

See back cover for an English  
translation of this cover

# 2

91300MR



Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Te Ohaoha Kāinga, Kaupae 2, 2023

91300M Te tātari i te hononga i waenga i te oranga,  
i ngā kōwhiringa kai me ngā kaiāki hauora

Ngā whiwhinga: E whā

TE PUKAPUKA RAUEMI

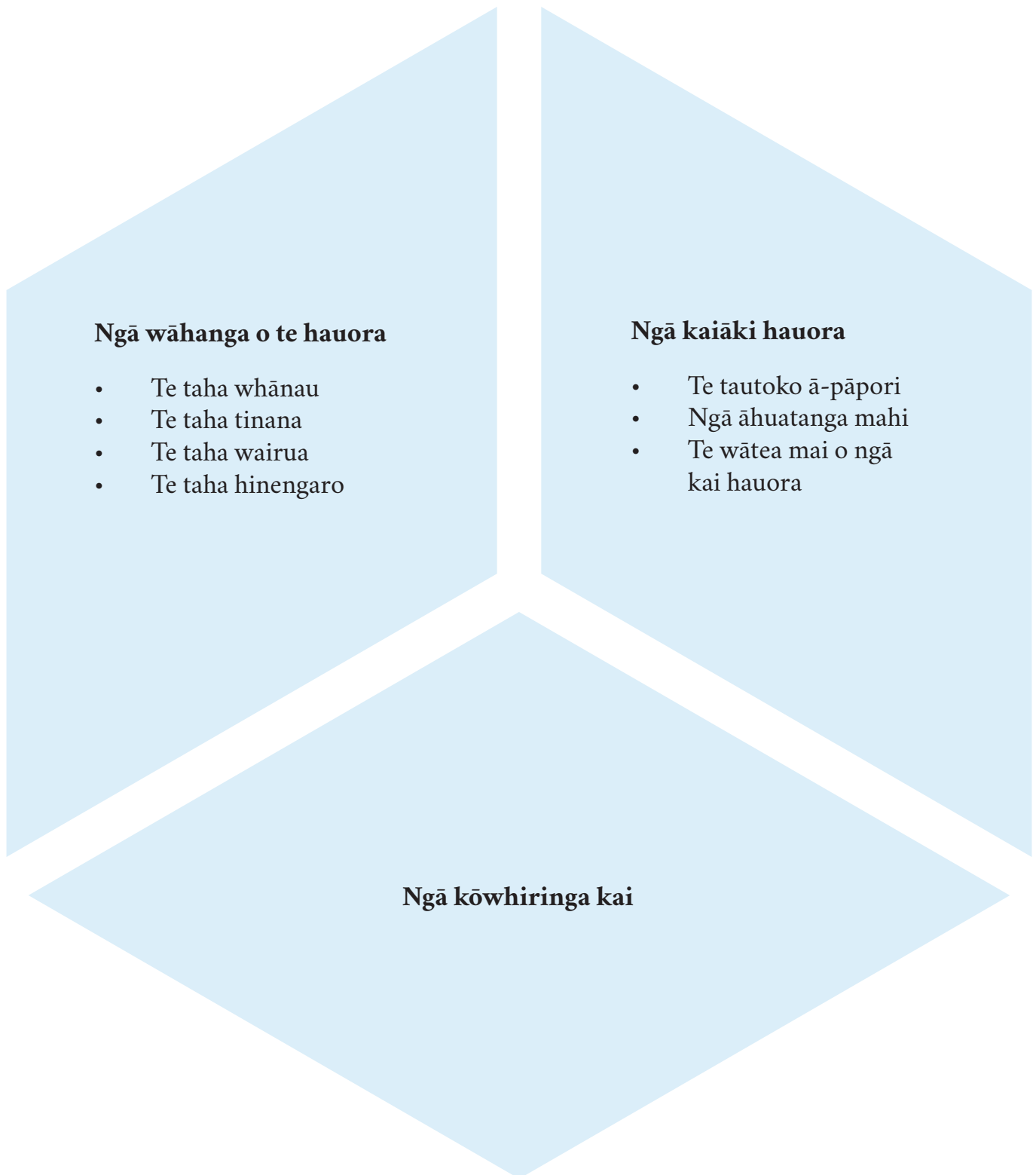
Tirohia tēnei pukapuka hei whakaoti i ngā tūmahi o Te Ohaoha Kāinga 91300M.

Tirohia kia kitea ai e tika ana te raupapatanga o ngā whārangi 2–7 i tēnei pukapuka, ā, kāore tētahi o aua whārangi i te takoto kau.

