

91304R



Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Level 2 Home Economics 2024

### 91304 Evaluate health promoting strategies designed to address a nutritional need

Credits: Four

#### RESOURCE BOOKLET

Refer to this booklet to answer the questions for Home Economics 91304.

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.**

## MODELS OF HEALTH PROMOTION

The World Health Organization's definition of health promotion is "the process of enabling people to increase control over, and to improve, their health" (Ottawa Charter, 1986).

Three models of health promotion that can be used to achieve effective health action are:

1. Behavioural change
2. Self-empowerment
3. Collective action.

Source (adapted): <https://hpe.tki.org.nz/health-and-physical-education-in-the-curriculum/underlying-concepts/health-promotion/>

## SCENARIO INTRODUCTION

Teachers at Fringewood School are concerned about the lunches that many students are eating. They tend to be highly processed foods with little nutritional value. Often students are bringing bottles of fizzy drink and food like a pie, or they are buying food like sausage rolls, noodles, or pre-packaged items from the school canteen. Teachers have raised their concerns at school meetings, and the board of trustees has agreed to support strategies to change the quality of lunches consumed at school and to help focus on healthy food.

Students from the Year 12 Home Economics class have been given the opportunity to develop strategies to support these changes.

The class has divided into two groups to share ideas. Group One is focused on improving the canteen menu, while Group Two is focused on improving the lunches that students make at home and bring to school.

### GROUP ONE: Improving the canteen menu

Group One decides to form a committee to survey students on their food preferences for food sold in the school canteen. This will be done during form / whānau time to ensure all students have the opportunity to be involved. Parents and caregivers will be sent a link to the survey by email, allowing them to also participate. The information gathered will be collated to help decide which healthy food choices are most popular and should be added to the new menu.

Some other students in the group will work on improving the existing nutrition policy for the canteen. They will look at the national food and nutrition guidelines, and will discuss with teachers, whānau, and canteen staff. The revised policy will then go to the board of trustees for approval. Each year, the policy will be revisited to ensure it continues to meet the needs of students.

To advertise the healthy choices that are added to the canteen menu, different students in the group will design and make posters to put up around school and in the canteen. The board of trustees will cover the printing costs.

To encourage wise food choices, some students will make a TikTok video showing students at the canteen selecting healthy food. They will focus on demonstrating how to make good choices, e.g. selecting foods that contain vegetables.

There will also be a weekly special at the canteen to motivate students to make wise food choices when buying there. This will be at a reduced cost and will be partially funded by the board of trustees.

## **GROUP TWO: Bringing healthy lunches from home**

Group Two decides to ask a local chef to run food preparation classes for one term. These will be one lunchtime a week, with a focus on making healthy lunches to bring to school. The chef plans to show students how to make simple lunches like rice paper rolls, wraps, and tasty sandwiches.

Students choose to join these classes, adding their name to a weekly list. The first 20 students on the list are selected to participate that week.

Students will have to pay a small fee of \$4 to cover the cost of the foods used during the class. They will take the food they have made to eat later in the day. The board of trustees will pay the additional costs not covered by the \$4 fee. The chef is donating their time for free.

Some students from Group Two will film the classes to share at the school's Friday assembly. All students will then have the opportunity to see what food was made and get ideas for making their own healthy school lunches.

As a fun activity to follow up on this, all students can participate in a healthy food Kahoot (online quiz) during form / whānau time. There will be \$10 canteen voucher prizes that can be used to buy food from the new menu. This will be funded by the board of trustees.

**Acknowledgements**

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

**Page 1**

Image 1 <https://stock.adobe.com/464130473>

Image 2: <https://stock.adobe.com/320426343>

**Page 2**

Image 3: <https://littleeatsandthings.com/how-to-meal-prep-a-healthy-school-lunch-for-the-entire-week/>

Image 4: <https://stock.adobe.com/418676892>