

91304R



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## Level 2 Home Economics 2021

### 91304 Evaluate health promoting strategies designed to address a nutritional need

Credits: Four

#### RESOURCE BOOKLET

Refer to this booklet to answer the questions 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 INTRODUCTION

The nursing and hospitality sectors of the local polytechnic have been considering how students can contribute to the community, and how they can incorporate work experience into their training.

This year, the nursing students and trainee chefs would like to improve the health of the community by encouraging people to increase their consumption of fibre-rich foods. Fibre can be found in a variety of foods – particularly fruits, vegetables, and whole grains. The nursing students and trainee chefs have found the following information from the Ministry of Health's Eating and Activity Guidelines for New Zealand adults.

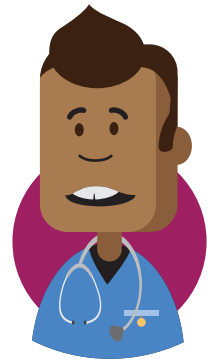


Source: Ministry of Health. 2020. *Eating and Activity Guidelines for New Zealand Adults: Updated 2020*. Wellington: Ministry of Health.

## STRATEGY A

### Nursing students

Before deciding on which strategy to use to increase fibre consumption in the community, the nursing students from the polytechnic visited the local health centre to ask staff and patients for their opinion on effective ways to increase consumption of fibre. Based on these findings, the nursing students plan to do the following:



#### Label-reading sessions

Because many of the patients were unsure of how much fibre was in the processed foods they ate, the nursing students plan to run a number of sessions at the health centre to teach people how to read the labels on food packaging. The sessions will be held at lunchtimes on Monday, Wednesday, and Friday. It is free for anyone in the community who wants to attend. After the session, the nursing students plan to ring each person who attended to see if they have any follow-up questions.



#### Food preparation classes

One patient was unsure of how to cook a meal that was affordable, tasty, and high in fibre. The nursing students plan to organise a food preparation class once a month on a Tuesday night. It will take place at the local secondary school in a classroom that has a kitchen. The class costs \$20 to cover the food used, and the use of the room. Members of the community who are interested can book through the health centre. They will need to complete a quick survey so the nursing students can organise the class to match the wants and needs of those attending.

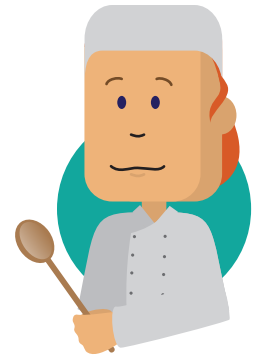
#### Leaflets

The nursing students plan to develop a leaflet that has suggestions of foods with high fibre content. This will be available at reception in the health centre and will be given out at both the label-reading sessions and the food preparation classes. This will be free to the community, as the health centre is happy to cover the cost of printing.

## STRATEGY B

### Trainee chefs

The trainee chefs want to improve the fibre content of different dishes that the community already eat. The trainee chefs have surveyed a wide range of different groups of people in the community to find out what types of food people enjoy, and how they would like to increase fibre in their diet. Based on these findings, the trainee chefs plan to do the following:

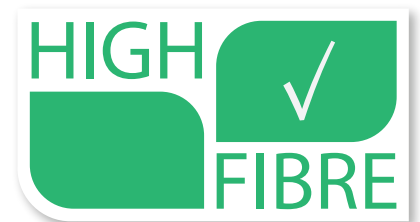


#### Design fibre-rich meals

The survey found that many members of the community would like fibre-rich foods to be more available for purchase at local cafés. The trainee chefs have designed a variety of fibre-rich dishes and approached the local cafés to see if they would include these dishes in their menus. As part of the visits, the trainee chefs supplied samples of the dishes accompanied by the recipes, and a breakdown of costs to make each meal.

#### “High Fibre” logo

The survey found that many people have difficulty identifying fibre-rich foods, so the trainee chefs have developed a logo that could be displayed next to foods that are high in fibre. The cafés will submit their recipes to the trainee chefs to check before they gain the ability to display this logo next to their food. This service would be free.



#### Cooking class

Another suggestion that came from the survey was that a class be offered to teach members of the community how to produce a high-in-fibre three-course meal. The trainee chefs plan to make this class available for anyone in the community who wants to attend. People can watch the chefs prepare food, learn new cooking skills, and get recipes to take home. The attendees would need to pay only for the cost of the foods used, and get an optional recipe booklet costing \$5, to cover the cost of printing.

### 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:

1. Behavioural change
2. Self-empowerment
3. Collective action.

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