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

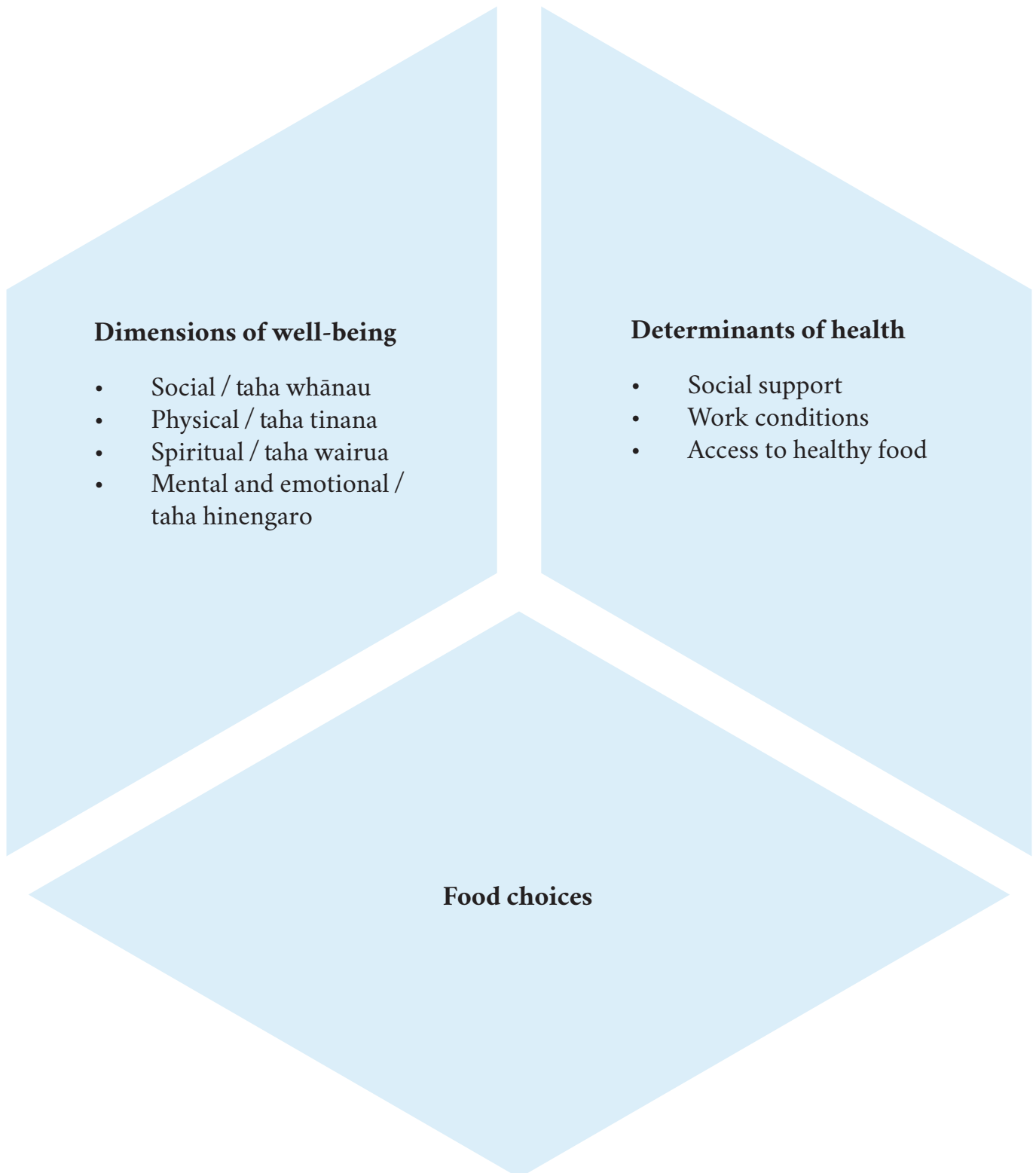
## TE RAUEMI A: Ngā Hononga

Ka pā ngā hononga i waenga i te oranga, i ngā kōwhiringa kai, me ngā kaiāki hauora ki te tangata, ki ngā whānau, me te pāpori anō hoki.



**RESOURCE A: Interconnections**

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



## TE RAUEMI B – TE TŪĀHUA: Te Whānau Smith

He whaea takakau a Tania Smith ki āna tamariki e toru: ki a Matt (e 5 ngā tau), rātou ko Maddison (e 7 ngā tau), ko Caleb (e 9 ngā tau).

Nā te pikinga o te utu noho, e uaua haere ana ki a Tania te utu i ngā tino kai matua, pēnei i te miraka, i te tīhi, i ngā huarākau māota, me ngā huawhenua. E wātea ana ngā mōkī kai i te pātaka hapori o tana wāhi, ka mutu, he rite tonu tā Tania toro atu ki ēnei. Kei ngā mōkī kai ngā kai tīni me ngā kai menge, pēnei i te parāoa rimurapa, i te raihi, i te pīni maoa, me ngā tōmato tīni.

I ngā haora o te kura, ka mahi a Tania ki tētahi wharekai e whakahaerehia ana e tētahi hoa. Ko te utu ā-haora mōkito tana moniwhiwhi i te wharekai, engari, i tana noho hei kaimahi, kāore he utu o te tina ki a ia, arā, o te kai motuhake o te rā (pēnei i te hupa paukena me te parāoa māota, i te huamata huawhenua rānei kua tunua). Ka whakaae te hoa o Tania, te rangatira o te wharekai, kia kawea atu e Tania ngā kotinga me ngā keke kāore i hokona atu ki te kāinga mā āna tamariki.

