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91300MR



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, 2020

91300MR Te tātari i te hononga i waenga i te oranga,
i ngā kōwhiringa kai me ngā kaiāki hauora

9.30 i te ata o Tāite, te 3 o Tihema, 2020
Ngā whiwhinga: E whā

TE PUKAPUKA RAUEMI

Tirohia tēnei pukapuka hei whakaoti i te tūmahi mō Ohaoha Kāinga 91300M.

Tirohia kia kitea ai 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 RAUEMI A: Ngā Hononga

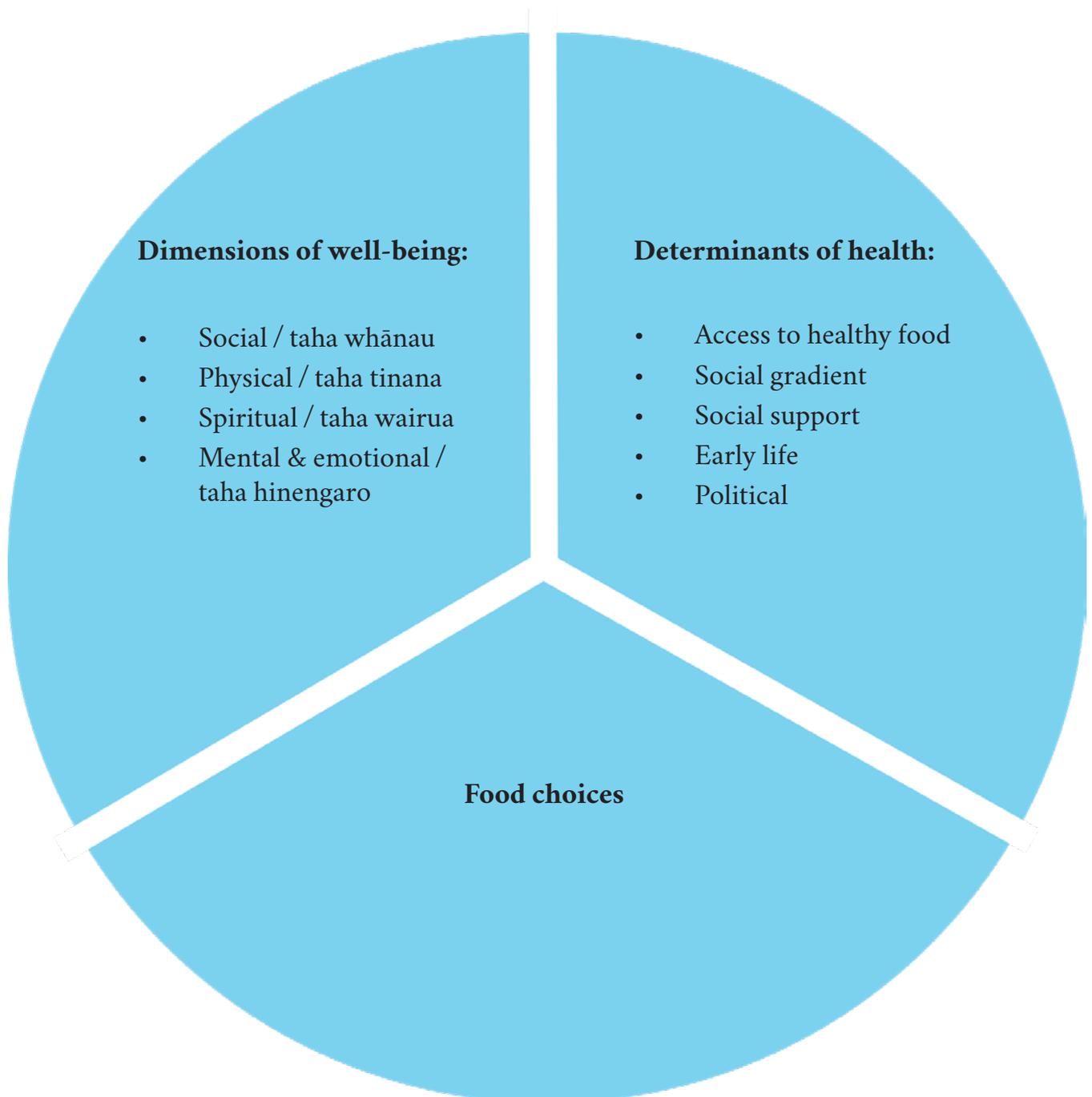
Ka pā ngā hononga i waenga i te oranga, i ngā kōwhiringa kai me ngā kaiāki hauora ki ngā tāngata takitahi, ki ngā whānau, ki te hapori whānui hoki.

