

See back cover for an English  
translation of this cover

# 2

91235R



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

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

## Hauora, Kaupae 2, 2022

91235 Te tātari i tētahi take hauora e pā ana ki te taiohi

Ngā whiwhinga: E rima

### TE PUKAPUKA RAUEMI

Kōrerotia tēnei pukapuka hei whakaoti i ngā tūmahi mō Hauora 91235.

Tirohia kia kitea ai e tika ana te raupapatanga o ngā whārangi 2–11 kei roto i tēnei pukapuka, ka mutu, kāore tētahi o aua whārangi i te takoto kau.

**E ĀHEI ANA TŌ PUPURI KI TĒNEI PUKAPUKA HEI TE MUTUNGA O TE WHAKAMĀTAUTAU.**

## TE RAUEMI A: Te tūāhua mō Tio

Ko Tio taku ingoa, he ākongā ahau kei te Tau 11 i tētahi kura tuarua ako ngātahi. He pārekareka katoa ki ahau te hākinakina – ka mutu, ko te poitūkohu te tino.

He rite tonu taku rongō i te nenge, nō reira ka ngana au ki te moeroa hei ngā rangi kura. Kua āta whakarite au kia ara ka tae ai ki te kura i te wā poto katoa ka taea. He rite tonu tā Māmā haku mai ki ahau i te korenga ōku e whai wā ki te parakuihi. He rite tonu hoki tana tuku hanawiti whai taiora mai ki ahau hei tina, ka puta whāwhai atu ana au i te whare, me tana kī mai “Me nui ake ngā taiora mō te taiohi e tupu ana!”. Ka whakamā katoa ahau i a ia.

Nā te mea e nenge tonu ana ahau, ka hoko au i tētahi inu whakahohe i taku haerenga ki te kura e whai ngao ai au mō te rā. He nui ngā wā ka waimarie ahau, ā, ka hoko i ngā inu whakahohe e rua mō te utu o te mea kotahi, e ai anō ki te pānui whakatairanga i te wāhi o mua o te toa.

I te wā o te kai o te rānui, kotahi atu ai mātou ko aku hoa ki te papa tākaro poitūkohu ki te kuru poi ki te mōwhiti. Kāore au e kai i te kai o te rānui i te nuinga o te wā, engari ka pērā i te mea ka whakatoihia au e aku hoa, ka kīia au me whakaheke mōmona. I te nuinga o te wā, ka tuari au i ētahi maramara rīwai nō te pākete ki aku hoa i a mātou e hīkoi ana ki ngā karaihe o te ahiahi.

He uaua ngā ahiahi ki ahau. I te nuinga o te wā, ka hiahia noa au ki te moe i te karaihe. Nā te pau pea o taku hau i te kaha o te tākaro poitūkohu i pērā ai.

E kitea ana te whakaahua o taku tino tīma poitūkohu i te tūnga pahi kei te ara e hoki ai au ki te kāinga. He wāhanga nō tētahi whakatairanga mō te ō rangaranga, e taea ai e koe tō kamenga te panoni kia rahi rawa atu. Ahakoa i te nuinga o te wā kei a au tonu taku hanawiti i te papa o taku pīkau, tērā tonu pea ka hokona e au he kamenga rahi rawa atu i runga i te whakaaro mā reira e ngata ai taku hiakai, e rongō ai hoki taku tinana i te ora.

I muri i te kura, ka hui mātou ko aku hoa ki te ipurangi, purei ai i ngā kēmu kaitākaro rau i te ipurangi kia karangahia rā anōtia au e aku mātua kia haere ki te kai. Mēnā e hiakai tonu ana ahau, e whakaaetia ana taku kai aihikirīmi hei purini.

He rite tonu taku tiroiro i te pāhopori i mua i te moe, ā, ka rongō i te takarure ki a au anō. E mōhio ana ahau kāore i te pērā rawa taku hauora, taku pakari rānei i tēnā o te hunga ka āta whāia e au i te ipurangi. E mōhio ana ahau me haere pea au ki te whare whakapakari, me kori tinana rānei e ora ake ai taku hanga, ka mutu, he rite tonu taku oati ki ahau anō ka rerekē aku mahi āpōpō. Ā tōna wā ka pai ake aku mahi.

**RESOURCE A: Joe's scenario**

My name is Joe, I am a Year 11 student at a co-educational high school. I love to play sport – especially basketball.

I often feel tired, so I try to sleep in as late as possible on school days. I have timed it well so that I can get up and get to school in the shortest length of time possible. Mum is always nagging me because I don't have time to eat breakfast. She often thrusts a healthy sandwich at me for lunch as I rush out the door, saying "A growing teenager needs more nutrients!" She embarrasses me.

Because I'm still tired, I buy an energy drink on the way to school to liven me up for the day. Often I get lucky and buy two energy drinks for the price of one as advertised on the front of the dairy.

At lunch time, my friends and I go straight to the basketball court to shoot hoops. I usually don't eat lunch, but that's because my friends tease me and tell me to lose weight. I'll usually share some packaged chips with my friends as we walk to our afternoon classes.

Afternoons are difficult for me. Usually, I just want to sleep in class. Perhaps it's from all the basketball wearing me out.

My favourite basketball team are displayed on the bus stop on the way home. It's part of a fast food advertisement where you can upgrade your meal to a super-king-size. Even though I usually still have my sandwich in the bottom of my backpack, I am likely to buy a super-king-sized meal as I think it is going to satisfy my hunger and make me feel good.

After school, my friends join me online and we will play multi-player online games until my parents call me for dinner. If I'm still hungry I am allowed to have ice-cream for dessert.