Nā te pikinga o te utu kai e whakaaro nei a Tania kāore e taea e ia ōna hoa te pōwhiri ki tōna kāinga, ā, ko ngā kai me ngā inu kei a ia, ka pau katoa i a ia me ngā tamariki. He pānga kino tō tēnei ki tana whanaungatanga, nā te mea ka kore hoki ia e toro ki ōna hoa mēnā kāore āna kai hei kawe atu.

Ka whakahaere te kura o ngā tamariki i tētahi karapu parakuihi. Ka kai tahi ngā tamariki e toru me ō rātou hoa i ā rātou parakuihi i te kura i ia rā. Ko te huapata, te miraka, te tōhi, me te huarākau tīni ngā kai.

E ako ana te mātāmua a Tania, a Caleb, i te toitūtanga i te kura, ā, hei wāhanga mō tēnei kaupapa, kua whakatōkia e te akomanga tētahi māra kura me ngā tipu ka kainga. I ētahi wā, ka kawe atu ia i ētahi hua āpiti o te kaupeka o te tau, pēnei i te rētihi me te puananī, ki te kāinga. Kua nui tā Caleb ako i ngā huawhenua rerekē me te mahi māra i Aotearoa.

Kua kite a Tania i tētahi atu huarahi hei whāngai i āna tamariki ki ngā huarākau māota, arā, ko te toro i ngā rākau kei tōna takiwā. I te taha o āna tamariki, ka kohi ia i ngā huarākau i ngā rākau kei ngā wāhi tūmatanui, i ngā kaupeka o te tau e tika ana, ā, kāore he utu. Ka whakatio rātou i ngā huarākau kāore e kainga e rātou hei kai ā tōna wā. He mea nui ki a Tania kia ākona e ngā tamariki ngā āhuatanga o te kai me te whakaiti para.



**RESOURCE B – SCENARIO: The Smith family**

Tania Smith is a single mother with three children: Matt (5 years), Maddison (7 years), and Caleb (9 years).

With the increasing cost of living, Tania is struggling to afford basic essential food like milk, cheese, fresh fruit, and vegetables. Food parcels are available from the local food bank, and Tania regularly needs to receive these. The food parcels contain canned and dried food such as pasta, rice, baked beans, and tinned tomatoes.

Tania works during school hours at a café run by a friend. She earns minimum wage at the café but, as a staff member, she gets lunch for free, which is the special of the day (e.g. pumpkin soup with fresh bread or a roast vegetable salad). Tania's friend, the café owner, allows Tania to take home unsold slices and cakes for her children.

The rising cost of food has meant that Tania feels she can no longer invite friends over to her home, as she only has just enough food and drinks for her and the children. This has impacted on her friendships, as she also avoids visiting friends when she cannot bring food to share.

The children's school runs a breakfast club. All three children have their breakfast at school with their friends every day. This consists of cereal, milk, toast, and tinned fruit.

Tania's eldest child, Caleb, has been learning about sustainability at school and, as part of this, the class has planted an edible school garden. He will sometimes bring home extra in-season produce like lettuce and broccoli. Caleb has learnt a lot about different vegetables and gardening in New Zealand.

Tania has found another way to feed her children fresh fruit, which is to forage from trees in her local area. With her children, she collects in-season fruit for free from trees in public spaces. They freeze any fruit that they don't eat for future use. Tania thinks it is important for the children to learn about food and how to reduce waste.



**He whakamihī**

Kua whakahāngaitia ngā rauemi ako o ngā mātāpuna e whai ake nei kia whakamahia i tēnei aromatawai:

**Whārangi 3**

Te Ata 1 (te horamuri): <https://www.safefood.net/food-poverty>

(ngā matauri): <https://www.istockphoto.com/vector/two-children-making-chat-silhouette-vector-gm1125122758-295644919>

Te Ata 2: <https://www.pipsbop.org/omanu-schools-blog>

Te Ata 3: <https://www.stuff.co.nz/life-style/food-wine/84570132/foraging-in-new-zealand-how-to-find-free-fruit-in-your-city>

**Acknowledgements**

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

**Page 3**

Image 1 (background): <https://www.safefood.net/food-poverty>  
(silhouettes): <https://www.istockphoto.com/vector/two-children-making-chat-silhouette-vector-gm1125122758-295644919>

Image 2: <https://www.pipsbop.org/omanu-schools-blog>

Image 3: <https://www.stuff.co.nz/life-style/food-wine/84570132/foraging-in-new-zealand-how-to-find-free-fruit-in-your-city>

*English translation of the wording on the front cover*

**91300MR**

## **Level 2 Home Economics 2023**

**91300M 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 91300M.

Check that this booklet has pages 2–7 in the correct order and that none of these pages is blank.

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