

90960R



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

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

## Level 1 Home Economics 2022

**90960 Demonstrate understanding of how an individual, the family and society enhance each other's well-being**

Credits: Four

### RESOURCE BOOKLET

Refer to this booklet to answer the questions for Home Economics 90960.

Check that this booklet has pages 2–6 in the correct order and that none of these pages is blank.

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

## INTRODUCTION: Koro and Dela

Koro has a passion for gardening. When his six-year-old grandson Dela comes to visit, Koro encourages him to help out in the garden. Koro teaches Dela how to prepare the soil, how to plant vegetable plants, and how to water them so they will grow strong.

Dela enjoys helping his grandfather dig up potatoes and pick tomatoes. They laugh and talk together as they discover new 'things' in the garden. They both look forward to garden time, being outdoors in the sun and fresh air, and enjoying the exercise of gardening.

At Dela's school, Mrs Gates runs a Garden Club for the students. Mrs Gates has invited Koro and other grandparents to participate in the Garden Club with the children. Koro wants to share his gardening knowledge and skills with Dela's classmates. He is looking forward to working with the other grandparents too, and hopes that the children take their joy of gardening home to share with their families.

## RESOURCE A: Community garden

Koro volunteers at his local community garden. Dela helps Koro deliver the following flyer to the community on the weekend.

### **A call for volunteers at the community gardens**

Several plots of land have been donated by local farmers. The council, as part of a community initiative, wants to encourage more volunteers to participate in the development of the gardens. Thanks to council grants, and sponsorship for seeds and tools through local garden businesses, this can help volunteers to plant, harvest, and maintain fresh fruit and vegetables for the community. Gardens are scattered throughout the community to reduce food miles, and make fresh produce cost-effective for all. Please get in touch if you're interested in volunteering at the community gardens. The more help the community can get, the more initiatives they can kick-start such as local food hubs.

Our aim is to help individuals and families develop new skills in the garden, and to renew sustainable garden practices that benefit current and future generations. Volunteers monitor the food being grown so that we can have food security. To continue the cycle of growing, harvesting, food preparation, and sharing, we encourage families using the garden to celebrate what we've grown and share our knowledge, and cooking with other families, and continue to garden in our own back yards.

We are proud to be a part of a team that includes elders in the community, garden volunteers, and schools. Teachers and students are using local gardens to learn about garden practices, plant care, food storage, and cooking. We hope all participants feel a sense of belonging as we share knowledge, and support one another.

**RESOURCE B: School Garden Club**

At school, Dela is excited to participate in Garden Club, which is run by Mrs Gates. Mrs Gates has told the class about the Garden to Table idea that uses the “grow, harvest, prepare, and share” principles. The Garden Club is going to create a Garden to Table group in preparation for a school event.



Tamariki (children) experience gardening, getting stuck in, learning how to use the tools, working alongside other students and grandparents, and getting their hands dirty. They learn about the environment and sustainability.

Tamariki gain a sense of achievement and pride as they work together. The produce from the garden provides nutritional benefits and it's more rewarding as it is homegrown, fresh, and healthy. Tamariki learn about food and why eating and growing fresh food is good for us.

Tamariki develop skills for life by cooking meals from scratch. They learn to read and follow recipes, and gain kitchen skills such as weighing, measuring, and cutting, as well as the science of food and how to use kitchen appliances.

Tamariki can sit together and take part in the ritual of sharing food. They are more adventurous about eating meals from food when they have grown and prepared it themselves. Meal ideas can be tried again at home to be shared with the family.

**RESOURCE C: Garden Club volunteers**

As part of Garden Club, Dela's class is visited by a volunteer beekeeper and a farmer.

A beekeeper comes to Dela's school several times a year to check on the bees and beehives that are on the school grounds. The "leafcutter" bees have a sting that is mild so they are safe for children with allergies to bee-stings to be around. The beekeeper teaches the students how to be safe around bees, and good beekeeping practices such as always wearing protective gear. The beekeeper also teaches the students about how bees and butterflies pollinate the flowers so that plants continue to thrive.

As part of the Garden to Table project that the Garden Club is part of, the school stores the honey from the beehives in jars. The school is then selling the honey as part of a fundraiser.

A nearby farmer occasionally donates chicken eggs to the school, and Mrs Gates teaches Dela and his classmates about fresh free-range farm eggs. Although Dela's school is not able to keep chickens, the farmer sometimes allows the Garden Club to visit the farm. The farmer shows them how the chicken poop is collected and used as organic fertiliser for the garden. The class can take bags of fertiliser back to use as part of their own gardening practices.

## RESOURCE D: Matariki celebrations

To celebrate Matariki, Dela's school is holding a Matariki event. As part of the Garden to Table initiative, they are sharing their harvest with the community and will invite family, friends, and members of the community to share kai (food), ngā kōrero (stories), and sing waiata.

To inform the community, the school has put this post on their website.

### School Matariki Celebration – Friday 24 June

We invite family, friends, and the community to join us for a Matariki celebration.

#### Sharing food

This year, our Garden Club has been growing and harvesting fresh fruit and vegetables. In the spirit of Matariki, we would like to share our food with the community. We have also set up an open street pātaka (pantry), and encourage any locals or community groups with surplus fruit and vegetables to contribute these so there is always a supply of fresh food for all.

#### Kitchen volunteers

We will need help preparing and cooking the food, and we invite parents and caregivers to volunteer to show students how to prepare vegetables, and make snacks and meals.

Sometimes in class we do cooking, including salads, wraps, and sandwiches, using the

produce that our Garden Club collects. On cold days, we cook stir-fry or vegetable soup.

We hope that parents and caregivers will have simple recipes to share with us that we can use at school and take home to our families. Any food scraps are composted for our garden so there is no wastage.

#### The celebration

On the day, our students will harvest the fresh produce and practice routines for food preparation. The students will learn safe food practices, different cooking styles, and how to serve food. We will set tables, and say a karakia (prayer). With the help of the community groups, organisations, families, and individuals, together we will be able to contribute to meal preparations in the celebration of sharing and eating the prepared and cooked kai.

We hope to share this day with you, our families, friends, and community to help you thrive, grow, and be energised for future activities.

See you soon.



Temporary community pantry

**Acknowledgements**

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

**Page 1**

image: <https://www.istockphoto.com/photo/grandfather-and-grandson-watering-vegetable-garden-gm1161957498-318554749>

**Page 3**

source (adapted): <https://gardentotable.org.nz>

**Page 4**

image: <https://www.lovethegarden.com/uk-en/article/leaf-cutter-bee>

**Page 5**

image: <https://www.patakai.co.nz/otara-pantries.html>



