

91470R



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 3 Home Economics 2024

**91470 Evaluate conflicting nutritional information
relevant to well-being in New Zealand society**

Credits: Four

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Home Economics 91470.

Check that this booklet has pages 2–6 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

The following is an excerpt from an online information sheet on nestle.co.nz by AUT Millennium (a charitable trust involving Auckland University of Technology) and the company *Nestlé New Zealand*.



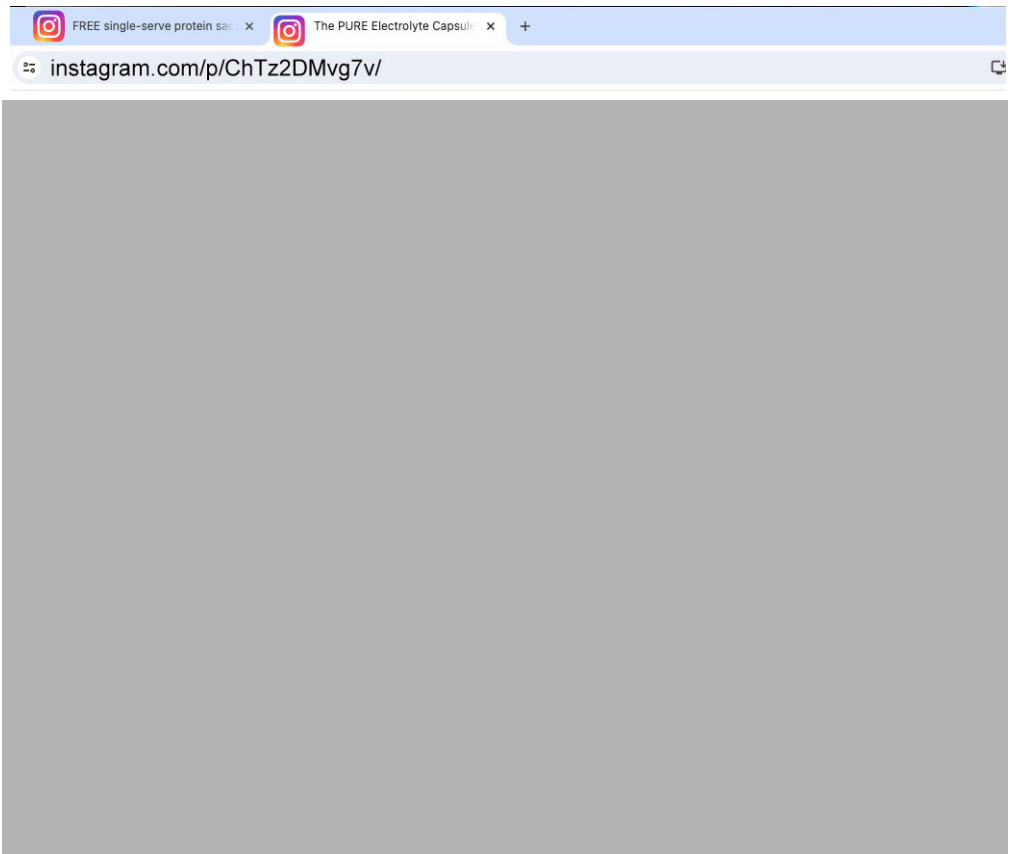
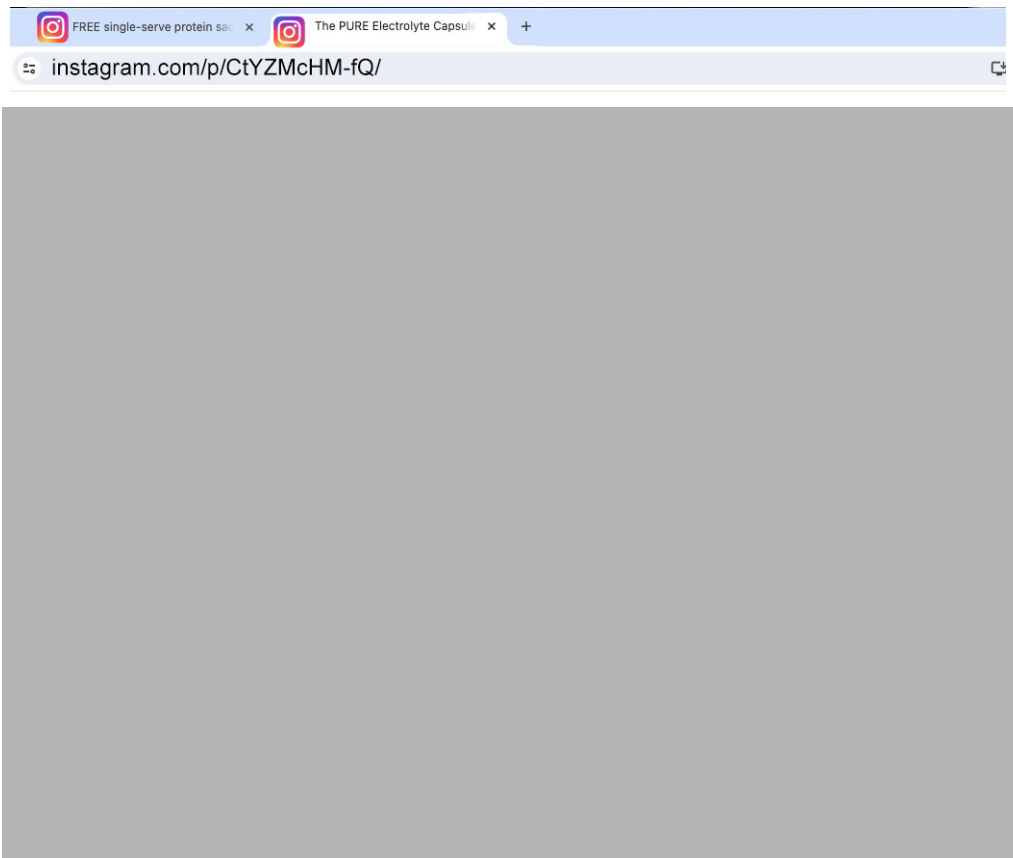
[...]

