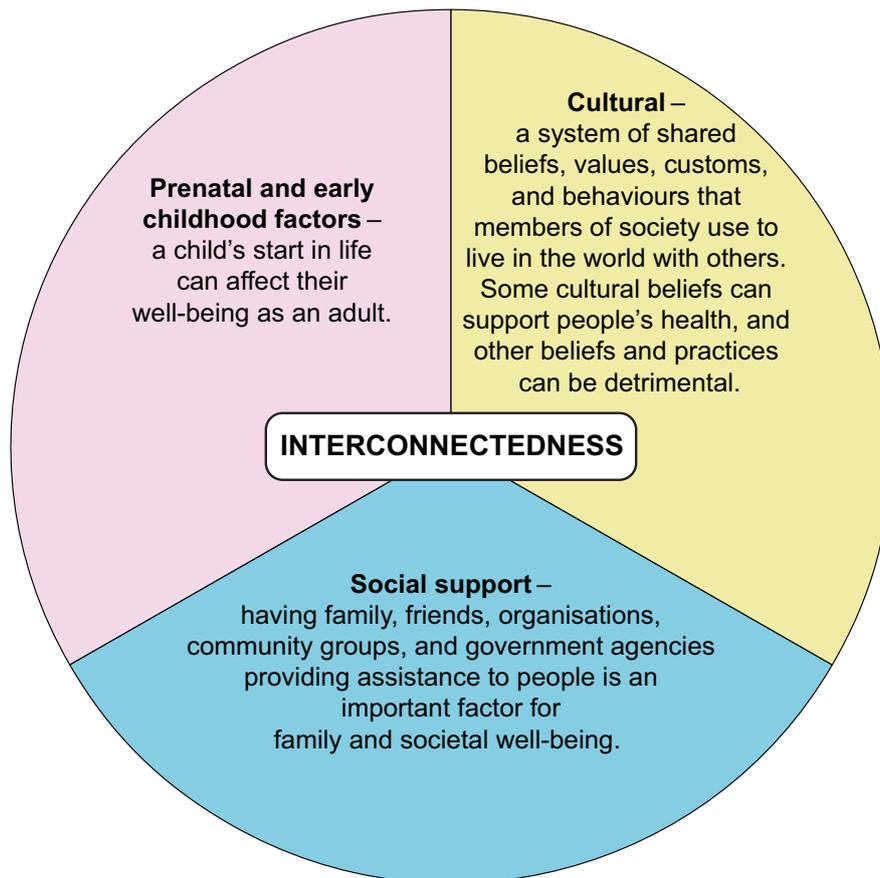
Refer to this booklet to answer the questions for Home Economics 91300.

Check that this booklet has pages 2 and 3 in the correct order and that neither of these pages is blank.

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

**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.



### 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.

