

See back cover for an English translation of this cover

# 2

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, 2016

91304MR Te arotake i ngā rautaki whakatairanga hauora i whakaritea kia ea ai tētahi matea ā-taioranga

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 te tūmahi mō te whakamātautau 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.**

## Te Tūāhuatanga: Te Whakamahi i Ngā Toenga Kai me te Penapena Kai

E tupu haere ana te āwangawanga he tokomaha ngā tamariki i Aotearoa e pāngia ana e te kore kai, heoi anō he nui ngā kai ka moumou i te korenga o ngā tāngata e mōhio me pēhea te whakamahi i ngā toenga kai, me pēhea hoki te penapena kai.

Tōna \$563 tāra te wāriu o te kai ka whiua e te nuinga o ngā kāinga i Aotearoa, e 79 kirokaramu tōna rite. Ā-motu nei, ka eke ki te 122 547 tana kai i ia tau; ka nui tēnā hei whāngai i te 262917 tāngata mō te kotahi tau. Ka whakapaua e ngā tāngata o Aotearoa te \$872 miriona tāra i ia tau ki ngā kai ka whiua, kāore i kainga. Te kāhuirangi hoki o ēnei tatauranga.

He nui ake ngā kai e tunua ana e ngā tāngata i te nui e tika ana, ka mutu, e 36 ōrau o ngā kai ka whiua he toenga kai kē. Kua kitea i ngā rangahau, he maha ngā whānau i Aotearoa he toenga kai kei te whata mātao, engari i te korenga o ō rātou mōhiotanga, me ō rātou pūkenga tunu kai, ka whiua e rātou te kai, ka hokona ai he ō rangaranga, he kai ngao apiapi rānei. Nā te kaha kainga o ngā ō rangaranga, he tokomaha ngā tāngata o Aotearoa he pai te nui o ngā kai e kainga ana, engari e kore tonu e ora i te kai, i te nui o te ngako totoka, o te huka me te tote i tēnei momo ritenga kai.

Neke atu i te haurua o ngā kai ka whiua he hua whenua, he hua rākau rānei, ā, e whai atu ana ko ngā kai kua hipa kē te rā me whakapau, e 46 ōrau te nui. Hāunga tērā, e hia mano tāngata i Aotearoa nei ka kore e eke ki ngā taumata kai ā-rā mō ngā hua whenua me ngā hua rākau. Ka taea te penapena ngā hua whenua me ngā hua rākau ka whiua i ngā wā e ranea ana ngā hua, ka whakamahia ai hei taka kai i ngā wā e pakaroa ana ngā hua.

Hei whakatenatena i ngā hapori kia whakamahia ngā toenga kai, kia penapena kai rānei kia whakaritea ai he kai ka hāpai i te hauora, he kai tāwara hoki, ka tukuna e te kaunihera ā-rohe ētahi pūtea hei whakahaere i tētahi whakataetae kia kitea ai ko tēhea te hapori ka whakarite i te rautaki whakatairanga hauora pai katoa hei whakatau i te raru.

## He kupu whakataki: Ngā Taurira Whakatairanga Hauora

Ko te whakamārama a te 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”. (Te tūtohunga o Ottawa, o te tau 1986)

Ko ngā taurira whakatairanga hauora e toru hei whai e tutuki ai ngā mahi hauora whai hua, ko:

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

### Scenario: Using Leftovers and Preserving Food

There is a growing concern that malnutrition is affecting a large number of children in New Zealand, and yet a lot of food is wasted, due to the fact that people lack the knowledge to use leftovers and preserve food.

The average New Zealand household throws out \$563 worth of food a year, which is equivalent to 79 kilograms. Nationally, this adds up to 122 547 tonnes of food annually; enough to feed 262 917 people for a year. New Zealanders spend \$872 million a year on food that will be thrown away uneaten. These figures are disturbing.

