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Draw a cross through the box (☒) if you have NOT written in this booklet

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NZQA | Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Health Studies 2026

92011 Demonstrate understanding of strategies that enhance hauora

Credits: Five

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate understanding of strategies that enhance hauora.	Explain strategies that enhance hauora.	Evaluate strategies that enhance hauora.

Check that the National Student Number (NSN) on your admission slip is the same as the number at the top of this page.

You should attempt ALL parts of the question in this booklet.

Pull out Resource Booklet 92011R from the centre of this booklet.

If you need more room for any answer, use the extra space provided at the back of this booklet.

Check that this booklet includes pages 2–8 in the correct order and that none of these pages is blank.

Do not write in the margins (▨). This area will be cut off when the booklet is marked.

YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

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INSTRUCTIONS

In this assessment, you will analyse a scenario about twins Jack and Rosa and their whānau / family navigating a change to their living situation.

Read **Resource Booklet 92011R** before answering the question beginning on page 3. Refer to the resource, as well as your own knowledge about strategies that enhance hauora, to respond to ALL parts of the question.

Planning space is provided below.

PLANNING

Consider strategies that exist in the scenario, and those that could be applied to improve hauora.

QUESTION

(a) Identify ONE strategy that Jack and Rosa's whānau is using to manage their busy lifestyle, and explain how this strategy enhances hauora.

Jack and Rosa each want to adopt a new strategy to enhance their own hauora.

(b) (i) Describe a different hauora-enhancing strategy for each of the twins.

Jack's strategy:

Please turn over ➤

Rosa's strategy:

(ii) Explain how Jack's and Rosa's strategies together could enhance the hauora of the whānau.

(iii) Evaluate the effectiveness of Jack's, Rosa's, AND the whānau's strategies at enhancing the hauora of the whole whānau.

Within the whānau, there are conflicting attitudes and values among the young people, the parents, and the grandparents.

(c) (i) Identify conflicting attitudes and values for each of the following people.

Jack and Rosa:

Evie:

Parents:

Grandparents:

(ii) Evaluate how the strategies are effective at enhancing hauora for the whole whānau, considering the attitudes and values you identified in part (c) (i).

Extra space if required.
Write the question number(s) if applicable.

QUESTION NUMBER