

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, 2017

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

9.30 i te ata o te Rāapa, te 22 o Whiringa-ā-rangi, 2017  
Ngā whiwhinga: E whā

### TE PUKAPUKA RAUEMI

Tirohia tēnei pukapuka hei whakatutuki i ngā 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 Tūāhua: Ngā kōwhiringa timotimo me ngā kōwhiringa inu kino

Hei tā *Ngā Aratohu Kai me te Taiora o Aotearoa* me kōwhiri tātou i ngā timotimo me ngā inu he iti te ngako o roto, ka mutu, me tino tūpato ki te ngako pūhake. Me iti hoki te tote me te huka o roto, ka mutu me tino iti te huka tāpiri. Ko ngā ritenga kai he nui te ngako, te tote me te huka o roto e whai hononga ana ki te kaha haere o te pānga mai o ngā momo mate kua māori ināianei, pēnei i te mate manawa, i ētahi momo mate pukupuku, i te pēhanga toto kaha, i te mate rehu ohotata, i te mate mōmona, me te mate niho pirau.

E whakaatu mai ana ētahi rangahau nō Aotearoa nei, kei te kino haere te kaha o te kainga o ngā timotimo ngao kiato me ngā inu hukahuka. Kei te piki haere te tokomaha o te mātātahi ka raru i ngā niho pakohu, i ngā niho pirau anō hoki, me te aha, me kohika. He tokomaha te hunga mātātahi e taimaha haere ana, e mōmona haere ana rānei, ka mutu, kua kaha rawa te hua ake o te momo tuarua o te mate huka i waenga i tēnei reanga.

Hāunga anō ēnei take hauora, he tokomaha ngā rangatahi o Aotearoa ka kōwhiri tonu i ngā timotimo ngako pūhake pēnei i ngā kōpaki mīti, i ngā maramara rīwai, i ngā keke, i ngā pihikete, i ngā rare me ngā inu hukahuka. He nui te ngao i ēnei kai, ka mutu, he mea whakakatete i a koe. He nui hoki ngā taiora matua ka kitea i tētahi ritenga kai whānui, pērā i tā *Ngā Aratohu Kai me te Taiora o Aotearoa* i tohu ai, kāore e kitea i aua kai.

Ka puta te whakatau a ngā rōpū hāpori e toru kia kuhu atu ki te aukati i te nui o ngā kōwhiringa timotimo kino, me ngā kōwhiringa inu kino e wātea ana i ō rātou hāpori. Ka whakaritea mai e rātou ngā rautaki whakatairanga e whai ake nei hei whakatau i tēnei take.

## Ngā Tauira 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 tauira whakatairanga hauora e toru hei whai, e tutuki ai ngā mahi hauora whai hua, ko:

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

### Scenario: Poor choice of snacks and drinks

*The New Zealand Food and Nutrition Guidelines* state that we should choose snacks and drinks that are low in fat, especially saturated fat; and also low in salt and sugar, especially added sugar. Diets that are high in fat, salt, and sugar are associated with the rising incidence of now common health conditions such as heart disease, some types of cancer, high blood pressure, stroke, obesity, and tooth decay.

New Zealand research shows that the level of energy-dense snacks and sugary drinks being consumed is getting worse. More and more young people are suffering dental cavities and tooth decay, requiring extractions. Large numbers of young people are becoming overweight or obese, and there is a significant increase in type 2 diabetes amongst this age group.

Despite these health issues, many young New Zealanders continue to choose energy-dense snacks such as pies, chips, cakes, biscuits, lollies, and sugary drinks. These foods are high in kilojoules and can make you overweight. They also lack many of the key nutrients found in a varied diet as suggested in *The New Zealand Food and Nutrition Guidelines*.

Three community groups decide to intervene to try to curb the problem of poor snack food and drink choices being available within their communities. They come up with the following health-promoting strategies to try to address the issue.