People are cooking more than they need, with 36% of food thrown out being meal leftovers. Studies have shown that many New Zealand families will have leftover food in the fridge, but because of their lack of cooking knowledge and skills, they throw out the food, and end up buying takeaways or other energy-dense foods. Overconsumption of fast food or takeaways, means a lot of New Zealanders are consuming adequate food, but are malnourished, as this diet is high in saturated fat, sugar, and salt.

Vegetables and fruit make up more than half of what is thrown out, with food past its use-by date, a close second at 46%. And yet thousands of New Zealanders do not meet their recommended daily intake of vegetables and fruit. The vegetables and fruit that are thrown away can be preserved when they are in season, and can be used in meal preparation later when they are in short supply.

In order to encourage their communities to use leftover food, and to preserve food to prepare nutritious and tasty meals, the local council provides funds to run a competition to find out which community comes up with the best health-promotion strategy to address the problem.

### Introduction: Models of Health Promotion

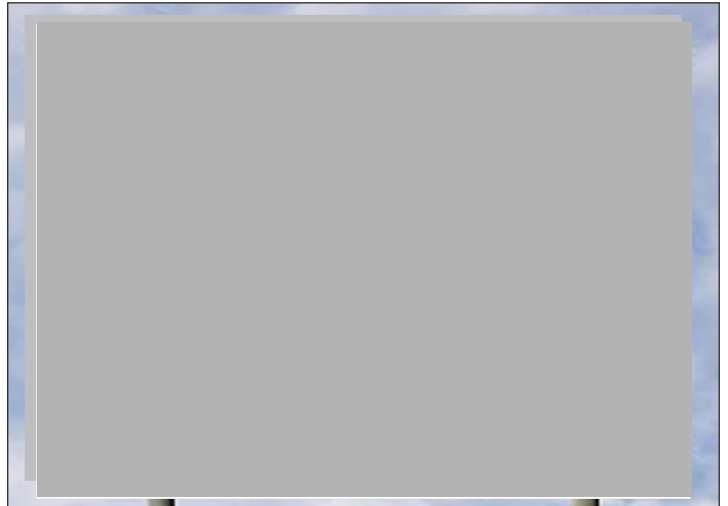
The World Health Organisation's definition of **health promotion** is: "the process of enabling people to increase control over, and to improve their health". (Ottawa Charter, 1986)

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

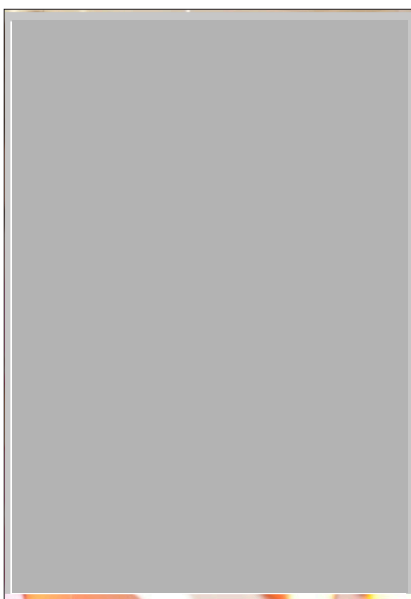
1. **Behaviour change**
2. **Collective action**
3. **Self-empowerment.**

## Te Rautaki Whakatairanga Hauora A: He Pae Hapori

Ka whakatau te rōpū tuatahi kia whakaritea he pae hapori - he pae tukutuku me tētahi rārangi pārongo, he tohutaka hoki mō te penapena kai, me ētahi tīwhiri e pā ana ki te whakamahi i ngā toenga kai hei taka i te kai ka hāpai i te hauora. Hei whakatairanga i te pae tukutuku, ka hangaia e te rōpū tētahi papa pānui nui ka whakatūria ki te pokapū pārongo ki te huarahi matua. Ka tuhia te pae tukutuku, te imēra, me te nama waea ki te papa pānui e whai wāhi ai te tangata ki ētahi pārongo anō e pā ana ki te penapena, ki te whakamahi hoki i ngā toenga kai kia kore ai e moumou. Ka āhei tā ngā mema hapori tohu i te pai o te whārangi ki Pukamata, whai atu rānei mā te Pae Tīhau, mā te Paeāhua rānei, e whai pārongo anō ai, e whai tohutaka ai hoki, e pā ana ki te penapena kai, ki te whakamahi hoki i ngā toenga kai hei taka kai hāpai hauora, kai tāwara hoki.



