

91470R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

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

Level 3 Home Economics 2021

91470 Evaluate conflicting nutritional information relevant to well-being in New Zealand society

Credits: Four

RESOURCE BOOKLET

Refer to this booklet to answer the question for Home Economics 91470.

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

The following are extracts from an article published by the Harvard T. H. Chan School of Public Health.

Whole Grains

As researchers have begun to look more closely at carbohydrates and health, they are learning that the quality of the carbohydrates you eat is at least as important as the quantity. Most studies, including some from several different Harvard teams, show a connection between whole grains and better health.^[1]

References

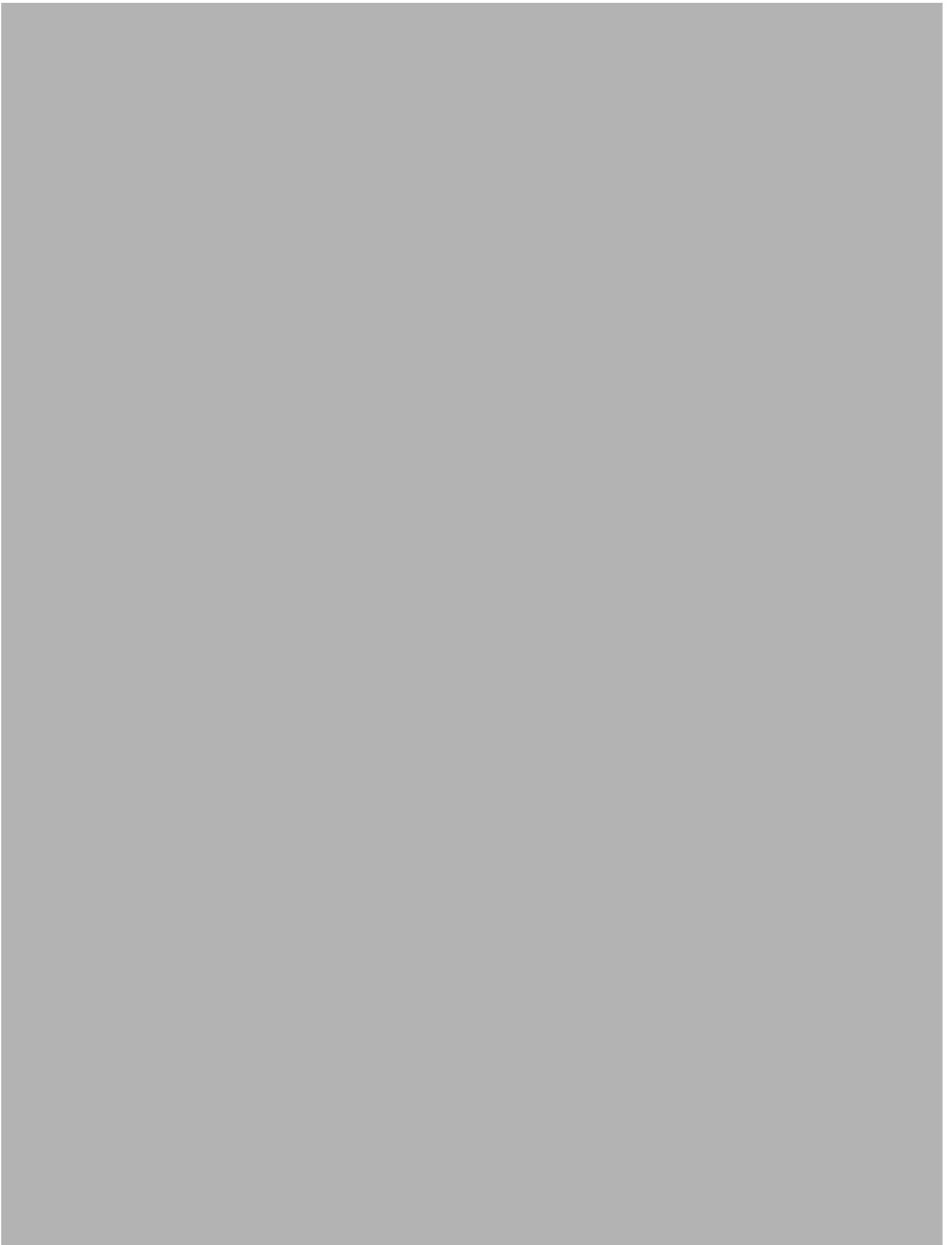
1. Wu H, Flint AJ, Qi Q, et al. Association between dietary whole grain intake and risk of mortality: two large prospective studies in US men and women. *JAMA Intern Med.* 2015;175:373-84.
2. Zong G, Gao A, Hu FB, Sun Q. Whole Grain Intake and Mortality From All Causes, Cardiovascular Disease, and Cancer: A Meta-Analysis of Prospective Cohort Studies. *Circulation.* 2016;133:2370-80.
3. Liu S, Stampfer MJ, Hu FB, et al. Whole-grain consumption and risk of coronary heart disease: results from the Nurses' Health Study. *Am J Clin Nutr.* 1999;70:412-9.
4. Aune D, Norat T, Romundstad P, Vatten LJ. Whole grain and refined grain consumption and the risk of type 2 diabetes: a systematic review and dose-response meta-analysis of cohort studies. *Eur J Epidemiol.* 2013;28:845-58.
5. de Munter JS, Hu FB, Spiegelman D, Franz M, van Dam RM. Whole grain, bran, and germ intake and risk of type 2 diabetes: a prospective cohort study and systematic review. *PLoS Med.* 2007;4:e261.
6. Strate LL, Keeley BR, Cao Y, Wu K, Giovannucci EL, Chan AT. Western Dietary Pattern Increases, and Prudent Dietary Pattern Decreases, Risk of Incident Diverticulitis in a Prospective Cohort Study. *Gastroenterology.* 2017;152:1023-30e2.

