

91300R



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 2 Home Economics 2024

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

Credits: Four

RESOURCE BOOKLET

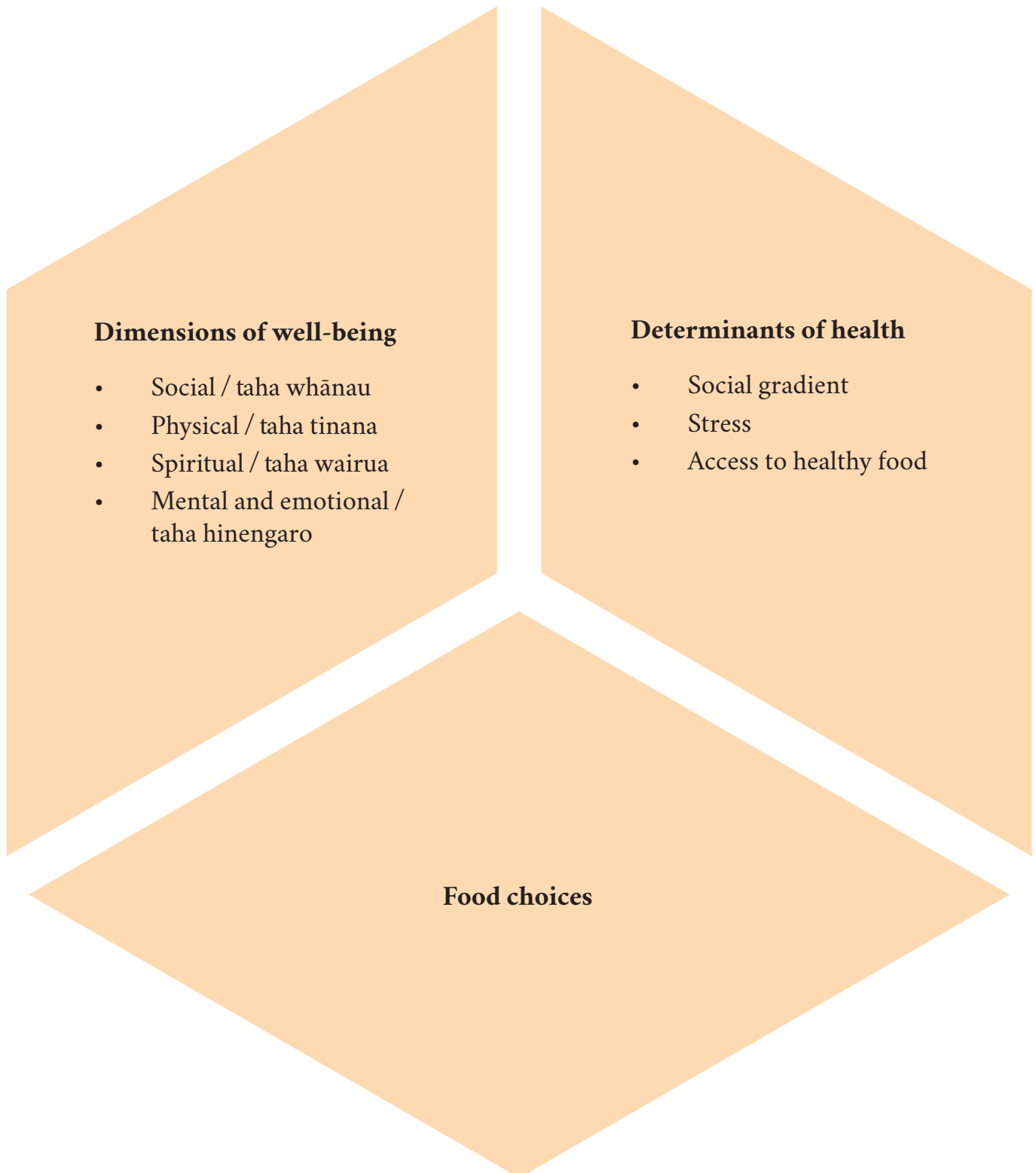
Refer to this booklet to answer the questions for Home Economics 91300.

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

This diagram shows the interconnections between dimensions of well-being, food choices, and the determinants of health that impact on individuals, families, and society.



RESOURCE B – SCENARIO: Living with Aunty Mae

Kairo and Pritika are twins. They have just left school and have moved to a new town for tertiary study. They decided to board with their Aunty Mae.

Aunty Mae is in her 70s and has lived on her own for some time. She has government help with a pension but has decided to take on Kairo and Pritika as boarders to add to her income. She also sees it as a benefit to have her young relatives around to help her with the shopping. Aunty Mae doesn't have a car as it costs too much to run.

Aunty Mae provides breakfast and the main meal each night. The twins provide their own lunches and snacks. Aunty Mae makes meals such as roast dinners, curries, and soups, which the twins enjoy sitting down to eat with her. Sometimes, the twins help Aunty Mae cook and she shares her skills and knowledge with them. Her meals always include a selection of vegetables, and she has a bowl of fresh fruit available for everyone. She enjoys sharing her traditional foods with the twins and usually says a karakia (blessing) before they eat.

Pritika moved to study at the local polytechnic. She is anxious about leaving home and taking on a student loan she will have to pay back. She has limited money to spend each week. Her cooking skills are very limited, so she is happy for her aunty to provide the main meal of the day. Pritika also finds exams challenging and, at exam times, she tends to eat 'junk' food for comfort rather than choose healthy options. She can buy food at the polytechnic, but the options are either expensive café food or cheaper fast-food outlets.

Kairo has started an apprenticeship as an electrician. He earns the minimum wage and needs to be careful with his spending. He is keen to own his own car so he can be more independent, but he is finding it hard to save enough money. Kairo's work requires him to go to different places each day, so he prefers to take a packed lunch. This also saves him money.

Pritika and Kairo take turns to go to the supermarket to buy the weekly groceries for Aunty Mae. They catch the bus to the closest supermarket, which is 5 kilometres away. Most weekends, they go to the local food market, just 15 minutes' walk away. The market provides a wide variety of fresh fruit, vegetables, and other foods at reasonable prices, often cheaper than the supermarket. While they are at the market, the twins like trying the different cultural foods on offer.

Acknowledgements

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

Page 3

Image 1: <https://www.nzherald.co.nz/hawkes-bay-today/lifestyle/auntys-garden-kanga-pungarehu/ZQZWNMP5USPGGQL47BDBHRWQ3/>

Image 2: <https://tpp.ac.nz/explore/student-support-services/maori-and-pasifika-cultural-support/>

Image 3: <https://www.obrien.com.au/members/electrical-camberwell/articles/important-places-to-install-power-points-and-usb-points-in-your-home/>

Image 4: <https://www.streamsideorganics.co.nz/pages/farmers-markets>