

This assessment is based on a now-expired version of the achievement standard and may not accurately reflect the content and practice of external assessments developed for 2024 onwards.

92010R



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Health Studies RAS 2023

92010 Demonstrate understanding of personal, interpersonal, and societal factors that influence hauora

Credits: Five

PILOT ASSESSMENT

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Health Studies RAS 92010.

Check that this document 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.

GENERAL INFORMATION

RESOURCE A: Useful definitions

Dimensions of hauora – refers to taha hinengaro (mental and emotional wellbeing), taha tinana (physical wellbeing), taha wairua (spiritual wellbeing) and taha whānau (social wellbeing).

Factors – refers to experiences or circumstances that influence hauora. These could be personal (from within a person), interpersonal (friends and family / whānau) and societal (communities).

RESOURCE B: Te Whare Tapa Whā



Source: (adapted) https://www.researchgate.net/figure/Maori-Health-Model-Te-Whare-Tapa-Wha-developed-by-Mason-Durie-image-reproduced-with_fig2_274713827

QUESTION ONE: MENTAL HEALTH

RESOURCE C: April's mental health scenario

April loves dancing and has dance practice three times a week after school. Dance is her happy place. She loves music and movement and the way it makes her feel, plus she has made some good friends who all share her passion for dance. April started dancing after watching some successful New Zealand dance crews on YouTube.

April's mum and dad want all their children to do well with their schoolwork so they can have a good future. Her older brothers have finished school and are doing well in their university courses. The students at April's school often choose to go to university and there are lots of career talks with a focus on further education beyond school.

April knows her parents would like her to go to university, but at this stage, she really wants to pursue her dancing. She finds schoolwork boring and hard to fit in around her busy schedule. Right now, she feels really stressed, as she has three assessments due next week. Her friends seem unworried about their assessments and April thinks that this is because they are more organised and work on their assessments ahead of time. April completes her assessments just before they are due, often in a rush. Usually, she only just passes and sometimes needs a reassessment opportunity to pass.



The Sorority Dance Crew

RESOURCE E: Ocean Tertiary Institute

UNIVERSITY CAMPUS

OPEN DAY

November 29, 2023

World-Class Lectures

A Supportive Community

Leading Research

PREPARING STUDENTS AND WHĀNAU FOR
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QUESTION TWO: FOOD AND NUTRITION

RESOURCE F: April's food and nutrition scenario

April loves dancing and has dance practice three times a week after school. Dance is her happy place. She loves music and movement and the way it makes her feel, plus she has made some good friends who all share her passion for dance. April started dancing after watching some successful New Zealand dance crews on YouTube.

April also enjoys her food and nutrition class and knows that eating well is important for her physical well-being. She is usually home for dinner when she doesn't have dance practice. She cooks once a week and the other meals are made by her parents, who both like to make balanced meals consisting of lots of vegetables and lean meats. Eating well is important to April and her family, as they have had a family history of diabetes, so hope to prevent this if possible.

