

91300R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD
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Level 2 Home Economics, 2018

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

2.00 p.m. Friday 23 November 2018
Credits: Four

RESOURCE BOOKLET

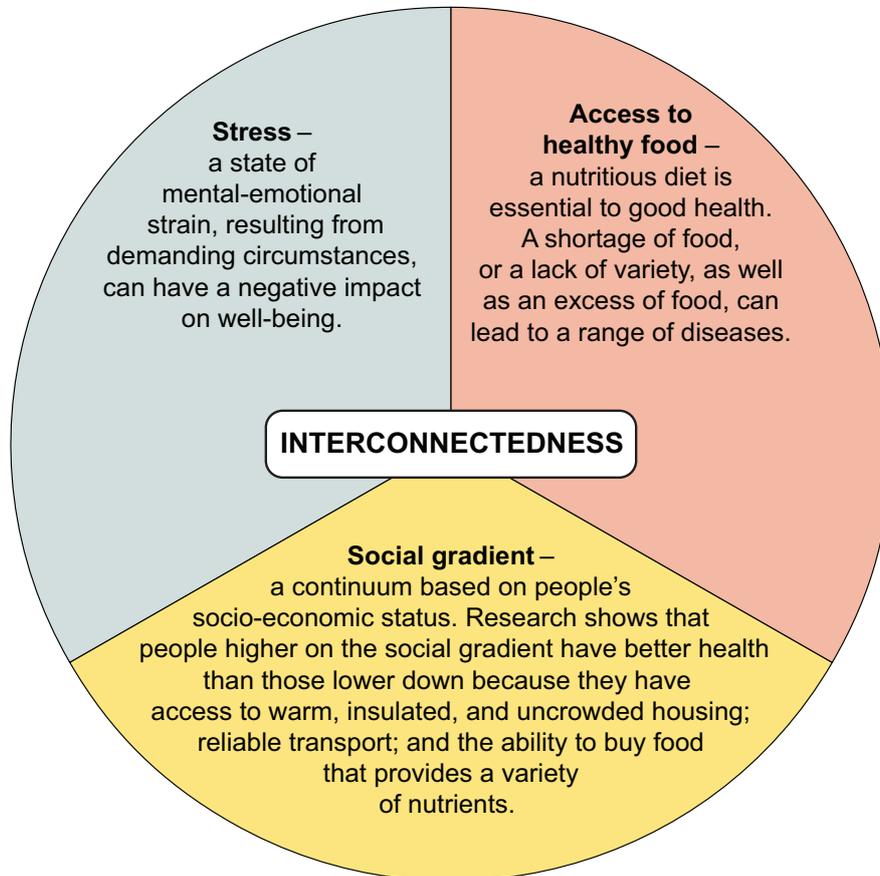
Refer to this booklet to answer the questions for Home Economics 91300.

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

Stress, access to healthy food, and social gradient 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 dimensions of a family's and society's well-being.



The four dimensions of a family's and society's well-being are:

- physical well-being / taha tinana
- mental and emotional well-being / taha hinengaro
- social well-being / taha whānau
- spiritual well-being / taha wairua.

The Hayes Family Scenario

The Hayes family consists of John (Dad), Mere (Mum), and 15-year-old twins, Sam and Aroha. They live in a wealthy suburb of Wellington. Sam and Aroha are in Year 11 at school and both play basketball.

John has a demanding, highly-paid job as a marketing manager for a top New Zealand company. His job requires him to travel overseas regularly. When he is not overseas, he often works late to meet deadlines.

Mere is an emergency doctor at Wellington Hospital. She also works long hours, and often on weekends. She loves her job, but finds the shift-work tiring, and also finds that it makes it difficult for her to have a routine at home.

During the week, Mere wakes the twins up at 7.30 a.m. and then leaves for work. The twins are meant to eat breakfast and make a packed lunch before heading off to school. However, often the twins leave without eating breakfast or making lunch, as they are usually running late, or have run out of fresh fruit, milk, or bread. They sometimes take biscuits or chips from the pantry for lunch, but mostly use the pocket money they get each week to buy an energy drink and pie for breakfast at the local dairy, and lunch from the school canteen. When they get home from school, they usually cook 2 minute noodles for a snack.

During the week, the family is often too tired to cook dinner, so John likes to pick up takeaways for the family when he is going to be home. However, the twins' grandparents regularly pick them up after basketball training on Tuesdays, and they cook a meal for the twins that uses fresh vegetables from their garden.

Mere has noticed that Sam and Aroha are lacking energy, struggling to concentrate, and starting to gain weight, despite both playing basketball. John has also started to gain weight, and Mere is concerned at how rundown and exhausted they both are. Mere knows their diet is partially to blame, and that it will have to improve, despite their busy lives.