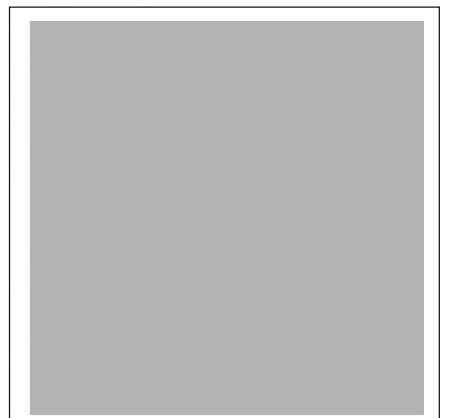
## Te Rautaki Whakatairanga Hauora B: He Akoranga Tunu Kai ‘Whāngaia Ō Pūkenga’



Ka whakatau te rōpū tuarua ki te whakahaere kaupapa hapori e kīia nei ko ngā akoranga tunu kai “Whāngaia Ō Pūkenga”. Kua whakawāteahia e te hāhi pātata tō rātou hōro me tō rātou kīhini hei whakamahi mā ngā kaiārahi ā-hapori i ia Pōapa mō tētahi utu iti noa nei. Ka whai wāhi ngā ākongā o te Taurima me te Ohaoha Kāinga, ngā kaitunu kai o te rohe, me ngā tāngata o te hapori e pai ana ki te whāngai i ō rātou pūkenga penapena kai, whakamahi hoki i ngā toenga kai, ki te pērā. Ka tīkina mai ngā hua whenua me ngā hua rākau, me ētahi atu toenga kai mō roto i ngā whakaaturanga tunu kai, i ngā hokomaha, i ngā toa, i ngā toa hua hoki o te rohe, otirā ko ngā kai ērā ka whiua kēhia e rātou i te mutunga o te rā. I te mutunga o ia akoranga, ka wātea ngā mema o te hapori ki te whakahoki i ngā kai penapena ki te kāinga mēnā e hiahiatia ana. Ki te kore, ka tohaina ngā kai penapena ki te pātaka kai ā-rohe, ka tukuna rānei e te hāhi ā-rohe nōna ka whāngai i te tuakoka.

## Te Rautaki Whakatairanga Hauora C: Ko ngā Kāri Tohutaka me ngā Mātārere

Ka whakatau ētahi mema o te hapori ki te waihanga i ētahi kāri tohutaka me ētahi mātārere e pā ana ki te penapena kai, me ētahi āhuratanga auaha hei whakamahi i ngā toenga kai. Ka tukuna ngā mātārere ki ngā pouaka mēra o te hapori, kia riro ai i ia kāinga. Ka waiho ētahi mātārere me ētahi kāri tohutaka ki ngā tari kaunihera, ki ngā pokapū hauora, ki ngā hokomaha hoki hei kawē atu mā ngā mema o te hapori ki te kāinga.



