

91300MR



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Te Ohaoha Kāinga, Kaupae 2, 2025

91300M Te tātari i te hononga i waenga i te oranga,
i ngā kōwhiringa kai me ngā ākinga hauora

Ngā whiwhinga: E whā

TE PUKAPUKA RAUEMI

Kōrerohia tēnei pukapuka hei whakaoti i ngā tūmahi o Te Ohaoha Kāinga 91300.

Tirohia kia kitea ai e tika ana te raupapatanga o ngā whārangi 2–7 i tēnei pukapuka, ā, kāore tētahi o aua whārangi i te takoto kau.

E ĀHEI ANA TŌ PUPURI KI TĒNEI PUKAPUKA HEI TE MUTUNGA O TE WHAKAMĀTAUTAU.

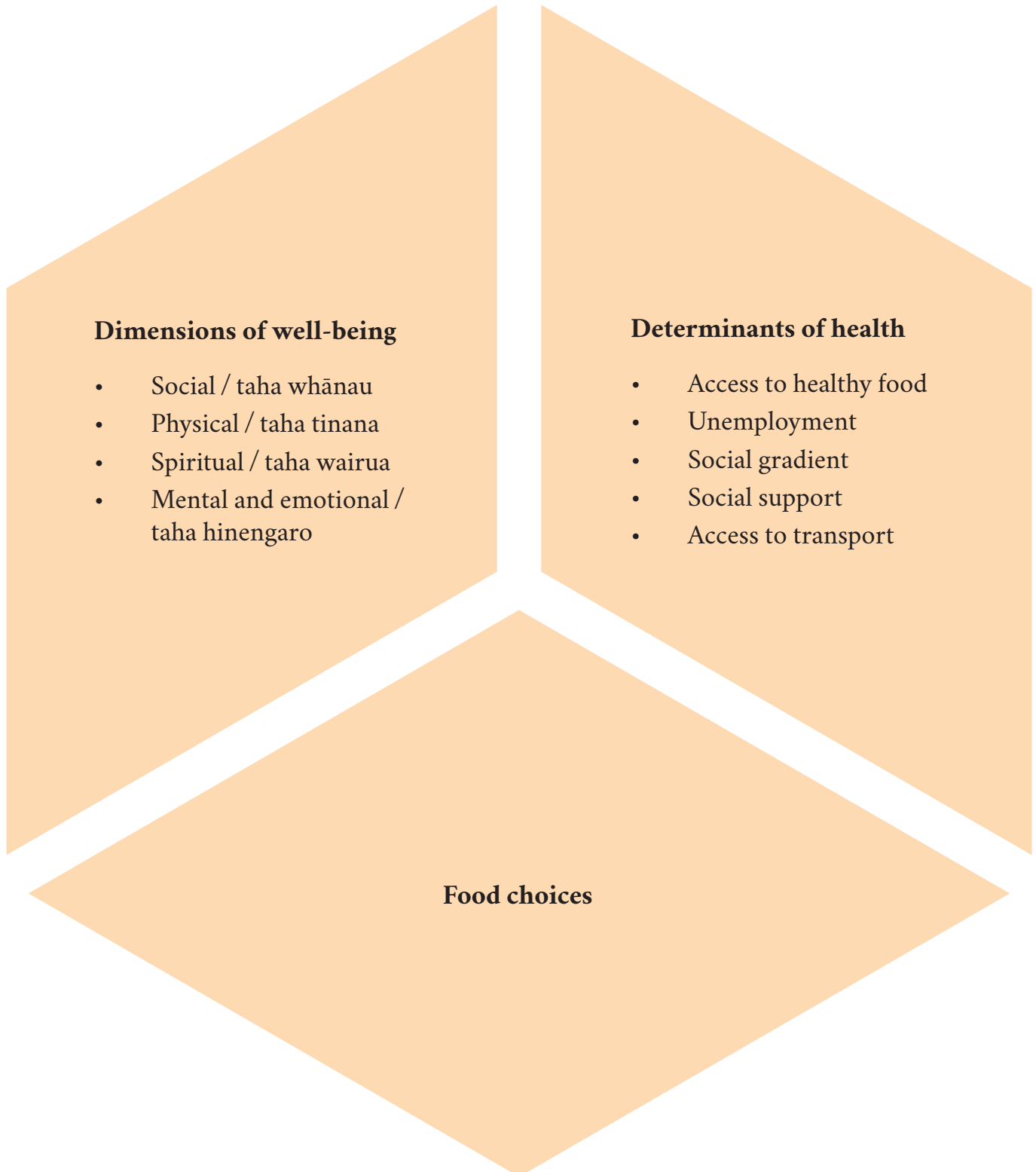
TE RAUEMI A: Ngā tūhonohonotanga

E whakaaturia ana i te hoahoa nei ngā tūhonohonotanga i waenga i ngā wāhanga o te oranga, i ngā kōwhiringa kai, me ngā ākinga hauora ka pā ki te tangata takitahi, ki ngā whānau, me te hāpori whānui anō hoki.



RESOURCE A: Interconnections

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



TE RAUEMI B – TE TŪĀHUA: Te noho ki te pokapū o te tāone

E rēti wharenoho ana a Hannah rāua ko Sam Wilson me tā rāua tamāhine, me Maya, e 8 tau te pakeke, ki te pokapū o te tāone. I te ahumahi manaakitanga a Hannah rāua tahi ko Sam e mahi ana i mua, ā, i autaia te moniwhiwhi, heoi, nō nā noa nei i poroa ai te tūranga o Sam. I mua, i nui te uara o te kai tika ki a rāua, ka mutu, i whai wāhi ki tēnā te whānuitanga o ngā huarākau me ngā huawhenua mata hei wāhanga mō ā rāua whiringa kai. Ahakoa tā Sam tohe ki te kimi mahi māna, kua mate rāua ko Hannah ki te āta whakapau i ā rāua pūtea nā te mea kotahi anake te ara moniwhiwhi. Ko te ara māmā katoa ki te whakaheke utu, ko te whakarite kia iti ake te pūtea ka whakapaua i ō rāua haerenga ki te hokomaha.