### 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. **Self-empowerment**
3. **Collective action.**

## Te Rautaki Whakatairanga Hauora A : “Te Wiki Whakamaimoa i te Hauora”

Ka whakatau te rōpū tuatahi kia whakaritea tētahi “Wiki Whakamaimoa i te Hauora” i te kura tuarua o te rohe hei ia rāwīki i waenga i ngā wā whakatā ā-kura, mai i te 9.00 i te ata ki te 7.30 i te pō. Ka pōhiri rātou ki ngā mema o te hāpori kia whakahaere i ētahi mahi me ētahi whakaaturanga mā ngā reanga rerekē, e hāngai ana ki te kai tōtika, otirā, e āta aro ana ki ngā timotimo me ngā inu whai oranga. Ka tonoa kia utua e te hunga ka tae atu tētahi kapa koura hei koha ka kuhu ana rātou ki te hōro.

Ko ētahi o ngā whakaaturanga me ngā mahi, ko:

- Tētahi kaiako akoranga koiri e kōrero ana mō te hiranga o ngā mahi koiri;
- Tētahi mātanga taiora e whakahaere akoranga ana e pā ana ki te āhua o te whakamahi i te taupānga Whakawhiti Kai kia pai ai te pānui, kia whai māramatanga ai hoki ki ngā tapanga kai, otirā, kia kimihia ētahi kai whai oranga kē ake;
- Tētahi rata niho me tētahi kaimahi tikanga akuaku niho e whakamahi ana i ngā whiti ataata hei whakaatu i ngā ritenga tikanga akuaku niho pai me ngā pānga o ngā tikanga akuaku niho kino. Ka tukuna hoki ki te hunga ka tae atu ki te “Wiki Whakamaimoa i te Hauora” tētahi whakahekenga utu mō te mātai i ō rātou niho me ō rātou waha;
- Ētahi pakihia ā-rohe e whakapuaki ana i ētahi pānui mō ngā kōwhiringa kai whai oranga, otirā, e tuari ana i ētahi kai whai oranga utukore, i ētahi kāri tohutaka, me ētahi ruinga pukapuka e whakaatu ana i ngā timotimo, ngā wairanu, me ngā inu whai oranga.

Ka whakahaere te rōpū i tētahi patapatai i te roanga o ia rā e pā ana ki ngā whakaaturanga me ngā mahi katoa mā te hunga ka hiahia ki te uru atu, ā, ka whakahuatia te toa hei te mutunga o ia rā.

Ka riro i ia whānau tētahi pēke koha kua kī i te “Pereti Kai Pai”, i tētahi paraihe niho me ētahi tauira pēniho, i tētahi nuka tatau hōkai, i ētahi kāri tohutaka huhua, me ētahi pānui whakamārama e pā ana ki ngā timotimo me ngā inu whai oranga.

### He Mihi

He mea tiki ngā rauemi i ngā mātāpono e whai ake nei (i te 24 o Haratua, i te tau 2017), ka whakahāngaitia ai hei whakamahinga i tēnei whakamātautau.

Te Rautaki A

<http://www.dentistcambridge.co.nz/services>.

Te Rautaki B

<https://www.healthnavigator.org.nz/healthy-living/eating-drinking/healthy-recipes-library/e/everyday-meal-snack-ideas/>.

Te Rautaki C

[http://www.retaildesignworld.com/news/article/55e70c8be3d30-in-store-demonstration-kitchens-for-metromakro-stores-in-belgium&utm\\_source=RDW-Campaign-320&utm\\_medium=email&utm\\_campaign=popai-awards-winners-named&campaign\\_id=320&article\\_id=1710&hash=54aaa5a59001f](http://www.retaildesignworld.com/news/article/55e70c8be3d30-in-store-demonstration-kitchens-for-metromakro-stores-in-belgium&utm_source=RDW-Campaign-320&utm_medium=email&utm_campaign=popai-awards-winners-named&campaign_id=320&article_id=1710&hash=54aaa5a59001f).