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Source (adapted): <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/whole-grains/>

RESOURCE B

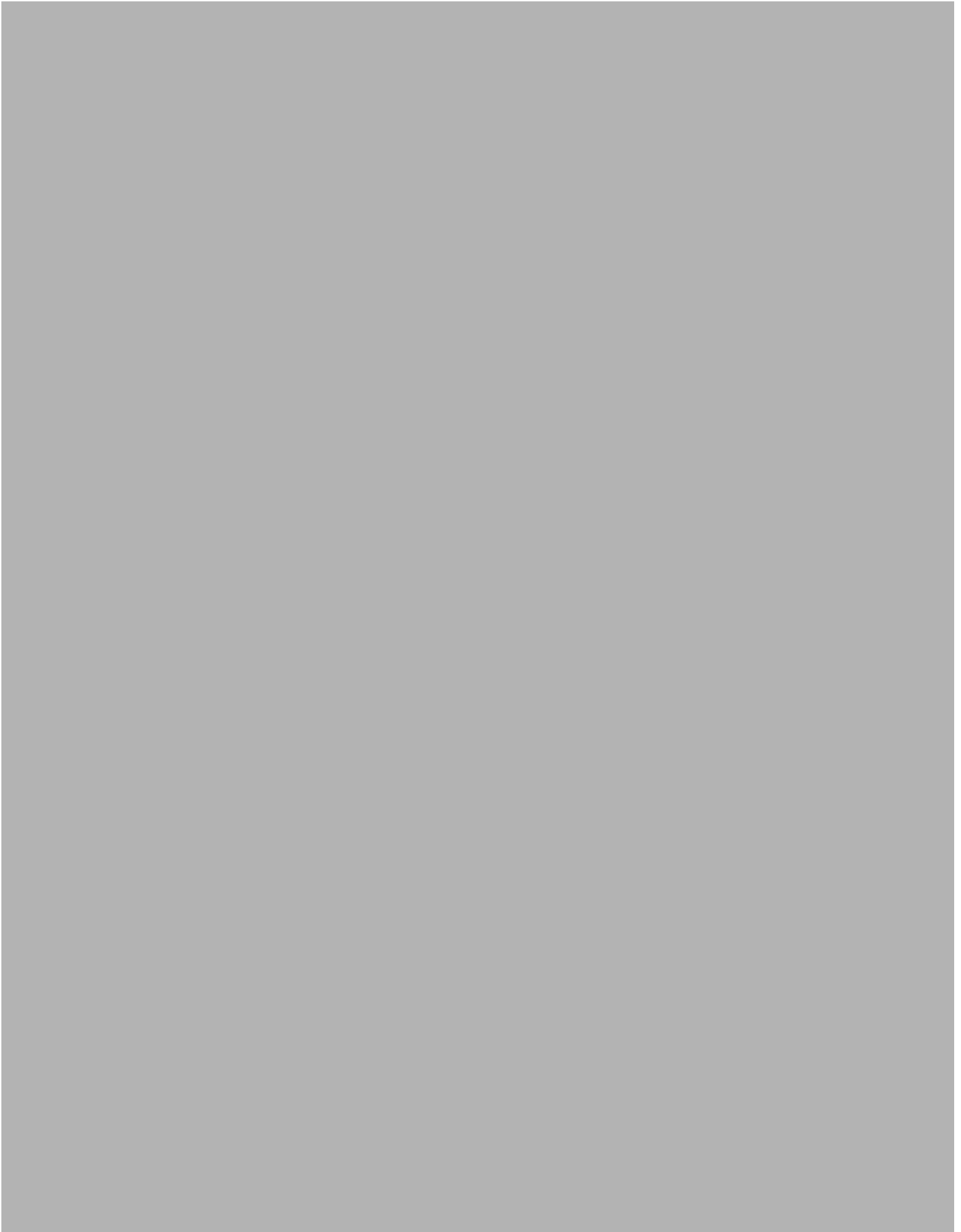
The following is a snapshot from www.sanitarium.com.au/health-nutrition/nutrition/.



Source (adapted): <https://www.sanitarium.com.au/health-nutrition/nutrition/diet-reboot-simple-changes-to-manage-weight>

RESOURCE C

The following is a snapshot from www.nzmuscle.co.nz.



Source (adapted): <https://www.nzmuscle.co.nz/aussie-bodies-shape-low-carb-protein>