

91304R



NEW ZEALAND QUALIFICATIONS AUTHORITY
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Level 2 Home Economics 2020

91304 Evaluate health promoting strategies designed to address a nutritional need

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

RESOURCE BOOKLET

Refer to this booklet to answer the question 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: Increasing consumption of vegetables in the school community

In New Zealand the percentage of people eating the recommended servings of at least three vegetables each day is falling. A recent survey by the Ministry of Health showed that only 50% of 15–24 year olds ate at least three servings of vegetables a day.

The impact on health due to insufficient vegetables can be serious. It is linked to poor health, and increased risk of lifestyle diseases (e.g. heart disease, type 2 diabetes and some cancers). Eating at least three servings of vegetables a day can reduce the risk of these diseases.

Vegetables are naturally low in fat, salt and sugar, making them an excellent food choice. They provide energy, vitamins, minerals and fibre. People should be aiming to make up half of their dinner from a range of vegetables of different colours.

A group of concerned student leaders have come up with the following two possible health-promoting strategies to increase vegetable consumption in the school community.

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:

- behavioural change
- self-empowerment
- collective action.

Acknowledgments

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

Page 2

Scenario

(text) <https://www.vegetables.co.nz/health/ministry-of-health/>

(text) https://www.who.int/elena/titles/fruit_vegetables_ncds/en/

(text) <https://www.health.govt.nz/system/files/documents/publications/food-nutrition-guidelines-healthy-children-young-people-background-paper-feb15-v2.pdf>

(text) <https://www.vegetables.co.nz/health/vegetable-nutrition/>

Models of Health Promotion

(text) <https://health.tki.org.nz/Key-collections/Curriculum-in-action/Making-Meaning/Socio-ecological-perspective/Defining-health-promotion/Models-of-health-promotion>

Page 3

(image 1) <http://www.cateringonthemove.com.au/product/cold-cut-vegetable-platter/>

(image 2) <https://ana.org.nz/resource/the-5-a-day-charitable-trust-celebrates-10-years-of-helping-kiwis-eat-more-fruit-vegetables/>

(image 3) <https://today.uconn.edu/2018/11/school-lunch-healthier-options-overlooked-juice-available/>

Page 4

(image 1) <http://unisci24.com/264646.html>

(image 2) <https://grist.org/food/im-trying-to-eat-more-local-in-season-veggies-is-there-an-app-for-that/>

(image 3) <http://weknowyourdreams.com/single/vegetable/vegetable-06>

(Image 4) <https://designbundles.net/mentlastore/43822-hand-holding-mobile-smart-phone-with-blank-screen-in-office>

Strategy A: School Canteen

A recent survey of students at a school has shown that they are unhappy with the healthy-food options available at the canteen.

Based on this, student leaders want to change the school's canteen policy.

A group of students will work with the canteen owner, the principal, the board of trustees and local food producers to introduce a new policy to increase the the number of vegetable options on the school canteen menu. The effectiveness of this policy will be reviewed every year.

As part of this strategy, the canteen will run a seasonal vegetable recipe competition. Students can enter by submitting their recipes to the canteen's Facebook page.

The students will vote for the best recipe.

The canteen will then prepare this recipe and sell it for \$2 a serving, as a weekly special.

To assist the canteen in this strategy, the student leaders have got the local farmers' market to supply each week's featured vegetable at a reduced price.

Winning recipes will be available on the canteen's Facebook page, and also saved to the school website so that students and their families can access them in the future.

A link to the '5+a day' website, where recipes for vegetables can be found, will be available for students to use.

Strategy B: VegeDigi App

Student leaders and technology teachers have partnered to design and make a free app called VegeDigi. This app allows students to track the number of vegetable servings they eat, and helps them achieve the goal of eating at least three servings a day.

It also contains information about the benefits of different vegetables, and various factors that students might consider when deciding to increase consumption of these.

The app also contains videos of cooking demonstrations, which show different ways to prepare and eat vegetables. The free app can be linked to social media accounts, such as Instagram and Facebook. This means students can motivate one another to eat more vegetables and, therefore, improve one another's diets.

A guest speaker from a vegetable-juice company will help launch the app. They will talk at the school assembly about their product. Afterwards each student will be given a free sample and a 50 cent discount coupon on their next purchase of juice.

As part of the promotion, students will also be given a resource booklet that contains information on many types of vegetable juice they can buy.