Kāore ō te wharenoho tūnga motukā motuhake, nā reira i hokona atu tō rāua motukā i te wā o te hūnuku, kotahi tau ki muri. I tēnei āhuatanga me hīkoi rānei, me eke pahi rānei rāua ki ngā toa me te hokomaha. He toa iti e pātata ana, e 5 meneti noa iho te tawhiti mā raro, ā, e 20 meneti te roa mā runga pahi ki te hokomaha tata katoa.

Ka eke te whānau Wilson i te pahi ki te hokomaha i ngā ata Hanarei ki te hoko i ētahi o ā rātou kai. Kua hoko a Hannah i ngā mīti e iti ake ana te kounga me te whakamātau i ētahi atu momo kai pūmua, pēnei i te pīni, hei whakaheke i ngā nama. Nā te mea me eke pahi, kāore e nui ana ngā hokonga, he taumaha rawa nō ngā kai hei pīkau mā rātou ki tō rātou wharenoho i te tūnga pahi.

He nui te utu o ngā hua mata i te toa pātata, nā reira ka hīkoi a Sam rāua ko Maya ki te mākete kaupāmu e tata ana i ngā ata Hatarei ki te hoko i ngā hua mata e māmā ake ana te utu. He pai tēnei wā e noho tahi ai a Sam rāua ko Maya, nā te mea i mahi kē a Sam i ngā Hatarei i mua. Kua whakahoahoa atu a Sam ki tētahi kaiwhakarato huarākau o te rohe pātata ka tiaki i ngā hua “tōrōkiri”¹ mā rātou. Nā konei kua whai hua mata tonu hei kai mā rātou, ā, kua whakahekea ngā nama.

E 20 meneti te tawhiti o te whaitua tata kei reira rā te pāpā o Sam e noho ana, ā, ko ia hei kaitiaki mō Maya i mua, i a Hannah rāua ko Sam e mahi ana i te pō. I te koremahi o Sam, kua toru wiki pea te korenga o te koroua o Maya i kitea. E mokemoke ana a Maya ki tō rāua hononga, nā te hoatu āwenewene a tana koroua ki a ia i ngā ahiahi. Hei whakaheke i ngā nama, kua tuku a Sam i te huarākau me te hanawiti ki a Maya hei paramanawa ahiahi, kāore nei e tino paingia ana e Maya, nā te mea he rite ki ana kai o te rānui.