I often look at social media before bed and feel upset with myself. I know that I am not as healthy or as fit as the people I follow online. I know that I should probably go to the gym or work out to appear healthier, and often promise myself to do things differently tomorrow. One day I will do better.

## TE RAUEMI B: Te whakatairanga i te kai me te pāhopori

**Kua puta ngā āwangawanga e pā ana ki te whakatairangatia o te kai kimimate i ngā pae pāhopori i Aotearoa**

Kua whakaatu mai tētahi rangahau hou e pā ana ki tā ngā kamupene kai whakamahi i te pāhopori hei whakatairanga i te kai i Aotearoa, e whai wāhi ana ki tētahi wāhi nui o aua whakatairanga rā ngā kai kimimate.

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“Ko tētahi wāhanga nui o te pāhopori ko te whakawhanake i te tuakiri o te rangatahi, ā, ko te whai whanaungatanga ki tētahi moko pakihi, ānō e pūruatia ana tērā moko hei momo tuakiri.”

Te mātāpuna (he mea whakahāngai): <https://www.stuff.co.nz/life-style/food-wine/food-news/103048189/fears-raised-over-promotion-of-unhealthy-food-on-social-media-in-new-zealand>

Te whakaahua (he mea whakahāngai): [https://www.facebook.com/ChupaChupsNewZealand/?brand\\_redir=197066137035442](https://www.facebook.com/ChupaChupsNewZealand/?brand_redir=197066137035442)

**RESOURCE B: Food marketing and social media**

**Fears raised over promotion of unhealthy food on social media in New Zealand**

New research into how food companies use social media to promote food in New Zealand reveals much of that promotion includes unhealthy food.

[Redacted text block containing multiple paragraphs of obscured content]



“Social media is a lot about building identities for young people, and having a relationship with a brand can be kind of like embedding it into an identity.”

Source (adapted): <https://www.stuff.co.nz/life-style/food-wine/food-news/103048189/fears-raised-over-promotion-of-unhealthy-food-on-social-media-in-new-zealand>

Image (adapted): [https://www.facebook.com/ChupaChupsNewZealand/?brand\\_redir=197066137035442](https://www.facebook.com/ChupaChupsNewZealand/?brand_redir=197066137035442)

## TE RAUEMI C: Te kai me ngā piropiro

Ka pā atu ngā kai ka kainga e koe ki tō hauora ā-tinana, ki tō hauora ā-hinengaro anō hoki. Mā te kai i ētahi momo kai, ka pai ake ō piropiro me tō oranga ā-hinengaro, heoi, arā ētahi atu kai ka pā kino kē ki ō piropiro.

### Ngā whakaaro matua:

1. [Redacted]

### He pēhea nei te pānga o te kai ki te āhua o aku piropiro?

[Redacted]

## RESOURCE C: Food and mood

What you eat affects not only your physical health but also your mental health. Eating some foods can improve your mood and mental well-being, while other foods can have a negative impact on how you feel.



### Key points:

1. [Redacted]

### How does what I eat affect my mood?



**TE RAUEMI D: Ngā pānga o te nui rawa te inumia o ngā inu whakahohe****Ka ahatia ki te nui rawa tō inu i ngā inu whakahohe?**

Ko te inu i ngā inu whakahohe nui rawa ka noho pea hei tino māharahara ki ētahi, inā hoki, ka noho tonu ēnei momo inu hei kōwhiringa inu rorotu.



Te mātāpuna (he mea whakahāngai): <https://www.thelist.com/164290/what-happens-when-you-drink-too-many-energy-drinks/>



**RESOURCE D: The effect of too many energy drinks****What happens when you drink too many energy drinks?**

Having too many energy drinks may be a real concern for some, as the beverages remain a popular drink choice.



Source (adapted): <https://www.thelist.com/164290/what-happens-when-you-drink-too-many-energy-drinks/>

# KIA HAUORA NGĀ KŌWHIRINGA KAI

Me tiaki i a koe anō. E whai tikanga ana tō hauora, ā, ka whakaawengia tērā e ngā momo kai ka kainga e koe.

- 1.** Me āwhina ki te whakarite i ngā kai mā te whānau. Māu pea ngā kai e tunu mā te whānau katoa i te pō kotahi i te wiki.
- 2.** I ngā wā e taea ana, me kai tahi koutou ko tō whānau.
- 3.** Whakatauiratia te ara pai - akiakihia tō whānau me ō hoa kia kōwhiri rātou i ngā kai hauora.
- 4.** Kia toru ngā kai matua i te rā, waihoki, kia rua, kia toru rānei ngā kai timotimo hauora i te roanga o te rā, mēnā koe e hiakai ana.
- 5.** Me noho ki te kai i te parakuihi hauora i ia rā, e whai ngao ai koe ki te kōkiri i te tīmatanga o te rā.

**RESOURCE E: Five food and nutrition strategies**

# MAKE HEALTHY FOOD CHOICES

Look after yourself. Your health is important, and it's affected by what you eat.

- 1.** Help with preparing the family meals. You could even have one night a week when you cook for the whole family.
- 2.** As often as you can, eat meals with your family and whānau.
- 3.** Lead by example – encourage your family and whānau and friends to make healthy food choices.
- 4.** Eat three meals every day, plus two or three healthy snacks during the day if you are hungry.
- 5.** Always take time to eat a healthy breakfast – so you have energy to start the day.

*English translation of the wording on the front cover*

**91235R**

## **Level 2 Health 2022**

**91235 Analyse an adolescent health issue**

Credits: Five

**RESOURCE BOOKLET**

Refer to this booklet to answer the questions for Health 91235.

Check that this booklet has pages 2–11 in the correct order and that none of these pages is blank.

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