

92010R



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Health Studies 2024

92010 Demonstrate understanding of factors that influence hauora

Credits: Five

RESOURCE BOOKLET

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

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.

DEFINITION

Factor – Factors may be described as personal, interpersonal, or societal. The nature of a factor can be economic, social, cultural, lifestyle-related, political or environmental.

SCENARIO

Anjali and her husband Zach have recently moved to New Zealand in the hope of making the most of better job opportunities and better educational opportunities for their two teenage children, Skye and Jai.

Mum (Anjali) works five days a week at the hospital in the city, and spends an hour each way in traffic driving to and from work. She finds this frustrating because this time could be spent at home with her family.

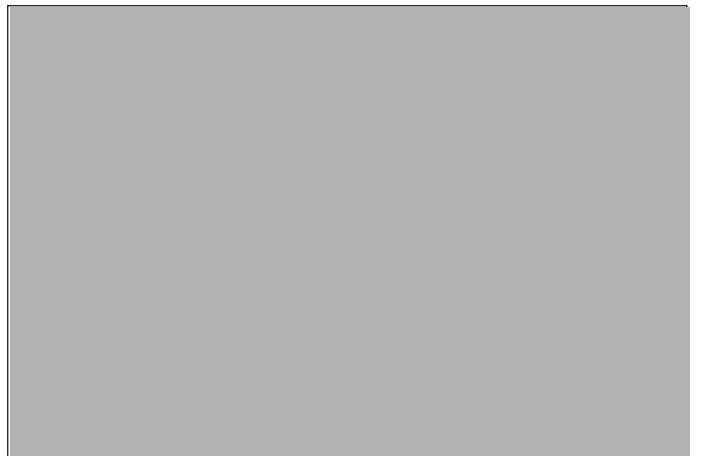
Dad (Zach), works at the local school and his hours allow him a better work / life / family balance.

Because Anjali is away from home a lot (commuting and working), she relies on Zach, Skye, and Jai to do the shopping and cooking for the household.

Skye, their daughter, is 14 and in year 10 at school. Jai, her brother, is 17 and in year 13. They both attend the same school that Zach works at, which is in walking distance from home.

Skye is very keen on sports and plays basketball twice a week. She will eat anything, as she is always hungry, but prefers pizza and chips because they are convenient and fill her up quickly.

Often after sports practice, Skye will grab takeaways with her friends so that they can relax and socialise.



Jai is working hard to get the best grades possible, as he would like to follow in his mother's footsteps and work in the health sector.

Anjali worries about Jai. She finds it very difficult to drag him away from his computer, where he is always studying or gaming.

She feels that as a teenager Jai should be socialising more and playing more sport.

Jai says he is happy and doesn't need to be playing sport, as his main focus is schoolwork and doing well academically.

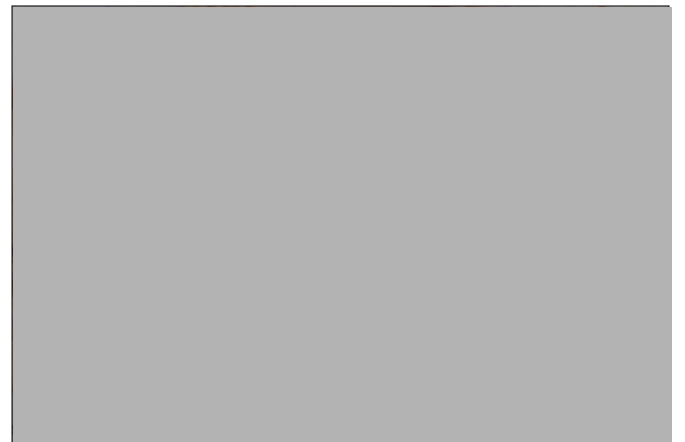
Zach worries about his relationship with Anjali as she is so busy with work that he never seems to spend quality time with her.

Due to the family being busy with lots of different commitments, Zach likes to be organised so he sits down with Skye and Jai to organise the family meals once a week. He does the shopping on a Sunday and they all take a turn to cook dinner once a week, which they eat together. By eating together, the family make the time to talk to one another about what is going on in their day-to-day lives. Meal times are also a device- and TV-free time.

Jai likes to cook pasta dishes. They are easy to make and don't take long to cook.

Jai often has arguments with his dad because Jai doesn't want vegetables in the dishes he makes. He thinks vegetables are tasteless and boring. This causes Zach some stress as he knows that to be healthy, a balanced diet with a variety of fresh produce and vegetables is needed.

Fridays and the weekends are flexible so that they can have takeaways, try different restaurants, go to markets (where there is a variety of tasty cultural foods), or visit friends for dinner.



Acknowledgements

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

Page 2

<https://www.theedge.co.nz/content/dam/the-edge/images/whats-good/2023/6/EDGE-NZTraffic.png>

<https://stock.adobe.com/nz/images/female-high-school-basketball-team-playing-game/66159301>

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<https://www.forbes.com/sites/forbestechcouncil/2022/07/13/how-artificial-intelligence-can-empower-the-future-of-the-gaming-industry>

<https://divascancook.com/easy-queso-pasta-recipe/>