

See back cover for an English translation of this cover

2

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, 2021

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

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 -5 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 te tangata takitahi, ki ngā whānau, ki te hapori whānui hoki.

Ngā wāhanga o te hauora

- Te taha whānau
- Te taha tinana
- Te taha wairua
- Te taha hinengaro

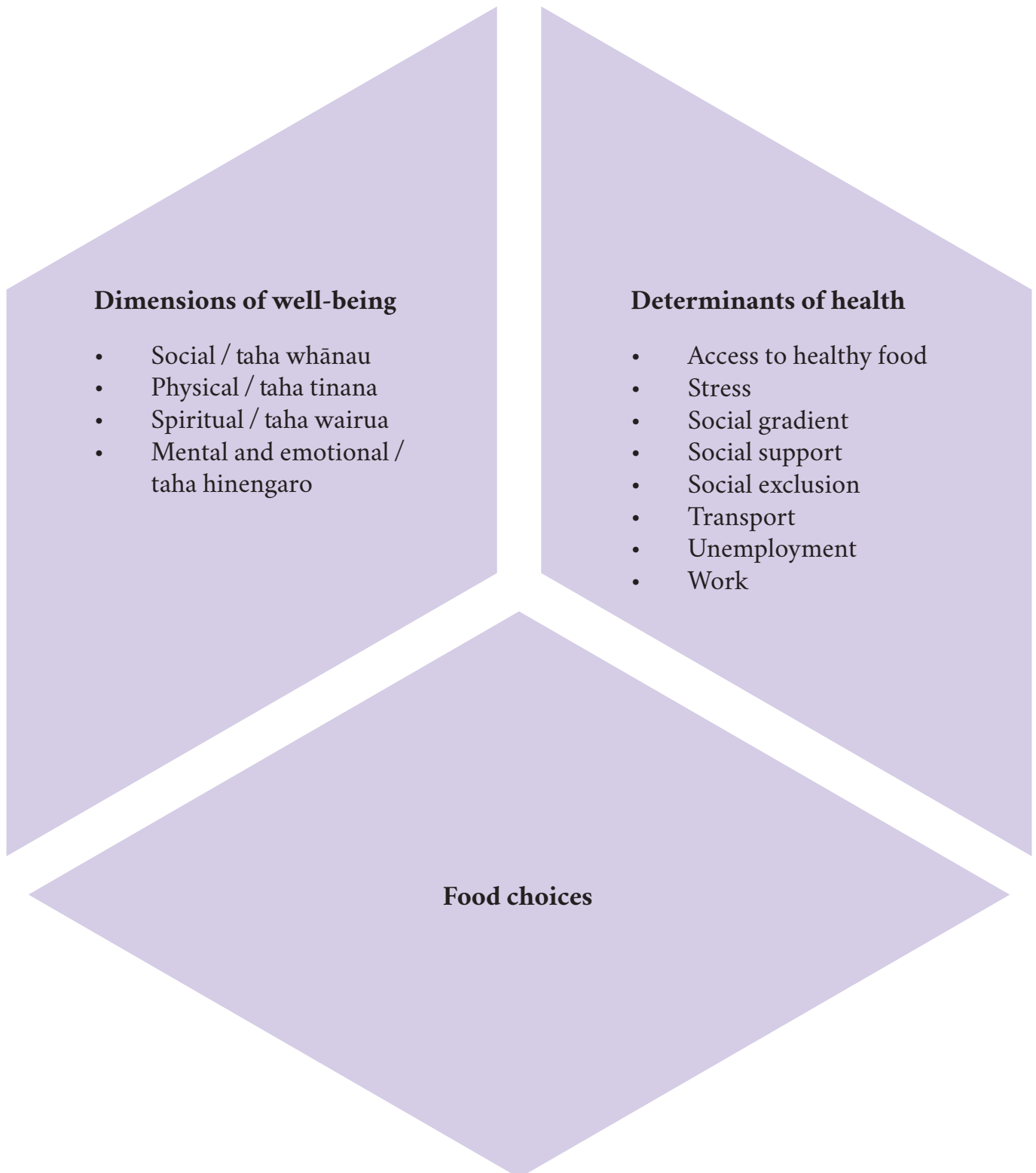
Ngā kaiāki hauora

- Te wātea mai o ngā kai hauora
- Te ahotea
- Te rōnaki ā-pāpori
- Te tautoko ā-pāpori
- Te whakarereanga ā-pāpori
- Te tūnuku
- Te koremahi
- Te mahi

Ngā kōwhiringa kai

RESOURCE A: Interconnections

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



TE RAUEMI B – TE TŪĀHUA: Ngā hoa noho

Ko Ari rātou ko Winnie, ko Brooklyn ētahi hoa noho e toru kei te puku o Ōtautahi e noho ana.



He pia kaimahi kōrere wai a Ari. He roa ana hāora mahi, he rite tonu tana noho takatū ki te mahi, me te aha ka mate ki te wehe i te kāinga i roto i te wā poto. Ka taraiwa ia i tētahi wēne mahi, e whakaaetia noatia ana tana whakamahī ka haere ana ia ki ngā kaupapa mahi. Ka mahi tahi ana ia ki ētahi atu kaimahi kōrere wai, he rite tonu tā rātou toro ki ngā hereumu, ki ngā toa rānei ki te hoko tina, ki te hoko timotimo hoki.



