

91300R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

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Level 2 Home Economics, 2017

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

9.30 a.m. Wednesday 22 November 2017

Credits: Four

RESOURCE BOOKLET

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

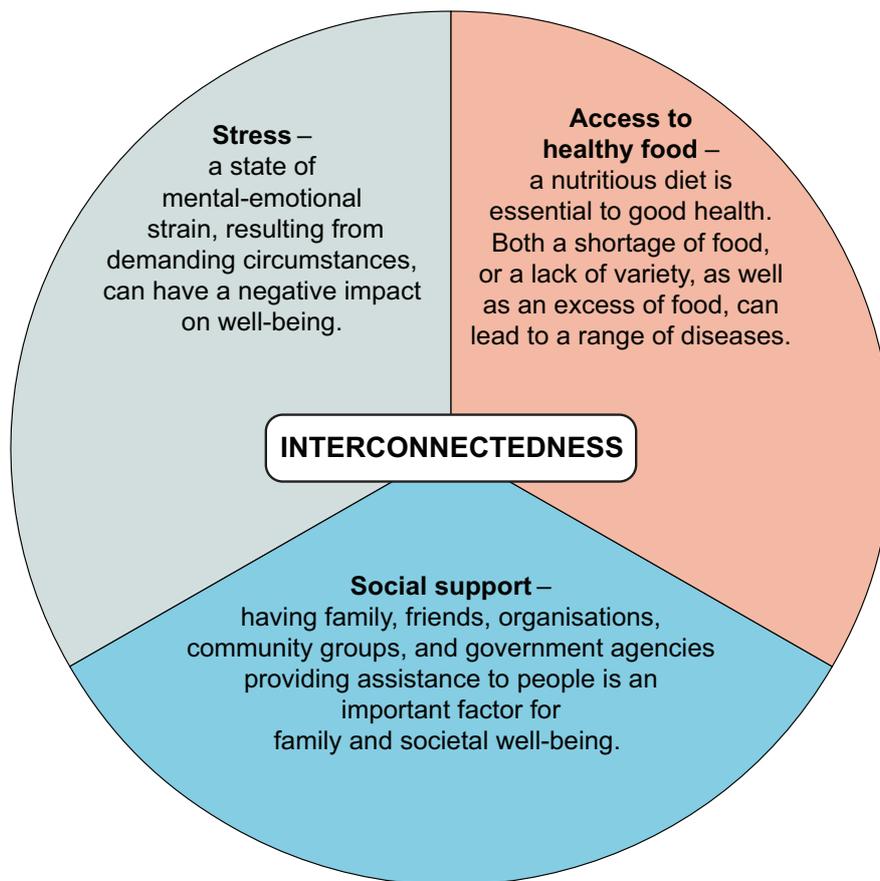
Check that this booklet has pages 2 and 3 in the correct order and that neither of these pages is blank.

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

Determinants of Health

Access to healthy food, social support, and stress are determinants of health that 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 Roberts Family Scenario

The Roberts family consists of John (Dad), Marie (Mum), and five children. Anna, the eldest, is 17 years old, and has just left college at the end of Year 12 without gaining NCEA Level 1. Logan is 14, Gabby is 10, Jayden is 7, and Ashleigh is 5 years old.

John was working as a mechanic in a small rural town, but lost his job when the company closed down a few months ago. Marie had a job as a part-time cleaner in a rest home, but her wages alone were not enough to support the family, so they have moved to a large city in New Zealand in the hope that John, Marie, and Anna will find employment. Unfortunately, this has meant that they are living away from their friends and family.

After a very stressful time, the family have found a 3-bedroom house to rent in a lower socio-economic suburb on the outskirts of the city. Although John could not find a job as a mechanic, he has found work in a local factory, working from 7.30 a.m. to 5.30 p.m., Monday to Saturday. Marie has also found two part-time cleaning jobs. One is in a care home from 10 a.m. to 2 p.m., Monday to Saturday, and the other is in an office cleaning from 6 p.m. to 8 p.m., Monday to Friday. Both John and Marie are being paid the minimum wage. Marie walks to both jobs, which takes her 15 minutes each way, because the family has only one car, and John needs it to get to work.

Anna does not have her driver's licence yet and is still looking for a job. She helps at home by looking after her brothers and sisters, and by doing a little cooking and cleaning, but she has limited skills in the kitchen. Marie is encouraging Anna and the other children to help with cooking dinner over the weekends to improve their food knowledge and cooking skills.

The nearest supermarket is a 10-minute drive from the Roberts house. It is open from 8 a.m. to 10 p.m. daily. The fruit and vege shop and butcher across the road from the supermarket are open from 9 a.m. to 5.30 p.m. daily. Closer to home, the dairy and fish and chip shop both shut at 9.30 p.m. After a long day at work, John often lacks the motivation to shop and cook a meal for the children. As a result, he often resorts to buying fish and chips for dinner, as they are filling, and the children like them. He misses the family meal times that they used to share before they moved to the city.

John is overweight and his health has suffered recently because of extreme stress. He is very shocked to be told by his doctor that he has high blood pressure and is at high risk of a heart attack. The doctor suggests that including more vegetables and fruit in his diet and avoiding processed foods will help, so Marie and Anna decide to start a vegetable garden, planting a variety of the family's favourite vegetables. Logan, Gabby, Jayden, and Ashleigh help to water and weed the garden, and are looking forward to eating the produce from it.

The family also decide to go to the park before church on Sunday mornings to get some exercise. Logan and Jayden take a ball to kick around, while the others enjoy a long walk. After the church service, there is a shared lunch, and the family take sausage rolls as their contribution. The Roberts family enjoy this time, as they have started to make new friends, and the children also enjoy the variety of food available at the shared lunch.

