

91470R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

Level 3 Home Economics, 2019

91470 Evaluate conflicting nutritional information relevant to well-being in New Zealand society

2.00 p.m. Wednesday 13 November 2019

Credits: Four

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Home Economics 91470.

Check that this booklet has pages 2–8 in the correct order and that none of these pages is blank.

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

**This page has been deliberately left blank.
The examination continues on the following page.**

RESOURCE A: AMAZING WELLNESS WEBSITE

https://amazingwellnessmag.com

CONDITIONS & WELLNESS DIET & NUTRITION HEALTH EXPERTS NATURAL LIVING SUPPLEMENTS RECIPES

HOME > FEATURES

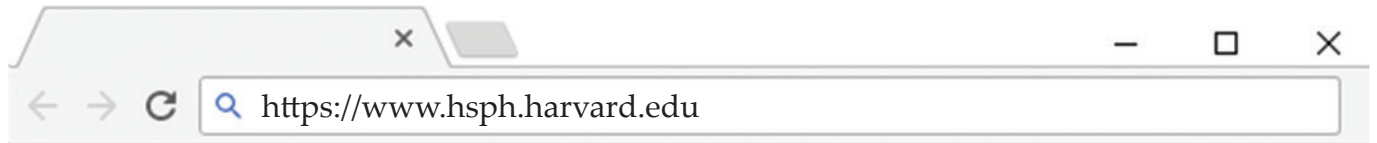
The Best Health Supplements for Millennials

The 21st century has brought with it some unique health

so you'll be sure to remember it every morning.

SOURCE (adapted): <https://amazingwellnessmag.com/features/best-health-supplements-for-millennials>.

RESOURCE B: MEDITERRANEAN DIET REVIEW



Diet Review: Mediterranean Diet



How It Works

The Mediterranean diet



may also support healthy weight loss.

RESOURCE B (continued): MEDITERRANEAN DIET REVIEW**References**

K.D. Gifford, 'Dietary fats, eating guides, and public policy: history, critique, and recommendations', *The American Journal of Medicine* vol 113, issue 9 (2002), pp 89–106.

R. Estruch and others, 'Primary prevention of cardiovascular disease with a Mediterranean diet supplemented with extra-virgin olive oil or nuts', *New England Journal of Medicine* vol 378, no 25 (2018), online edition.

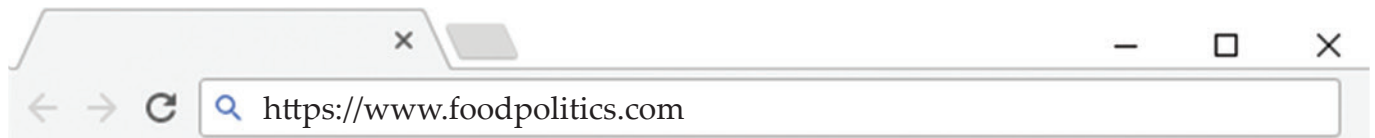
J. Salas-Salvadó and others, 'Reduction in the Incidence of Type-2 Diabetes with the Mediterranean Diet', *Diabetes Care* vol 34, no 1 (2011), pp 14–19.

Terms Of Use

The contents of this website are for educational purposes and are not intended to offer personal medical advice. You should seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Copyright 2018 The President & Fellows of Harvard College.

Website last updated: December, 2018.

RESOURCE C: FOOD POLITICS BLOG

Brazil has just released the final version of its *Dietary Guidelines* for the Brazilian population:

1. Make natural or minimally

advertising and marketing.

Books written by Marion Nestle.

RESOURCE C (continued): **FOOD POLITICS BLOG****IK** • 4 years ago

This approach is

stand up!

^ | v · Share ›

**Britta Moore** • 4 years ago

Wow! I absolutely love

Brazil!

^ | v · Share ›

About Marion Nestle

Marion Nestle is Paulette Goddard Professor of

the City

University of New York's Macaulay Honors College (2016).

SOURCE (adapted): <https://www.foodpolitics.com/2014/11/brazilian-dietary-guidelines-are-based-on-foods-food-patterns-and-meals-not-nutrients/>; https://media.npr.org/assets/bakertaylor/covers/w/what-to-eat/9780865477049_custom-c9e8fa5b7d073b9cb55985fa65050815e0f6bedc-s400-c85.jpg.

RESOURCE D: FOOD INDUSTRY ADVERTISEMENTS/PACKAGING

SOURCES (adapted): *Consumer* magazine, August / September 2018; <https://www.kiwifamilies.co.nz> ; <https://shop.countdown.co.nz>; <http://images.kglobalservices.com>; <http://lai98158.wixsite.com/myshop>; *Healthy Food Guide*, June 2018; *Healthy Food Guide*, July 2017.