Te Hoahoa: Ngā Hononga



RESOURCE A: Interconnections

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

Chart: Interconnections

TE TŪĀHUA: Te Whānau King

I ia wiki ka whakatauria e te whānau King ngā pūtea hoko kai e ea ai ngā hiahia o te whānau. Kei roto i tēnei whānau a Peter rāua ko Kara, hei mātua mō tā rāua tamāhine, 16 tau te pakeke, mō Tui me ngā māhanga, e toru tau te pakeke, mō Mia rāua ko Tama.

He kaiwhakahaere pūrere a Peter i tētahi wheketere. Utua ai ia ki te \$20 tāra i te hāora, kei raro paku nei tērā i te utu ā-hāora e tau ai te noho a te tangata.

He nēhi a Kara i te hōhipera, ā, kei runga paku nei tana utu i te utu wawaenga o Aotearoa.

Me mahi tīpako ia. Kotahi te wiki o roto i ia toru wiki kāore ia i te kāinga i te wā o te kai o te pō. Uaua ana ki a Kara te hoko kai i ētahi wā nā ana here ki te mahi.

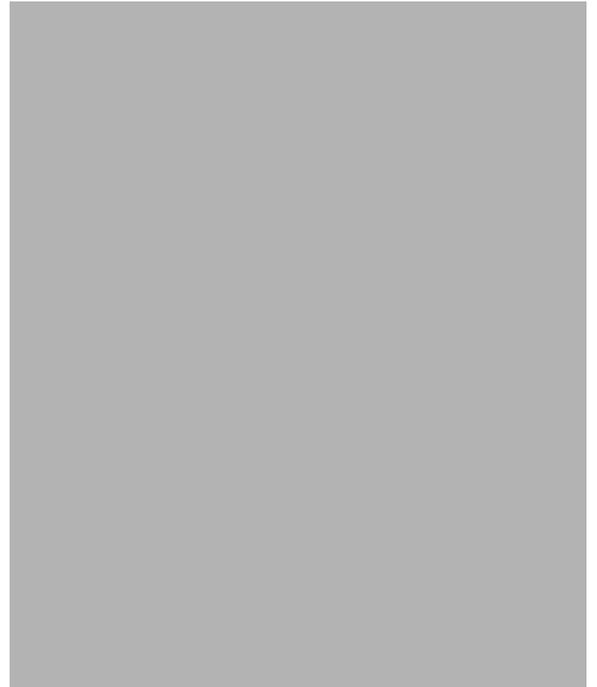
Nā konei, he rite tonu tā Peter hoko kai i tētahi hokomaha e tata ana ki tana mahi.

Nā te whāiti o te moni whiwhi a te whānau, mārō ana te mahere pūtea hei whai mā rāua. Hei āwhina i tērā, tuhia ai e te whānau he rārangi kai kia kore ai e nui rawa te whakapaunga pūtea ki te hoko kai, heoi kia nui tonu ngā momo kai hauora ka hokona. Nā te mahere pūtea nei, he rite tonu tā te whānau kōwhiri i ngā mīti e iti ake ana te utu.

E wātea ana ki te whānau tētahi pūtea tautoko nā te kāwanatanga hei utu i te tiakanga o ngā tamariki mō ngā hāora e 20 i te wiki, he rite tērā ki te toru rā i te wiki mō ngā māhanga, mō Mia rāua ko Tama. I ērā atu rā e rua ka tiakina rāua e tō rāua whaea kēkē e noho pātata ana.

Ka whāngaihia e te whare tiaki kōhungahunga ētahi momo kai hauora ki a rāua, tae atu ki ngā kai timotimo, pērā i te huarākau me te huawhenua. Ka whāngaihia ngā tamariki ki ngā kai nui hei tina, pērā i ngā kihu paraoa me te mīti nakunaku tōmato me te huamata. I nā tata nei i whakawhiwhia ai te whare tiaki kōhungahunga ki ētahi tohu e whakanui ana i tana kaha ki te whāngai i ngā kai whai taiora.

