

91304R



NEW ZEALAND QUALIFICATIONS AUTHORITY
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Level 2 Home Economics 2022

91304 Evaluate health promoting strategies designed to address a nutritional need

Credits: Four

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Home Economics 91304.

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.

MODELS OF HEALTH PROMOTION

The World Health Organization's definition of health promotion is "the process of enabling people to increase control over, and to improve their health". (Ottawa Charter 1986)

Three models of health promotion that can be used to achieve effective health action are:

1. Behavioural change
2. Self-empowerment
3. Collective action.

Source: <https://health.tki.org.nz/Key-collections/Curriculum-in-action/Making-Meaning/Socio-ecological-perspective/Defining-health-promotion/Models-of-health-promotion>

SCENARIO INTRODUCTION

The local preschool knows that it is best to influence food choices at a young age. Because of this, they have decided to run a health promotion campaign called *Snack Better*. The purpose of the *Snack Better* campaign is to encourage children and their families to make better snack choices and replace packaged foods with healthier alternatives in the children's lunch boxes.

As part of the campaign, preschool teachers and interested parents have formed a *Snack Better* committee. This committee has consulted with other parents to collect ideas on how to support and encourage healthy snack choices for children's lunch boxes. The committee have come up with **three** strategies that it feels will make a difference as they relate to ideas that parents felt would be the most useful to them. The committee plans to meet and evaluate the success of the campaign and potentially plan future strategies to continue promoting healthy snacking.



STRATEGY A: Information evening

The committee has planned a free information evening subsidised by local businesses, where parents will watch a demonstration of three different types of healthy snacks being made. This will be held at the preschool on Tuesday evening at 7p.m. for one evening only.

As part of the information evening, a local dietitian has volunteered to demonstrate healthy home-made versions of common prepackaged food such as homemade muesli bars. The group will compare the packaged snacks with the homemade snacks to show that the homemade snacks are more affordable. The parents will be able to take home recipes, as well as samples for their children to try, to see which snacks they like best.

The dietitian will also teach parents how to read labels on food packaging to ensure that they can make the best choices when they need to rely on packaged food.

STRATEGY B: Hands-on snack making

Once a week for four weeks one of the teachers will make healthy snacks with the children. They will make a range of snacks, such as smashed avocado on toast and frozen fruit popsicles, using common, low-cost ingredients that are readily available in most homes. The teacher will encourage the children to help make the snacks, which will be served to all children at morning tea time.

The local supermarket supports the preschool and will donate ingredients for the snacks.

The recipes, along with photos of the children making and enjoying the snacks, will be displayed on an information board for all parents to see.

STRATEGY C: Healthy snacks display wall

The teachers will create a display wall in the area of the preschool where parents drop off their children in the morning. The display will include pictures of healthy snacks that could be included as part of a balanced diet, as well as useful information on how to make healthy snack choices.

Acknowledgements

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

Page 2

Image: <https://www.edweek.org/leadership/opinion-seven-ideas-for-meaningful-parent-teacher-conferences/2012/10>

Strategy A

Image: <https://www.dietitians.ca/Learn/Practice-Blog/January-2016/10-tested-tips-for-giving-exceptional-food-demonst.aspx>

Strategy B

Image: <https://kidscookrealfood.com/healthy-snacks-preschooler-can-make/?cookieUUID=b7a50fe1-7dd3-42a9-845a-03c52b16612a&affiliate=0>

Strategy C

Image: <https://www.sparklebox.co.uk/gallery/gal816-820/gal816.html>