E haere ana a Maya ki te kura pātata, ā, he kaupapahere tā rātou mō te pouaka kai hauora. I te nuinga o te wā, he kai taiora tana kai o te rānui pēnei i te hanawiti, i ngā poro huawhenua, i ngā kōripi āporo me tētahi māwhena kiripata panana. He reka ki a ia ana kai o te rānui, he pai hoki ki a ia ngā hononga ki ngā akoranga i te kura mō te hiranga o te whai kia taiora ngā kōwhiringa kai.

I a Hannah e mahi ana i ētahi pō, ka whāngaihia ia ki te kai, ā, he wā ōna ka wātea ngā toenga hei whakahoki māna ki te kāinga, nā te mōhio o ōna hoa mahi ki te noho koremahi o Sam. Nā tēnei āhuatanga kua pai ake tā te whānau penapena i te punua pūtea, heoi anō, i te nuinga o te wā he iti noa iho ngā huawhenua kei aua kai. He mea nui ki a Hannah te kai huarākau me te huawhenua e mata ana, ā, e māharahara ana ia i te āhua o te kai kei te nui ake te kaingia e rātou ko Maya, ko te whānau.

¹ tōrōkiri = kāore te kounga e eke ana ki te taumata e tika ana

RESOURCE B – SCENARIO: Central city living

Hannah and Sam Wilson rent an apartment in a central city location with their 8-year-old daughter, Maya. Hannah and Sam both used to work in hospitality and had a good income, but Sam was recently made redundant. In the past, they valued eating well, including a wide range of fresh fruit and vegetables in their diet. While Sam has actively been looking for work, he and Hannah have had to be very careful about their spending now that they have only one income. The easiest way to reduce costs has been to spend less on their regular trip to the supermarket.

Their apartment does not have a dedicated car park, so they sold their car when they moved in a year ago. This means that they either walk or catch the bus to access shops and the supermarket. They have a local convenience shop a 5-minute walk away, and it is a 20-minute bus trip to their nearest supermarket.

The Wilsons take the bus to the supermarket on Sunday mornings, where they buy some of their groceries. Hannah has been choosing cheaper cuts of meat and trying to buy some alternative sources of protein, like beans, to keep costs lower. Due to the bus trips, they can't purchase too much, as the groceries are heavy to carry back to their apartment from the bus stop.

Fresh produce is expensive from the local convenience shop, so Sam and Maya walk to a nearby farmers market on Saturday mornings to buy cheaper fresh produce. This is a good opportunity for Sam and Maya to have quality time, as he used to work on Saturdays. Sam has developed a good relationship with a local fruit supplier who puts aside some of the "seconds" produce for them. This has enabled Sam to keep some fresh produce in their diet while still reducing their costs.

Sam's dad lives 20 minutes away in a nearby suburb and used to look after Maya when Hannah and Sam were working at night. Now that Sam is unemployed, they have not seen Maya's grandfather for a few weeks. Maya misses the connection, as he used to give her sweet treats in the afternoon. To help reduce costs, Sam has been giving Maya fruit or sandwiches for afternoon tea, which she doesn't really like, as it is the same as her lunches.

Maya goes to a local school with a healthy lunchbox policy. She generally eats a nutritious lunch of sandwiches, vegetable sticks, apple slices, and a banana bran muffin. She enjoys these lunches and the connection to the learning at school about the importance of making nutritious food choices.

On the nights when Hannah is working, she is provided with a meal and is sometimes able to bring home leftovers, as her co-workers know that Sam is not working. This has enabled the family to save a little bit of money, but often these meals do not contain a lot of vegetables. Hannah values eating fresh fruit and vegetables, and is worried about the variety of food Maya and the family are now eating more regularly.

He mihi

Kua whakahāngaitia ngā kōrero o ngā mātāpuna e whai ake nei hei whakamahinga i tēnei aromatawai:

Te whārangi 4

Te ata 1: <https://stock.adobe.com/1061205426>

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Acknowledgements

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Page 4

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English translation of the wording on the front cover

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New Zealand Qualifications Authority

Level 2 Home Economics 2025

**91300M 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 91300M.

Check that this booklet has pages 2–7 in the correct order and that none of these pages is blank.

YOU MAY KEEP THIS BOOKLET AT THE END OF THE EXAMINATION.