

91300R



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## Level 2 Home Economics, 2019

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

2.00 p.m. Tuesday 19 November 2019  
Credits: Four

## RESOURCE BOOKLET

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

Check that this booklet has pages 2–4 in the correct order and that neither of these pages is blank.

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

**RESOURCE A: INTERCONNECTIONS**

Interconnections between well-being, food choices and the determinants of health impact on individuals, families and society.

**Chart: Interconnections**

## SCENARIO: THE RAHAPA FAMILY

The Rahapa family comprises dad Henry, mum Erana and two children. Aroha is 17 years old and in her final year at high school. Her brother, Linton is 15 years old, and in Year 11 at the same school.

Erana works long hours for a large company in town. The job can be stressful, but the overtime pay is good. The company provides free meals for staff. These meals tend to be highly processed convenience foods. Erana regularly has at least two meals a day at work, saving her money and time in the morning.

Henry works in an office close to home and bicycles to work as the family has only one car. On his way to work, Henry often stops at the local dairy to buy a pie and an energy drink for lunch. Every Friday, Aroha and Linton buy their lunches from the school canteen, which is stocked with healthy foods, such as fresh sandwiches and rolls, sushi and salads. In the winter, the canteen has thick vegetable soups available.

The Rahapa family has money to buy fresh fruit, vegetables and lean meat. The family will often walk down to the nearby farmers' market on a Saturday to buy some groceries, especially fresh fruit and vegetables. Aroha is studying food and nutrition at school and, because her mum is working long hours, has recently started making more of the family's meals to help out at home. Aroha has learned all about the New Zealand Food and Nutrition Guidelines. When she cooks meals for the family, she tries to follow these guidelines. Linton enjoys helping her by preparing the vegetables.

Erana's parents live on a small farm near town and the family goes there for dinner every Sunday. Aroha and Linton love visiting their grandparents as they have several animals, including free-range chickens. Aroha and Linton help care for the animals. Their grandmother uses fresh eggs from these chickens and home-killed meats to make nutritious meals and baking. The Rahapa family often takes home extra eggs and meat to put in the freezer.

**Acknowledgements**

Material from the following sources has been adapted for use in this examination:

**Page 3**

(top image) <https://happyho.in/wp-content/uploads/2016/05/Fruit-Vegetables-Meat.jpg>.

(middle image) <https://wigglebicycles.com/custom-bicycle-gallery/2015/11/old-school-mountain-bikes/>.

(bottom image) <https://a57.foxnews.com/static.foxnews.com/foxnews.com/content/uploads/2018/09/1862/1048/Chickens-iStock.jpg?ve=1&tl=1>.