

91304R



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Level 2 Home Economics, 2018

91304 Evaluate health promoting strategies designed to address a nutritional need

2.00 p.m. Friday 23 November 2018
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: The importance of a balanced diet

A healthy, balanced diet enriched with all the essential nutrients (both macronutrients and micronutrients), is very important for overall well-being. Children and adults alike, require proper nutrition to help encourage a long and healthy life.

The New Zealand Food and Nutrition Guidelines (FNGs) provide up-to-date advice about the amounts and kinds of foods that we need to eat for health and well-being. By following the dietary patterns recommended in the FNGs, we should get enough of the nutrients essential for good health, and help to reduce our risk of chronic health problems such as heart disease, type 2 diabetes, some cancers, and obesity. Recommended Dietary Intakes (RDI) also provide the ideal intake levels of essential nutrients to meet the nutritional needs of healthy people.

However, despite all this information and education from the Ministry of Health and Home Economics classes in schools, people are still not getting the correct balance of nutrients. There is an over-consumption of energy-dense nutrients, which can lead to obesity and related health problems, and an under-consumption of essential nutrients, which can result in low bone density, low energy levels, difficulty concentrating, and other nutritional disorders.

As part of their studies, a Year 12 Home Economics class conducts a survey of student diets and eating patterns. The survey reveals that in general, the students' diets are lacking in some essential nutrients, so the Parent Teacher Association (PTA) decides to run a competition to find the best way to address this concerning issue. They have come up with the following health-promoting strategies.

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.**

Health-Promoting Strategy A: A Special Evening Assembly with a Nutritionist

The first parent group organises a special evening assembly, which they advertise in the local community newspaper, on posters, and in a newsletter to parents.

The assembly is held at the local high school for staff, parents, students, and members of the public to attend. A nutritionist from *Healthy Families New Zealand* is invited to talk to the audience about the importance of healthy eating in order to get all the essential nutrients that the body needs. At the end of her presentation, the nutritionist answers any questions that people may have on the issue, and hands out a brochure about making healthy food choices.

At the end of the assembly, each child gets a Sanitarium UP&GO™ drink to have for breakfast the next day, donated by the local supermarket. The Year 12 Home Economics students also post a healthy meal or snack recipe on the school portal page for that week, and will do so each week for the rest of the term.

Acknowledgements

Material from the following sources has been adapted for use in this examination (accessed 16 April 2018).

Strategy A

https://www.healthed.govt.nz/system/files/resource-files/HE1230_Healthy_Eating_for_Young_People_0.pdf.

Strategy B

<https://itunes.apple.com/nz/app/myfitnesspal/id341232718?mt=8>.

Strategy C

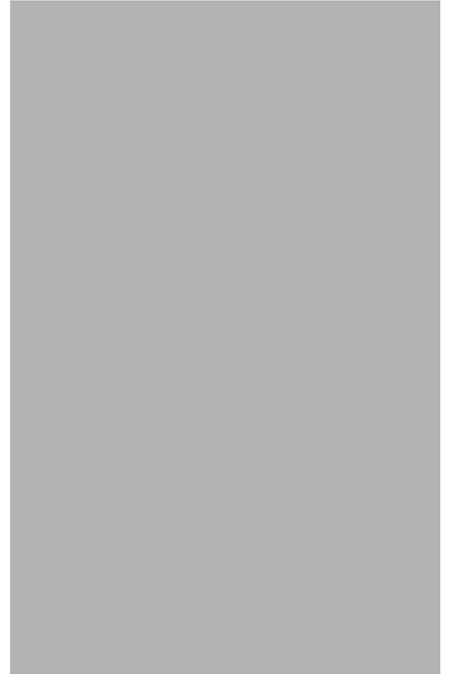
<https://www.betterhealth.vic.gov.au/health/healthyliving/food-safety-when-eating-out>.

Health-Promoting Strategy B: “Champions for Change” Free Phone App

The second group of parents, with the help of the Digital Technologies teacher, and the school’s IT technician, designs a free phone app for young people aged 12 to 17 years.

The app includes:

- YouTube cooking demos of healthy food recipes, and advice on correct portion sizes
- tips on eating better, being active, and getting involved in the preparation of healthy food
- instant messages that serve as reminders not to skip breakfast, to exercise daily, and tips like eating two pieces of fruit everyday
- a chat group that the community nurse (a parent at the school) has set up, where both parents and children can ask questions and get advice on healthy eating, correct portion sizes, and nutrition-related disorders
- recipes and pictures of different meals containing information about the different macro and micronutrients contained in the food
- a food diary where users can log comments and / or post pictures of their food, and a dietitian can add suggestions for healthy changes if necessary.



Health-Promoting Strategy C: “My Goodness” Healthy Lunch

The third group of parents decides to provide a healthy lunch, packed with essential nutrients, to the staff and students at the school, for a term.

They approach the school management to ask permission to use the hall kitchen to prepare the food and to serve it in the hall. They begin with a mufti day where all staff and students are encouraged to donate

tinned or packaged food. They source fruit and vegetables from local supermarkets, fruit and vegetable shops, and the local farmer’s market (who donate produce that would not be sold at the end of the day, but that is still edible).

The local supermarkets and bakeries donate baked goods that they would normally throw away at the end of the day. Some other donations of food come from the local business community, community gardens, and families that have surplus vegetables and fruit.

A local dietitian helps with the planning of meals. Staff and students pay \$2 for the lunch and the money is used to buy meat and dairy products. Parent volunteers have a duty roster so that each day of the week is covered, and staff, as well as Year 12 and 13 students, help with the setting up and cleaning.

