

91470R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

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

Level 3 Home Economics 2022

91470 Evaluate conflicting nutritional information relevant to well-being in New Zealand society

Credits: Four

RESOURCE BOOKLET

Refer to this booklet to answer the question for Home Economics 91470.

Check that this booklet has pages 2–8 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

The following is an advertisement found inside the *Australian Healthy Food Guide* magazine.

Kfibre™ – The ultimate prebiotic for gut health management.



Food as Medicine

Gut Health Management



Gluten Free

Gluten Free

GO VITA

Health Food Stockists enquiries: govita.com.au

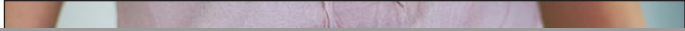
OBORNE
HEALTH SUPPLIES

Clinicians/clinics/pharmacies Stockists enquiries: obornehealth.com.au

**This page has been deliberately left blank.
The resources continue on the following page.**

RESOURCE B

The following is an article by Dr Libby on thisnzlife.co.nz, and first appeared in *NZ Life & Leisure* magazine.

Dr Libby's guide to good gut health**CHEW, CHEW, CHEW**

FEEDING THE GUT

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

RESOURCE C

The following shows excerpts from the *Australian Healthy Food Guide* magazine.

A section from the inside cover:

EDITORIAL ADVISORY BOARD

Professor Jennie Brand-Miller, Professor of Human Nutrition, The University of Sydney; **Catherine Saxelby**, Accredited Practising Dietitian and nutritionist at Foodwatch Nutrition Centre; **Dr Janet Franklin**, Senior Clinical Dietitian at Metabolism and Obesity Services, Royal Prince Alfred Hospital, Sydney; **Dr Tim Crowe**, Advanced Accredited Practising Dietitian; **Associate Professor Antigone Kouris**, Accredited Practising Dietitian and Adjunct Professor, Department of Dietetics at La Trobe University, Melbourne.

Note: The advisory-board members do not necessarily review every article in *Healthy Food Guide* magazine and make no warranty as to the scientific accuracy of the magazine. Healthy Life Media Pty Ltd and the Editorial Advisory Board do not necessarily endorse advertised products.

Sections from a two-page spread (pages 22 and 23 of the magazine):

A healthy adult passes up to one and a half litres of gas (called flatus) every day!

Is my gut healthy?

One of the easiest ways to tell whether your gut is functioning effectively is through the absence of uncomfortable or painful gut-related symptoms. While producing gas is a normal part of digestion, ongoing or consistent excess gas is a sign your gut is not working optimally. So, too, is bloating, cramping, diarrhoea and constipation.

If you're experiencing any of these symptoms, make an appointment to get checked out by your GP before you make changes to your diet. If all the tests come back negative, you may have irritable bowel syndrome (IBS) and be referred to a qualified dietitian to help manage symptoms.

Probiotics in fermented foods can help restore the gut microbiome to a healthy state

Do I need probiotics?



What's all the fuss about fibre?

INSOLUBLE FIBRE

SOLUBLE FIBRE

RESISTANT STARCH

Acknowledgements

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

Resources A and C

Source: Australian Healthy Food Guide, April 2021.

Resource B

Source (adapted): <https://thisnzlife.co.nz/dr-libby-guide-good-gut-health/>