

90960R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

Level 1 Home Economics, 2017

90960 Demonstrate understanding of how an individual, the family and society enhance each other's well-being

2.00 p.m. Tuesday 21 November 2017

Credits: Four

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Home Economics 90960.

Check that this booklet has pages 2–8 in the correct order and that none of these pages is blank.

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

Resource A: 2016–The Year of the Water-Only School?

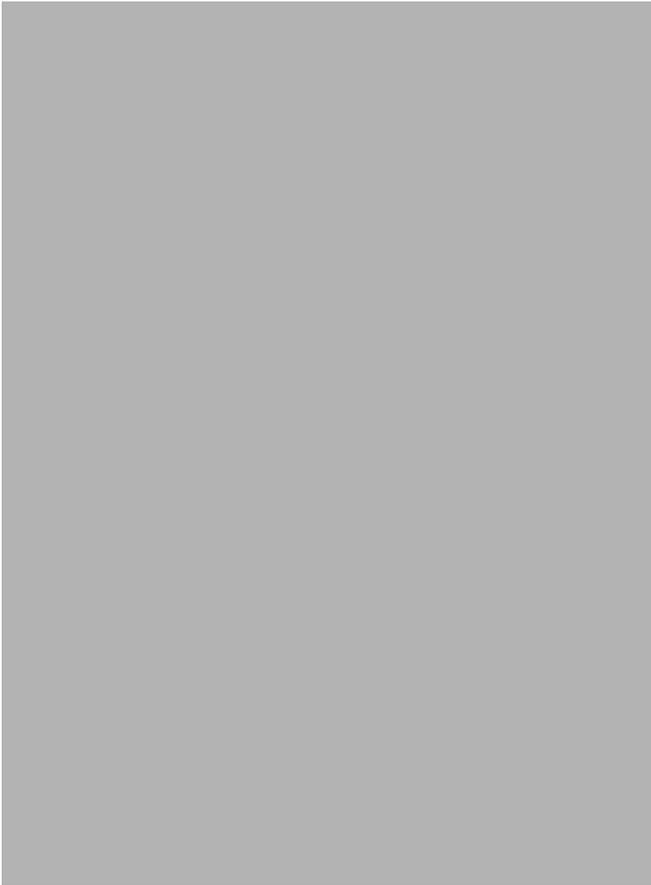


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The Ministry of Education and the Ministry of Health are joining forces to encourage schools to have a “water-only” policy.

[Redacted text]

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Removing all sugary drinks from schools supports New Zealand’s childhood obesity plan, and it lines up with a World Health Organisation recommendation to create healthy school environments, consistent with messages delivered in the school curriculum.

ARTICLE

The Case to Ban Sugary Food and Drink from Schools: these products are addictive, and kids will learn best without them.

Thornley S, Sundborn G

Abstract

New Zealand schools have been a battleground as a setting to address the obesity epidemic, with governments introducing and then removing laws to ban junk food from canteen menus.

[REDACTED]

[REDACTED]

Banning sugary drinks from schools will assist teachers and students to better achieve their learning goals, while also improving their overall well-being.

[REDACTED]

Resource C: The Health Promotion Agency (HPA)'s "Guide to Becoming a Water and Plain Milk Only School"

Guide to becoming a **water and plain milk only school**

Schools can provide healthy environments for staff, students and their whānau, and being a water and plain milk only school for students is a great place to start.

Step One

Share your goal

Your staff are your best role models

Encourage them to drink water and plain milk at school, and to talk to the students and their whānau about the benefits of drinking water and plain milk.

Involve the students

Make water easily available at school

Use refillable drink bottles

Share your school vision and values

Promote the benefits of drinking water

Let everyone know

Publicise your school's aim to be a water and plain milk only school with the students, their parents / whānau, the people that use the school facilities, the parents' groups and fundraising committees, and the local food / convenience shops.

Resource C (continued): The Health Promotion Agency (HPA)'s "Guide to Becoming a Water and Plain Milk Only School"

Step Two

Develop your own guidelines, procedures or policy

Involve your wider school community and share your policy or guidelines

Involve and seek support from your school, staff, students, their parents and whānau, and people in your community like the Health-Promoting Schools Facilitator, the Heart Foundation, oral health promoter, dentists, and community health promoters.

Step Three

Promote your water and plain milk only status

Be proud of your water and plain milk only position

Write and talk about it often in your school newsletters, in the classroom, in assemblies, at parents and whānau hui, and on social media.

Break down the barriers

Water only at all events

Spread the word

Ensure that those who visit your school to relieve, assist in the classroom, or work with or perform to the students, know of your water and plain milk only school status.

