

91300R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

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

Level 2 Home Economics 2022

91300 Analyse the relationship between well-being, food choices and determinants of health

Credits: Four

RESOURCE BOOKLET

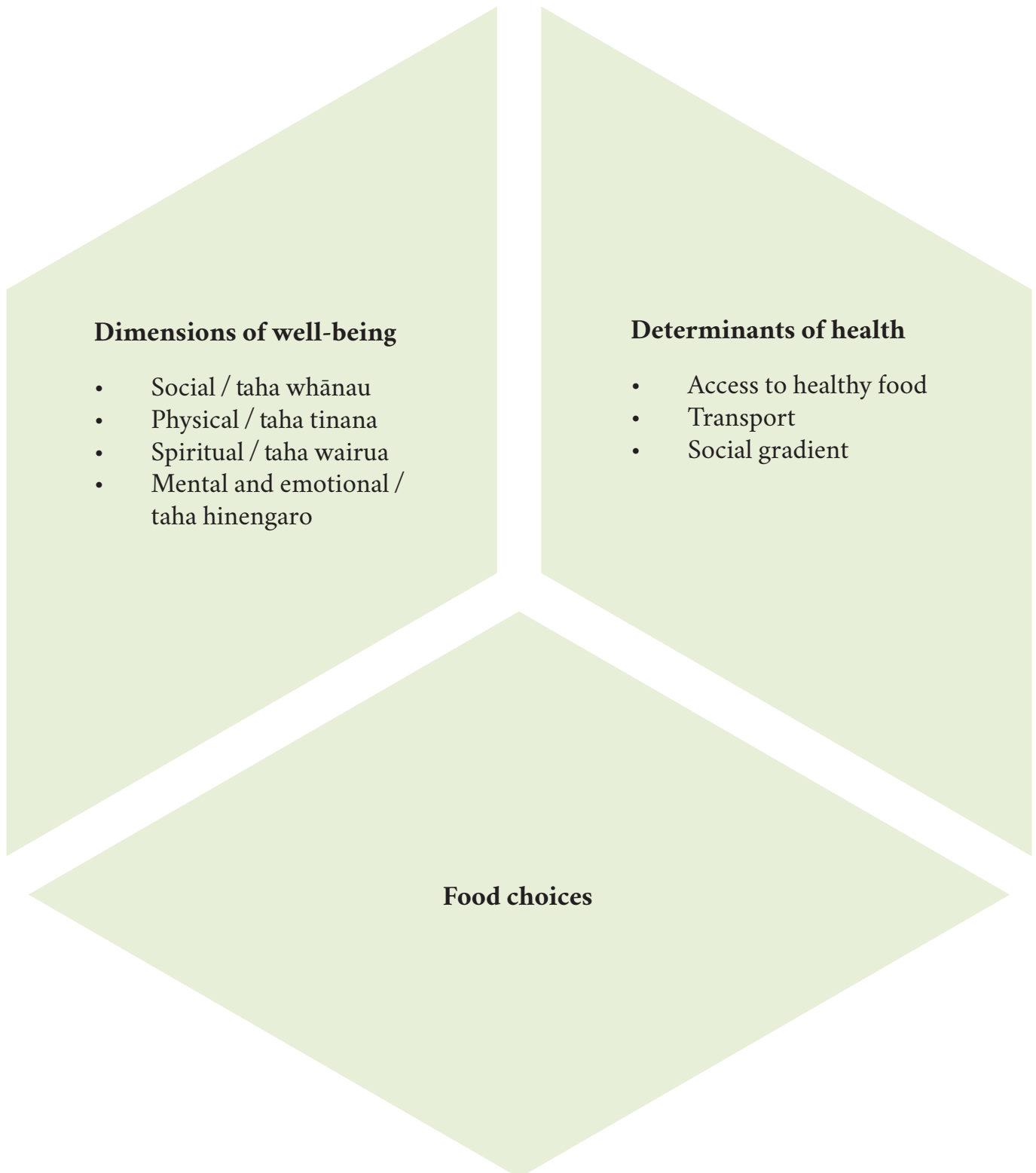
Refer to this booklet to answer the questions for Home Economics 91300.

Check that this booklet has pages 2 and 3 in the correct order and that neither of these pages is blank.

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

RESOURCE A: Interconnections

Interconnections between well-being, food choices, and the determinants of health impact on individuals, families, and society.



RESOURCE B – SCENARIO: The Parata family lifestyle

The Parata family consists of parents Tamati and Marama, and their two teenage boys Kauri and Nikau. The family recently moved from the city to a small country town because Tamati got a job as a primary school teacher there.

Because they've moved out of the city, Tamati and Marama have been able to purchase their first house. Their mortgage repayments cost less than the weekly rent for the house they lived in before they moved.

Tamati's new job means that he is earning \$58,000 per year, which is about the average New Zealand income. Marama has been offered a part-time pre-school teaching job that will start in two weeks' time. This will enable the family to have more spare money to spend.

Kauri and Nikau are attending the local high school. They bike to school and like to buy lunch from the canteen. The canteen sells a small variety of foods such as pies, sausage rolls, sandwiches, and biscuits. On Thursdays they can buy fresh sushi.

To save money, Tamati and Marama have decided the whole family will now pack a lunch from home to take to work and school. They will each have sandwiches or a wrap, baking or a treat, and fruit. Sometimes Tamati will take leftovers and re-heat them at work instead. Kauri and Nikau will only be given some money once a week to buy their lunch from the canteen.

Tamati and Marama have also agreed to take turns in working with one of the boys to prepare the family meal at least once a week.

Tamati drives the family car to get to work every day. Marama will walk to work. A small supermarket, which is open from 9a.m. to 6p.m., is within walking distance of their new home. There is a very small range of products, and the prices are higher than where they lived before.

A larger supermarket, which is a 40-minute drive from home, can deliver groceries for \$9 per delivery on Tuesdays and Fridays if the total order cost is over \$200. This supermarket has a wide selection of foods, and runs weekly specials with cheaper prices. Even taking into account the delivery cost, the family's weekly shop from the large supermarket is cheaper than the local small supermarket.

Kauri and Nikau miss being able to order pizza for dinner as the only takeaway option in town is the local fish and chip shop. They often stop there to get hot chips on the way home from school or sports practice.



Example of the family's packed lunch

Image: <https://www.thekitchn.com/7-lunch-box-ideas-kids-can-pack-themselves-234616>

