

91300R



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 2 Home Economics 2023

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

Credits: Four

RESOURCE BOOKLET

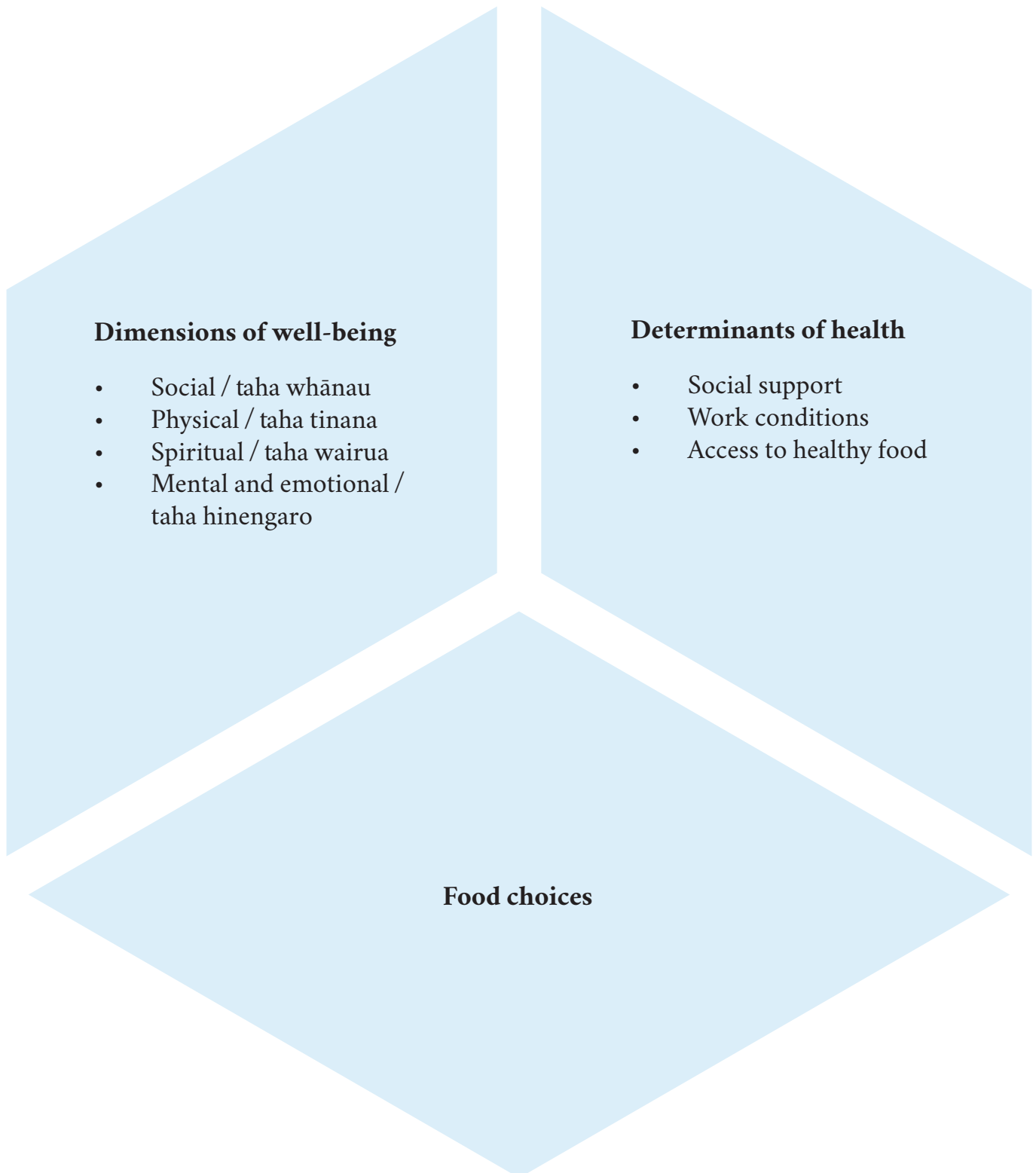
Refer to this booklet to answer the questions for Home Economics 91300.

Check that this booklet has pages 2–4 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: Interconnections

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



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.



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>