Resource D: Feedback from “Water-Only” Schools

The decile one school that quit sugar and improved its pupils’ teeth

In 2007, Yendarra School in South Auckland (a decile one school), adopted a “water-only” policy for drinks, and asked parents to provide healthy lunches made up of salads, sandwiches, and fruit.



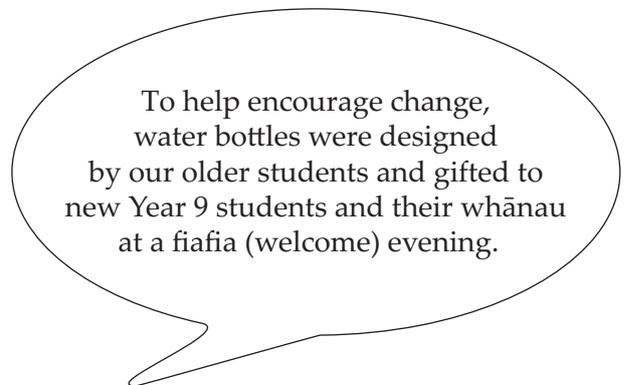
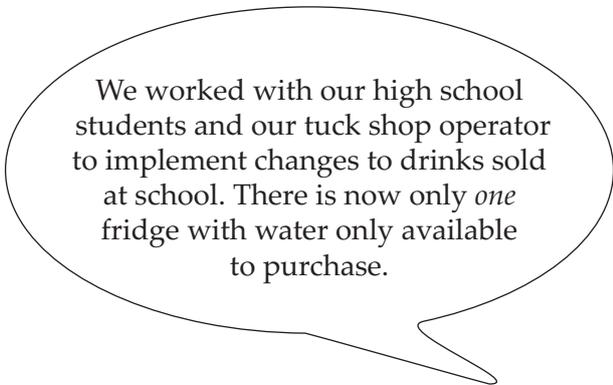
A 3-year-old boy, who had to have 11 rotten teeth extracted under general anaesthetic



Public health dentist, Dr Rob Beaglehole

“Our kids positively glow with good health”, says the principal of Yendarra School. “Our message to other schools is – just do it!”

Other water-only high schools’ feedback



Resource E: Community Involvement in the “Water-Only” Policy in Schools

The “water-only” policy in schools is supported by the following:

	<p>Ministry of Education: A government department that supports the education system in New Zealand.</p>
	<p>Ministry of Health: A government department that encourages schools to adopt a “water-only” policy.</p>
	<p>Health Promotion Agency: A government-funded organisation to promote the Ministry of Health policies.</p>
	<p>Heart Foundation: A non-government organisation, funded through donations, which aims to reduce heart disease in New Zealand.</p>
	<p>Fizz (Fighting Sugar in Soft Drinks): A non-government organisation, made up of researchers and public health doctors who advocate for an end to the sale of sugary drinks.</p>

Acknowledgements

Material from the following sources has been accessed on 9 June 2017, and adapted for use in this examination.

Resource A

Ministry of Education, '2016 The Year of the Water Only School', *New Zealand Education Gazette* (2016), found on <http://www.edgazette.govt.nz/Articles/Article.aspx?ArticleId=9251>.

Resource B

S. Thornley and G. Sundborn, 'The Case to Ban Sugary Food and Drink from Schools: these products are addictive, and kids will learn best without them', *Pacific Health Dialog* vol 20, no 1 (Mar 2014), p. 14, found on <http://www.fizz.org.nz/sites/fizz.org.nz/files/3%20The%20Case%20to%20Ban%20Sugary%20Food%20and%20Drink%20from%20Schools.pdf>, and <http://www.learnbyheart.org.nz/index.php/case-studies-ece/schools/128-water-only-schools> (image).

Resource C

Health Promotion Agency, 'Guide to becoming a water and plain milk only school' (May 2016), found on <http://www.nutritionandactivity.govt.nz/nutrition/nutrition-resources-schools>.

Resource D

<http://www.stuff.co.nz/life-style/well-good/teach-me/88301316/the-decile-1-school-that-quit-sugar-and-improved-its-students-teeth> (text and images), and Ministry of Education, '2016 The Year of the Water Only School', *New Zealand Education Gazette* (2016), found on <http://www.edgazette.govt.nz/Articles/Article.aspx?ArticleId=9251>.

Resource E

Logos found on <https://education.govt.nz>, <http://www.health.govt.nz>, <http://www.hpa.org.nz/>, <https://www.heartfoundation.org.nz/>, and <http://www.fizz.org.nz/>.