

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 2021

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

Credits: Four

RESOURCE BOOKLET

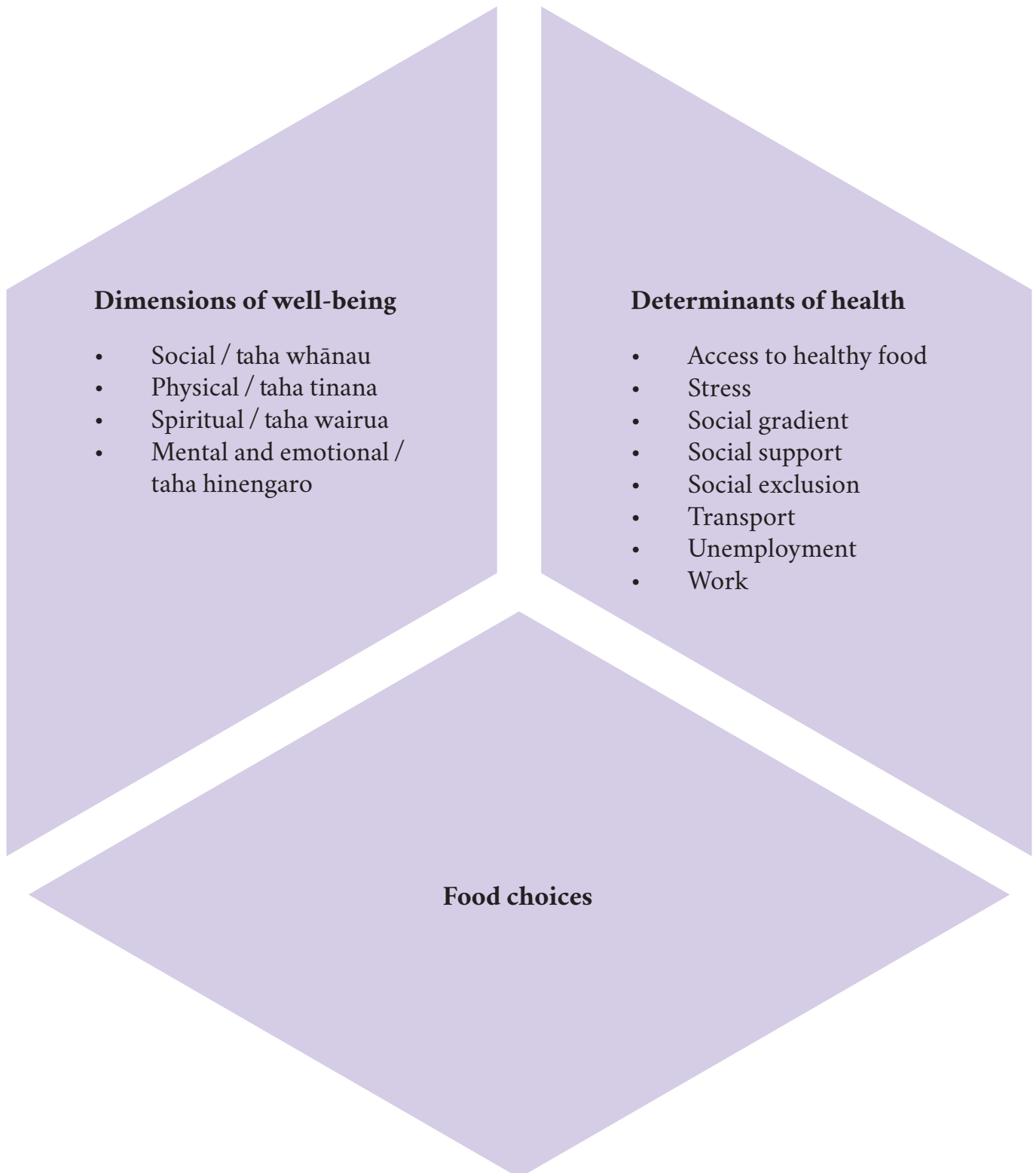
Refer to this booklet to answer the questions for Home Economics 91300.

Check that this booklet has pages 2 and 3 in the correct order and that neither 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.



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.