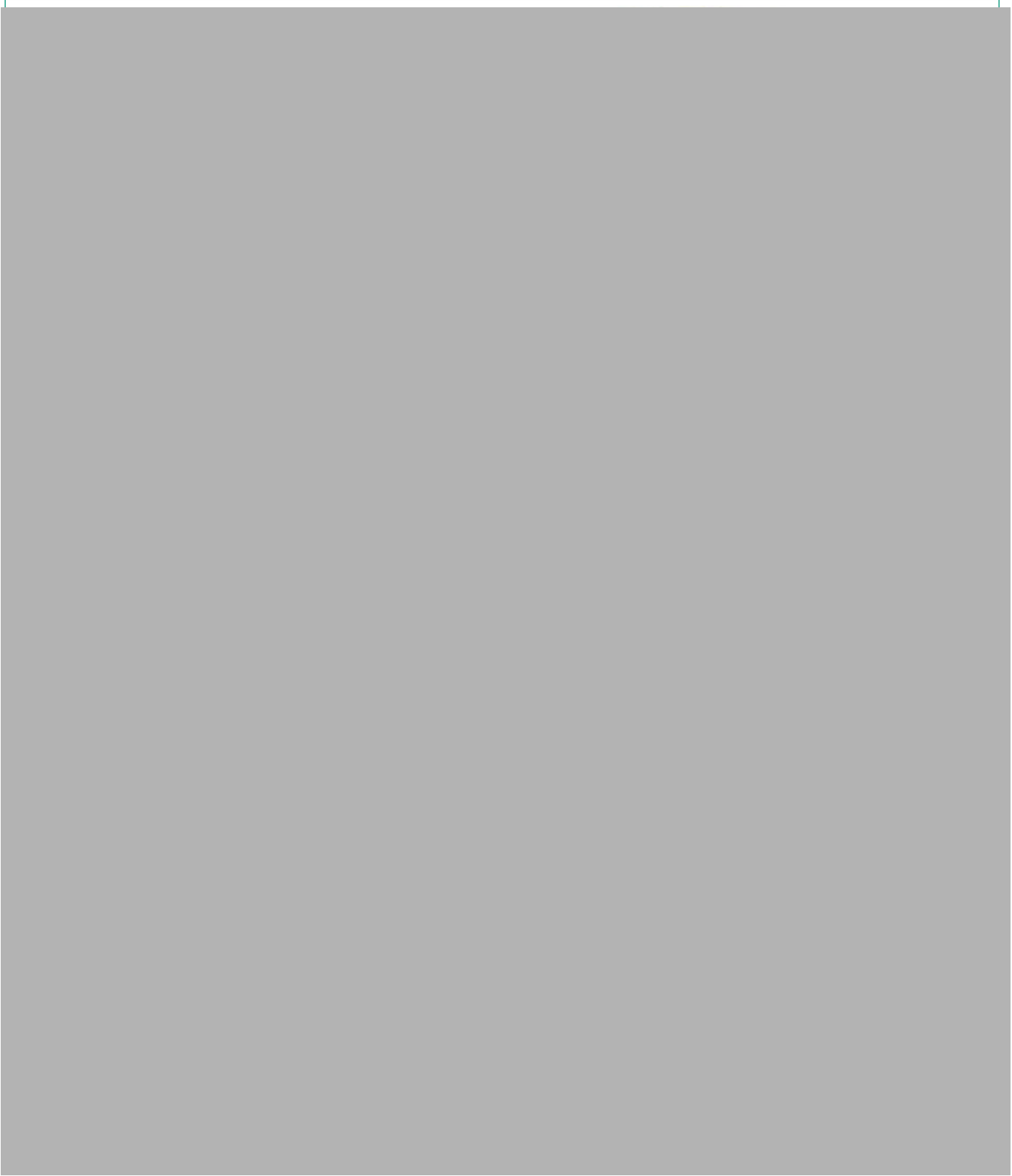
On the days April has dance practice, she grabs takeaways with her friends. Takeaways are quick, easy, and cheap.

She enjoys making Instagram clips of dancing with her friends and often comes across lots of advertising when scrolling through her Instagram account. As she enjoys looking at other dance clips and cookery ideas, the advertising she sees is often about dancing or quick, easy meal ideas.

April has two older brothers who have left home and are now at university. They respect their sister and how she is looking at following her dancing dreams and being conscious about what she eats, as both her brothers have struggled to keep their weight under control.



RESOURCE G: New Zealand Heart Foundation Nutrition Guide



Source: <https://www.heartfoundation.org.nz/wellbeing/healthy-eating/eating-for-a-healthy-heart>

RESOURCE H: Diabetes New Zealand



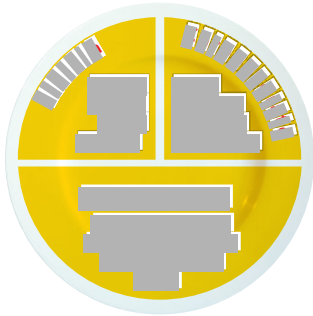
diabetes
new zealand



Diabetes New Zealand Healthy Eating Plan

Your blood glucose levels are directly affected by the kind and amount of carbohydrate (starchy foods and sugar) you eat.

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If you are trying to lose weight, cutting out snacks and eating three well-balanced meals a day is a good way to achieve this.

Source: (adapted) <https://static1.squarespace.com/static/5a1b161b6957daf4c4f3b326/t/62555bcdde719d3362e92c90/1649761243300/020378+016682+prediabetes+August+2021.pdf>