Heoi, ruia ai ngā māhanga ki te kai reka e tō rāua whaea kēkē i te wā kei tōna



taha rāua. Ko te tino kai reka ki a rāua, ko ngā kotakota rīwai me ngā rare. Āwhina ai a Tui, te taiohi, i tētahi māra ā-hapori he whata tōna kei te taha o te rori hei hoko i ngā hua hou. He rite tonu te wātea mai o tētahi pouaka nui o ngā huawhenua o te wā kātahi anō ka hauhaketia ki a Tui, \$10 te utu. He rite tonu tā ērā atu kaiāwhina tuku whakaaro ki a ia e pā ana ki te āhua o te whakarite, o te tunu rānei i ngā huawhenua ka whakahokia e ia ki te kāinga.

He mihi

Kua whakahāngaihia ngā āhuatanga mai i ngā mātāpuna e whai ake nei hei whakamahinga i tēnei whakamātautau (nō te 4 o Maehe, 2020 te toronga whakamutunga)

Te whārangi 4

(Te tuhinga) <https://tradingeconomics.com/new-zealand/wages>

(Te tuhinga) <https://www.livingwage.org.nz/about>

(Te whakaahua, tō runga) <https://www.cookinglight.com/food/in-season/gardening-weight-loss-spring-vegetable-garden>

(Te whakaahua, tō waenga) <https://www.magnets.co.nz/wp-content/uploads/2018/09/MAGPADSHFR-PAD.jpg>

(Te whakaahua, tō raro, i te taha mauī) <https://en.wikipedia.org/wiki/M%26M%27s>

(Te whakaahua, tō raro, i te taha matau) <https://stinkybklyn.com/shop/platters-fruit-salad/fruit-platter/>

SCENARIO: The King Family

Every week the King family budgets for its food needs. The family comprises parents Peter and Kara, 16-year-old daughter Tui and three-year-old twins Mia and Tama.

Peter is a machine operator at a factory. He is paid \$20 an hour, which is just below the living wage.

Kara is a hospital nurse and earns just above the average New Zealand wage.

She is required to work shifts. One week in every three weeks she is not home at dinner time. Kara often finds it difficult to do the grocery shopping due to work commitments.

For this reason, Peter usually buys the groceries from a supermarket near his work.

Due to the family income being limited, the couple has a tight budget to follow. To help with this, the family writes a shopping list so that it does not spend too much money on groceries, but at the same time gets a variety of healthy foods. This budget means the family often selects the cheaper cuts of meat.

The family is entitled to a government subsidy for 20 hours' free childcare a week, which works out at three days a week for twins Mia and Tama. The other two days they are cared for by their aunt, who lives nearby.

The daycare provides a range of healthy foods, including snacks such as fruit and vegetables. Meals, such as spaghetti bolognese and salad, are served for lunch. The daycare provider has recently won awards recognising that it provides nutritious food.

However, the twins' aunt spoils them with treats when they are in her care. Their favourite treats are potato chips and lollies.

Tui, the teenager, helps at a local community garden, which has a roadside stand for selling fresh produce. Tui can usually buy a large box of freshly picked seasonal vegetables for \$10. The other helpers often give her ideas of how to prepare or cook the vegetables she takes home.

Acknowledgements

Material from the following sources (last accessed 4 March 2020) has been adapted for use in this examination:

Page 5

(Text) <https://tradingeconomics.com/new-zealand/wages>

(Text) <https://www.livingwage.org.nz/about>

(Image, top) <https://www.cookinglight.com/food/in-season/gardening-weight-loss-spring-vegetable-garden>

(Image, middle) <https://www.magnets.co.nz/wp-content/uploads/2018/09/MAGPADSHFR-PAD.jpg>

(Image, lower left) <https://en.wikipedia.org/wiki/M%26M%27s>

(Image, lower right) <https://stinkybklyn.com/shop/platters-fruit-salad/fruit-platter/>

English translation of the wording on the front cover

Level 2 Home Economics 2020

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

9.30 a.m. Thursday 3 December 2020
Credits: Four

RESOURCE BOOKLET

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

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.

91300MR