

91304R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD
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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 2–4 in the correct order and that none of these pages is blank.

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

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

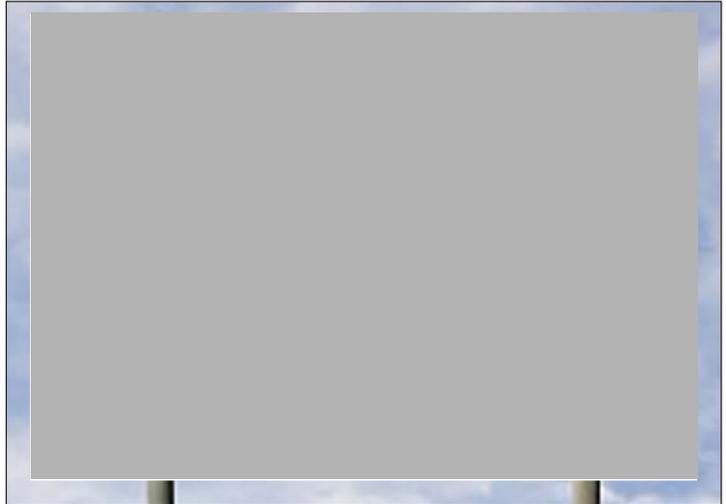
The World Health Organisation's definition of **health promotion** is: "the process of enabling people to increase control over, and to improve their health". (Ottawa Charter, 1986)

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

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

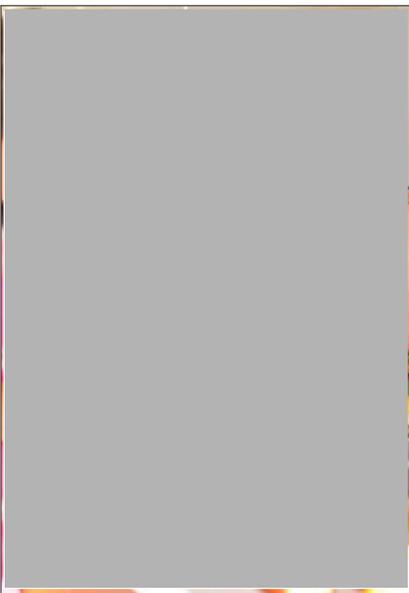
Health-Promoting Strategy A: Community Portal

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.



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>.