

91235R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

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

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 2–6 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: 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.

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

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.

How does what I eat affect my mood?

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/>

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.