## Health-Promoting Strategy A: “Health Awareness Week”

The first group decides to hold a “Health Awareness Week” at the local high school each weekday from 9.00 a.m. to 7.30 p.m. during the school holidays. They invite members of the community to run activities and demonstrations for different age groups, based on healthy eating, with a special focus on healthy snacks and drinks. Attendees are asked to pay a gold coin donation (koha) on entry into the hall.

The demonstrations and activities include:

- A PE teacher talking about the importance of physical activity;
- A nutritionist running workshops on how to use the Food Switch app to read and understand food labels, and to check for healthier alternatives;
- A dentist and hygienist using videos to demonstrate good oral hygiene habits and the effects of poor oral hygiene. People who attend the “Health Awareness Week” are also offered a discounted examination of their teeth and mouths;
- Local businesses displaying posters of healthy food choices, and giving out healthy food freebies, recipe cards, and pamphlets showing healthy snacks, smoothies, and drinks.

The group runs a quiz throughout each day based on all the demonstrations and activities for any attendees who want to enter, with a winner announced at the end of each day.

Each family leaves with a goodie bag containing the “Eatwell Plate”, a toothbrush and toothpaste samples, a small pedometer, lots of recipe cards, and pamphlets on healthy snacks and drinks.

### Acknowledgements

Material from the following sources has been adapted for use in this examination (accessed 24 May 2017).

Strategy A

<http://www.dentistcambridge.co.nz/services>.

Strategy B

<https://www.healthnavigator.org.nz/healthy-living/eating-drinking/healthy-recipes-library/e/everyday-meal-snack-ideas/>.

Strategy C

[http://www.retaildesignworld.com/news/article/55e70c8be3d30-in-store-demonstration-kitchens-for-metromakro-stores-in-belgium&utm\\_source=RDW-Campaign-320&utm\\_medium=email&utm\\_campaign=popai-awards-winners-named&campaign\\_id=320&article\\_id=1710&hash=54aaa5a59001f](http://www.retaildesignworld.com/news/article/55e70c8be3d30-in-store-demonstration-kitchens-for-metromakro-stores-in-belgium&utm_source=RDW-Campaign-320&utm_medium=email&utm_campaign=popai-awards-winners-named&campaign_id=320&article_id=1710&hash=54aaa5a59001f).

## Te Rautaki Whakatairanga Hauora B: Te Kaupapa o #KaTaeaETōTātouHapori

Ka whakatau te rōpū tuarua ki te whakahaere i tētahi kaupapa ka karangatia ko #KaTaeaETōTātouHapori. Ka pōhiri rātou i ngā marae me ngā pakihī o te rohe (tae atu hoki ki ērā e hoko kai ana) ki te wānanga i ngā tūāhua hoko, i ngā tūāhua toha hoki i ngā timotimo me ngā inu whai oranga, hei hāpai ake i te hauora o te hapori. Ko ngā hua ka puta:

- Ka toha ngā kaiārahi marae i ngā kōwhiringa kai whai oranga me te wai i ā rātou kaupapa katoa;
- Kāore ngā toa o te rohe e hoko atu i ngā kōpaki mīti, i ngā rōra tōtiti, me ngā inu ki ngā rangatahi e mau kākahu kura ana. Ka hunia hoki ngā rare, ngā tiakarete me ngā maramara rīwai katoa mā te whakanoho atu i aua kai rā ki ngā paenga o runga rawa;
- Ka tango mai ngā hokomaha o te rohe i ngā rare me ngā tiakarete i ngā wāhi utu, ā, ka whakaheke hoki i te utu o ngā timotimo me ngā inu ngao iti.
- Kua whakaae ngā tāngata katoa i te hapori kia kaua e hoko atu i ngā tiakarete mō ngā kaupapa penapena pūtea, otirā, ka toha i ngā kai he iti te ngako, te huka, me te tote o roto, i ngā kura, i ngā whare karakia, i kaupapa kē atu rānei.