He kaiwhakapaipai makawe a Winnie i tētahi whare whakapai makawe rorotu, e pērā ana te tata, he māmā noa te hīkoi atu i te whare. Ka mahi ia hei ngā pō, hei ngā wīkēne anō hoki. I te nui o ngā mahi, kāore ia i te kai i te tina. Engari kē ia, he rite tonu tana kai i tētahi momo pihikete hei whakakapi i te kai matua i a ia e mahi ana. Ka inu hoki ia i ngā inu whakahohe, e mataara tonu ai ia.



Nō nā noa nei i poroa ai te tūranga mahi o Brooklyn, me te aha i tēnei wā e whiwhi takuhe ana ia i a ia e kimi ana i tētahi mahi hou. I te mea ka noho ia ki te kāinga mō te roanga o te rā, he rite tonu tana kai i ngā kai paraurehe, tē kai ai i ngā wā kai ka whāia i te nuinga o te wā.

Ka noho tahi ngā hoa noho e pai ai te pīkau tahi i ngā nama, engari karekau ō te tokotoru mōhiotanga ki ngā mātauranga taioranga, karekau hoki ō rātou pūkenga taka kai. I tēnei wā, he tini ā rātou haerenga ki te hoko kai i te wiki, i te hokomaha i te pokapū o te tāone, e pērā ana te tata ki te wāhi e noho rā rātou, he hīkoi poto noa iho ka tae. He nui ake te utu o te kai i reira, tēnā i te utu i ngā hokomaha e āhua nui ake ana kei ngā tapa tāone. Kāore hoki e whānui ana ngā kōwhiringa huarākau me te huawhenua o te kaupeka.

E mōhio ana ngā hoa noho me panoni ā rātou ritenga kai, nō reira ka whakamātau rātou i tētahi ratonga tuari kai, e aronui ana ki te pūtea, ko *Easy Food* te ingoa, ā, he huarahi whakapau pūtea pai tēnei hei whai mā rātou. Mā tēnei ratonga e riro ai i a rātou ngā kai whakauru katoa mō ngā kai o te pō e rima, he mea tuku ki a rātou i ia wiki, tae atu hoki ki ngā tohutohu āmiki hei taka i ngā kai. E pai ana ngā kai mā te hunga tauhou ki te tunu kai, ā, e whai wāhi ana ki ia momo kai ko tētahi momo mīti ngako-iti, ko ētahi warowaihā pata tikitū, kāore hoki e iti iho i ngā tohanga huawhenua e toru, mā ia tangata.

I te mea kāore a Brooklyn i te mahi i tēnei wā, kua kī atu ia ka haere ia ki tētahi hokomaha nui ake mā runga pahi e pai ai tā ngā hoa noho hoko i ngā huarākau me ngā huawhenua o te kaupeka, me ngā kai waiwai mō te parakuihi me te tina, ā, ka pai ake te utu. Kua kī hoki ia māna te kai o te pō e tunu i ia pō hei āwhina i a Winnie rāua ko Ari i a rāua ka noho roa ki te mahi.

RESOURCE B – SCENARIO: Flatmates

Ari, Winnie, and Brooklyn are three flatmates who live in central Christchurch.



Ari is an apprentice plumber. He works long hours, is often on call and has to leave home at short notice. He drives a work van that he is allowed to use only when he travels to jobs. When on a job with other plumbers, they often go to bakeries and dairies for lunch and snacks.



Winnie is a hairdresser in a popular salon, which is an easy walk from the flat. She works late nights and weekends. Because she is very busy, she has been skipping lunch. Instead, she often eats a meal replacement bar on the go. She also drinks energy drinks to stay alert.



Brooklyn recently lost his job and is currently receiving a benefit while he searches for a new job. As he is now home all day, he is snacking regularly on junk food, and not eating at his regular mealtimes.

The flatmates live together to share costs, but all three lack nutrition knowledge and food preparation skills. Currently, they do several small weekly shops at the inner city supermarket that is walking distance from where they live. The prices of food are higher than larger supermarkets in the suburbs. The range of seasonal fruits and vegetables is also poor.

The flatmates know their eating habits need to change, so they are going to try a new budget-friendly food delivery service called *Easy Food*, which will be a cost effective way for them to spend their money. This service gives them all the ingredients for five dinner meals, which are delivered weekly, with detailed instructions on how to prepare them. The meals are suitable for beginner cooks and each one contains lean meat, whole grain carbohydrates, and at least three serves of vegetables per person.

Since Brooklyn is currently not working, he has volunteered to take the bus to a larger supermarket so the flatmates can buy seasonal fruits, vegetables, and essentials for their breakfast and lunch, at a more reasonable price. He has also offered to cook dinner each night to help out Winnie and Ari when they are working late.

English translation of the wording on the front cover

91300MR

Level 2 Home Economics 2021

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

Credits: Four

RESOURCE BOOKLET

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

Check that this booklet has pages 2-5 in the correct order and that neither of these pages is blank.

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