

91300R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

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

Level 2 Home Economics 2020

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

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

RESOURCE BOOKLET

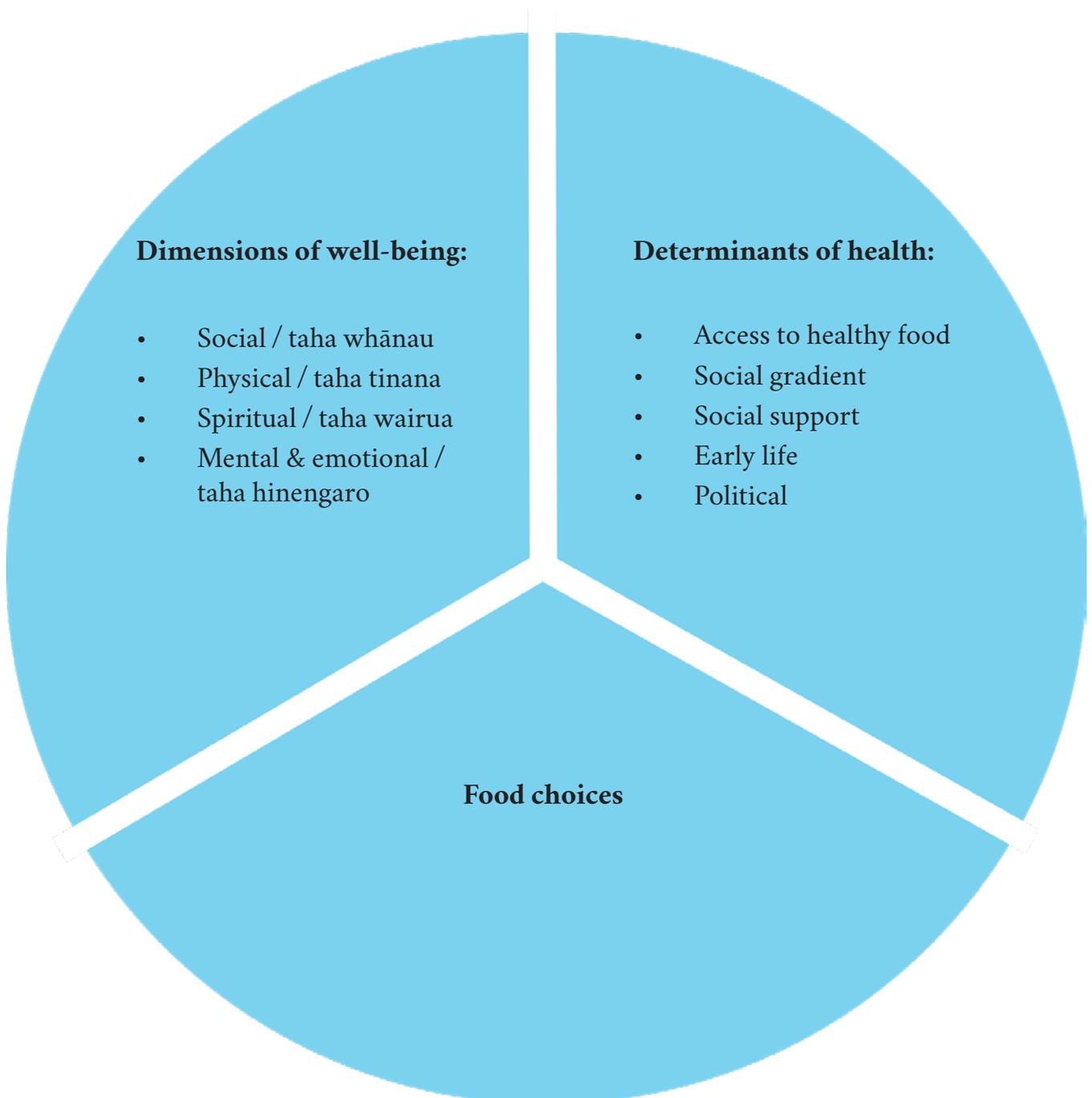
Refer to this booklet to answer the question for Home Economics 91300.

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.

RESOURCE A: Interconnections

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

Chart: Interconnections

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 3

(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/>