Ka whai atu hoki te rōpū i ngā pakihī o te rohe kia whakahaerehia tētahi whakataetae tohutaka ā-marama mō te whakarite i te tohutaka timotimo pai katoa, mō te whakapuaki hoki i ētahi tauria hāpai e pā ana ki te kai tōtika. Ka \$2 te utu ki ia whānau kia uru atu, ka mutu, ka whakahuatia te toa me te tohutaka i eke ki te hōro o te hapori, hei te Pōmere whakamutunga o ia marama, atu i te marama o Paengawhāwhā ki te marama o Pipiri. Ka tohaina hoki ētahi timotimo me ētahi inu whai oranga i te roanga o te pō hei whakamātau mā te iwi. Ka riro i te whānau toa tētahi tokanga kai e kī ana i ngā kai whai oranga nā te hapori pakihī o te rohe i koha, ā, ka tohaina hoki te tohutaka timotimo toa i ngā whare kai, i ngā hokomaha, me ētahi atu wāhi hoko kai o te rohe.

## Te Rautaki Whakatairanga C: He Whakaaturanga Tunu ki te Hokomaha

Ka riro i te rōpū tuatoru tētahi tūranga ki tētahi hokomaha i te rohe ki te whakahaere i tētahi whakaaturanga tunu hei te 11.00 i te ata o te Rāhoroi tuatahi o ngā marama o te kōanga. I ētahi wā, ka tono atu te rōpū ki tētahi kaitunu kai o te hapori tonu kia whakaatu i tētahi tohutaka whai oranga.

Ka taea hoki e te hunga ka tae atu ki te whakaaturanga te whakamātau ngā kai. Ka tukuna hoki e te hokomaha tētahi huarākau utukore ki ngā tamariki ka tae tahi atu me tētahi pakeke ki te whakaaturanga.

Ka taea hoki e rātou te rēhita kia riro ai i a rātou tētahi pānui ā-hapori, ētahi karere ā-īmēra rānei i ia rua wiki e whakaatu ana i ngā tohutaka mō ngā timotimo me ngā inu whai oranga i whakaatuhia. He tau waea, he īmēra hoki kei te wāhanga o raro o te pānui.

## Health-Promoting Strategy B: #OurCommunityCan Campaign

The second group decides to run a campaign named **#OurCommunityCan**. They approach the local marae and businesses (including all those that sell food) to discuss ways of selling and serving healthy snacks and drinks, in order to improve the health of the local community. As a result:

- The marae leaders will serve healthy food options and water at all of their functions;
- The local dairies will not sell pies, sausage rolls, and drinks to any young people in school uniform. They will also put all lollies, chocolates, and chips out of sight by placing them on their top shelves;
- The local supermarkets will remove lollies and chocolates from the point of purchase and reduce the price of low kilojoule snacks and drinks;
- Everyone in the community has agreed not to sell chocolates for fundraising activities, and will serve food that is low in fat, sugar, and salt at school, church, or other events.

The group also approaches local businesses to run a monthly recipe competition to come up with the best snack recipe, as well as practical tips for healthy eating. It will cost \$2 per family to enter the competition, and the winner and winning recipe will be announced at the community hall, in the evening on the last Friday of every month, from March to June. Healthy snacks and drinks will be provided during the evening for people to sample. The winning family will receive a gift hamper of healthy foods donated by the local business community, and the winning snack recipe will also be served in local cafes, supermarkets, and other places that sell food.

## Health-Promoting Strategy C: A Cooking Demonstration at the Supermarket

The third group secures a place at a local supermarket to hold a cooking demonstration at 11.00 a.m. on the first Saturday of each month during spring. From time to time, the group asks a local chef to demonstrate a healthy recipe.

Those who attend the demonstration get to taste the food. Any child who attends the demonstration with an adult is offered a free piece of fruit by the supermarket.

They can also sign up to receive a fortnightly community newsletter, or email alerts that include recipes of the demonstrated healthy snacks and drinks. A contact phone number and email address are provided at the bottom of the newsletter.

*English translation of the wording on the front cover*

## **Level 2 Home Economics, 2017**

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

9.30 a.m. Wednesday 22 November 2017  
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.**