

91300R



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 2 Home Economics 2025

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

Credits: Four

RESOURCE BOOKLET

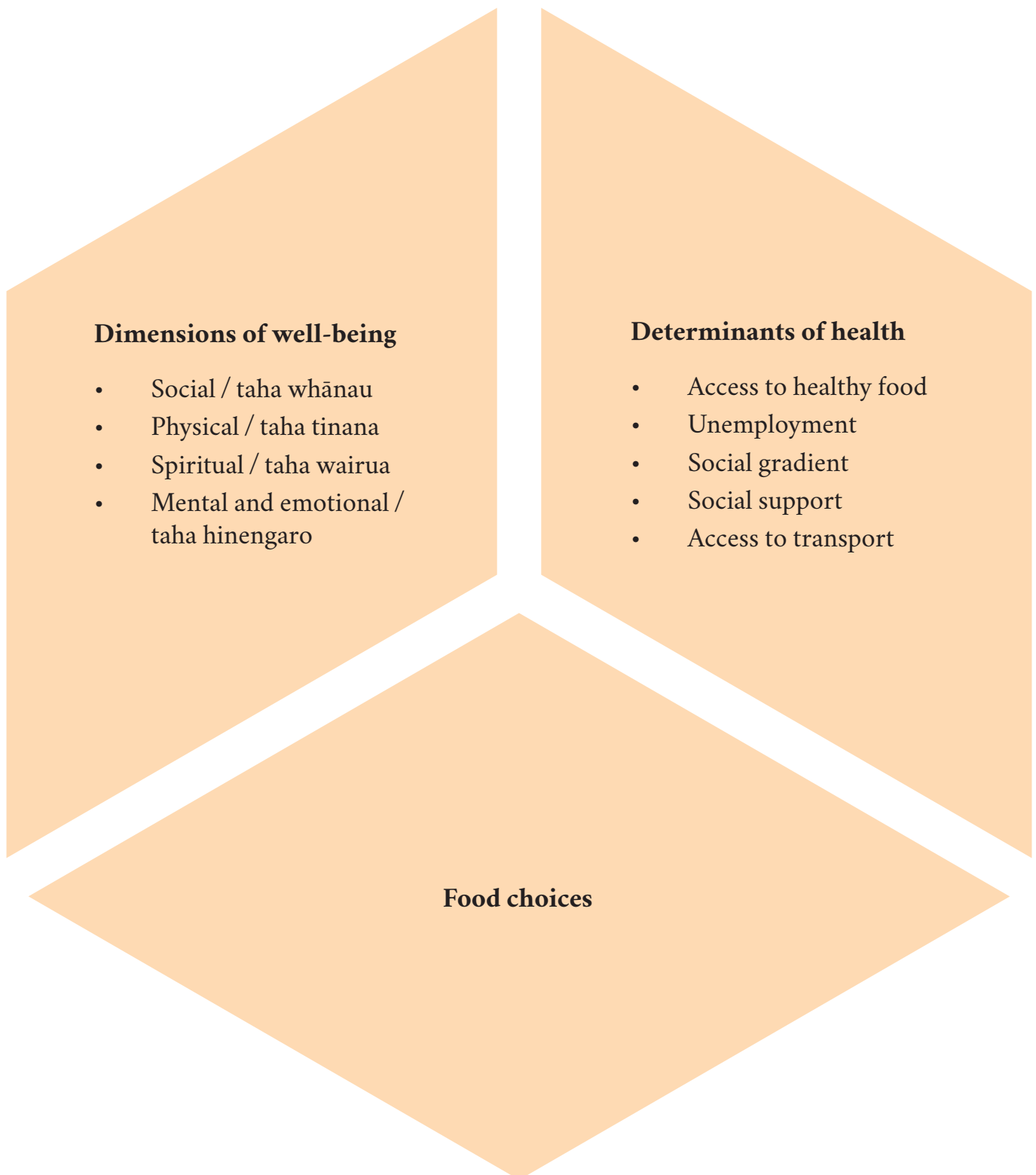
Refer to this booklet to answer the questions for Home Economics 91300.

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 individuals, families, and society.



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.

Acknowledgements

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

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