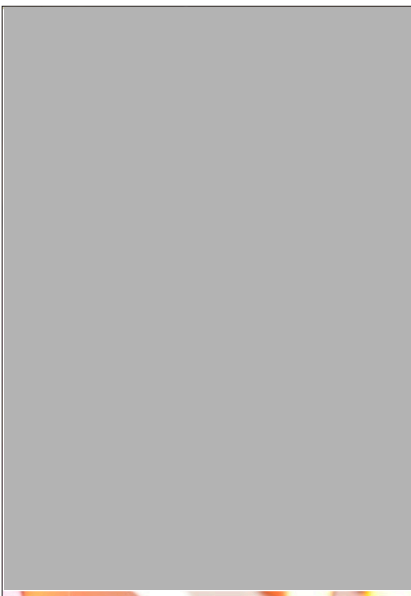
### Health-Promoting Strategy A: Community Portal

The first group decides to create a community portal – a website with a directory of information and recipes on food preservation, and tips on how to use leftovers to prepare nutritious meals. To advertise the page, the group would make a large billboard that would be placed at the information centre on the main street. On the board, the website, email address, and phone number would be available for more information on how to preserve and use leftover food to avoid food waste. Members of the community can like the page on Facebook, or follow it on Twitter or Instagram, to get more information and recipes on food preservation, and how to use leftover food to prepare nutritious and tasty meals.



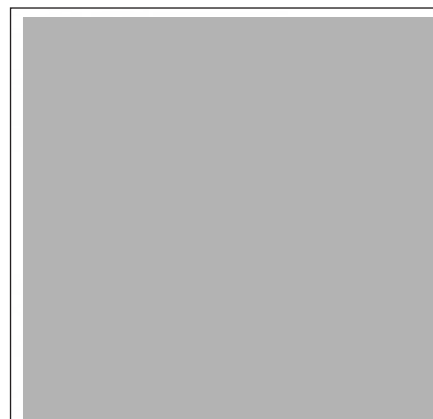
### Health-Promoting Strategy B: Share Your Skills Cooking Classes

The second group decides to run a community project called, “Share Your Skills” cooking classes. The local church has offered their hall and kitchen to community leaders for use every Wednesday night for a small fee. Hospitality and Home Economics students, local chefs, and any other people in the community who are prepared to share their skills on food preservation and the use of leftovers, get the opportunity to do so. The vegetables and fruit, as well as other leftover food to be used in the cooking demonstrations, are sourced from local supermarkets, grocers, and fruit and vegetable shops – food that they would otherwise throw away at the end of the day. At the end of each session, members of the community can take preserves home if they need them. If not, the preserves can be distributed to the local food bank, or used by the local church when providing meals for the homeless.



### Health-Promoting Strategy C: Recipe Cards and Leaflets

Members of the community decide to design recipe cards and leaflets on food preservation, as well as creative ways of using leftover food. They drop leaflets in the local community’s letter boxes, so that each household gets them. Some leaflets and recipe cards are left at the council offices, medical centres, and supermarkets for community members to take home.



## He Mihi

He mea tiki ngā rauemi i ngā mātāpono e rārangi iho nei i te 14 o Pipiri, i te tau 2016, ka panonitia ai hei whakamahinga i tēnei whakamātautau.

Te Rautaki A

<http://hongkiat.s3.amazonaws.com/blank-templates/billboard.jpg> and <http://xtremezerowaste.org.nz/love-food-hate-waste/>.

Te Rautaki B

<http://www.juliasherbalhealth.co.nz/wp-content/uploads/2013/11/Julias-Health-sml-5.jpg>.

Te Rautaki C

<http://sabato.co.nz/books/limited-edition-sabato-recipe-cards-spring-summer-autumn-winter>.

## Acknowledgements

Material from the following sources has been accessed on 14 June 2016, and adapted for use in this examination.

### Strategy A

<http://hongkiat.s3.amazonaws.com/blank-templates/billboard.jpg> and <http://xtremezerowaste.org.nz/love-food-hate-waste/>.

### Strategy B

<http://www.juliasherbalhealth.co.nz/wp-content/uploads/2013/11/Julias-Health-sml-5.jpg>.

### Strategy C

<http://sabato.co.nz/books/limited-edition-sabato-recipe-cards-spring-summer-autumn-winter>.

*English translation of the wording on the front cover*

## **Level 2 Home Economics, 2016**

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

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

**RESOURCE BOOKLET**

Refer to this booklet to answer the questions for Home Economics 91304.

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.**