

92010R



Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Level 1 Health Studies 2025

### 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.**

## SCENARIO

Sara is heading away on a technology-free school camp with her Year 11 peers, spending a week away from home at a lodge. The camp is an important school tradition, and her parents insisted on paying the large fee for Sara to attend, even though her father recently lost his job. All of Sara's older siblings attended the school camp and loved it, so Sara feels like she has no choice but to go.

Sara has some anxiety around the camp experience. She has a serious food allergy, so she and her family rarely eat food other than what is prepared at home and grown in their garden. Her parents do not purchase any packaged food. The bus trip to camp is going to be long and Sara is unable to bring enough of her own food to last the full week – only enough for her lunch and dinner on the first day.

Her parents reassured her that they had filled out all the health forms correctly and that the school knew her family and her medical history, so she would be well catered for. Sara also has the support of her best friend, Mae, who understands Sara's situation as Mae's brothers also have food allergies. Sara has only stayed away from her family a few times, and that was at Mae's house.

As the camp is technology-free, on the first day, Sara says goodbye to her phone with a tear in her eye and heads to school to catch the bus with the rest of her year group. Sara's anxiety spikes when she reaches the school gate and Mae is not waiting there like they had arranged. She can't message Mae, as her phone is at home. Frustrated, edgy, and impatient, Sara cannot shake the feeling that she has forgotten to pack something ... her EpiPen, perhaps? She needs it if she has an allergic reaction.

Sara tries to speak with her teachers before boarding the bus, but they are focused on making sure they depart school on time. They are also trying to get a large group of students back from the nearby shops, which sell cheap pies, energy drinks, and lollies. This is a constant issue before and after school, due to how close the shops are to the school gate, with food advertising lining the streets.

On the bus ride to camp, students are eating from their bags, despite the 'STRICTLY NO FOOD' signs. Getting out her home-made food, Sara is teased and laughed at by a group of girls calling her snacks 'rabbit food'. She starts to feel embarrassed and pressured into trying some packaged food they offer her. Usually Mae is around to calm her down, but not this time. Sara wonders if just a few small bites of their chocolate-covered muesli bars would be okay. It would help her feel included.

Against her better judgment, she reaches for a bar, tears it open, and takes a bite. The girls watch her in amusement and anticipation. She feels her heart racing and a hot, red, spotty rash begins to sweep down her body. She panics, as do the other girls, as they realise something is wrong.

A teacher comes to see what is going on and recognises the situation immediately. Sara tries to answer his questions but feels overwhelmed and embarrassed. All she can think about is that she left her EpiPen behind on her bedroom floor.



**RESOURCE A – What is a food allergy?**

Food allergies are an immune system reaction.

A food allergy happens when the immune system overreacts to a protein in food. The immune system produces too many antibodies, and you have an allergic reaction. Symptoms usually appear within minutes after eating the food but can begin up to four hours later. They range from mild discomfort to life-threatening reactions that need immediate medical attention.

A food that causes an allergy is called an allergen. For some people, only a tiny trace can trigger a reaction. Once diagnosed with a food allergy, you need to identify and avoid consuming all sources of that allergen.

**What are the symptoms of a food allergy?**

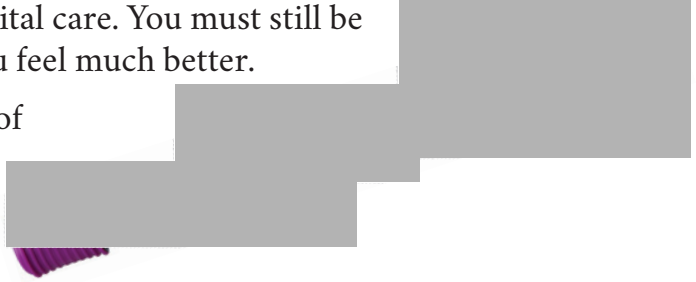
## RESOURCE B – What is an EpiPen?

An EpiPen is an auto-injector device that has a pre-filled syringe fitted with a needle and contains a single dose of adrenaline (also called epinephrine) for injection into your muscle. It's used in an emergency to quickly treat anaphylaxis.

EpiPen auto-injectors are easy to use and can be used by anyone – parents, caregivers, passers-by, or the allergic person themselves (if they're able to).

The EpiPen is designed for emergency first-response therapy only and isn't a replacement for emergency medical or hospital care. You must still be taken to hospital for observation, even if you feel much better.

Each EpiPen contains a pre-measured dose of adrenaline and can only be used once.



### Definition

anaphylaxis      a severe, potentially life-threatening, allergic reaction.

### Acknowledgements

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

#### Page 2

Image: created using generative AI

#### Page 3

Resource A: <https://www.mpi.govt.nz/food-safety-home/food-allergies-intolerances/>  
<https://www.eufic.org/en/healthy-living/article/food-allergen-infographic>

#### Page 4

Resource B: <https://healthify.nz/medicines-a-z/e/epipen>; <https://stock.adobe.com/nz/474978260>