TRAINING DIET: Nutrition requirements will vary depending on the specific event an athlete is training for. However, whatever the event, it is essential to get the basics of nutrition right!

CARBOHYDRATE: Carbohydrate-rich foods provide fuel for training. The longer the training

RESOURCE B

The following are posts from an online social media campaign on Instagram.



RESOURCE C

The following shows extracts from an online article from Lea Stening Health at leastening.com.

The protein needs of young athletes



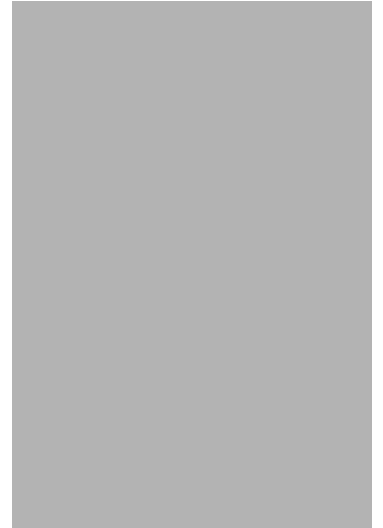
May 7, 2023 | Articles • Foods & fluids, Sport & Exercise

Many secondary school athletes are training for more than 10 hours per week and are competing nationally or alongside adults in events such as the Kathmandu Coast to Coast.

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[...]

References

1. Aerenhouts, D., et al. Energy and macronutrient intake in adolescent sprint athletes: a follow-up study, *Journal of sports sciences*, 29(1), 73–82.
 2. Nutrient Reference Values for Australia and New Zealand, Ministry of Health, 16 January 2020.
 3. Phillips, S.M., Van Loon, L.J., Dietary protein for athletes: from requirements to optimum adaptation, *Journal of sports sciences*, 29 Suppl 1, S29–S38
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Acknowledgements

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

Page 2

<https://www.nestle.co.nz/sites/g/files/pydnoa371/files/asset-library/documents/nutrition%20advice%20sheets/athletics%20-%20jacko%20gill.pdf>

Page 3

<https://www.instagram.com/p/CtYZMcHM-fQ/>
<https://www.instagram.com/p/ChTz2DMvg7v/>

Pages 4–5

<https://www.leastening.com/articles/sport-exercise/the-protein-needs-of-young-athletes-2.html>

