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91300



913000



NEW ZEALAND QUALIFICATIONS AUTHORITY
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Level 2 Home Economics, 2015

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

2.00 p.m. Wednesday 11 November 2015
Credits: Four

Achievement	Achievement with Merit	Achievement with Excellence
Analyse the relationship between well-being, food choices and the determinants of health.	Analyse, in depth, the relationship between well-being, food choices and the determinants of health.	Comprehensively analyse the relationship between well-being, food choices and the determinants of health.

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.

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

Check that this booklet has pages 2–10 in the correct order and that none of these pages is blank.

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

**Low
Excellence**

TOTAL

7

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INSTRUCTIONS

Use the diagram below and the scenario on page 3, as well as your own knowledge, when answering the question in this booklet.

Space for planning your answers is provided on page 4.

Unemployment, social support, and economics are three determinants of health that influence a family's food choices. These determinants of health are **interconnected**, and can have **positive or negative** consequences on all four dimensions of a family's and society's well-being.

**Physical well-being /
taha tinana**

**Mental and emotional well-being /
taha hinengaro**

<p>Unemployment – affects how much money people have to spend on food and housing, which can also affect health, how people feel about themselves (their self-esteem), and their relationships with others.</p>	<p>Economics – access to financial resources allows people to buy what they need to be adequately fed, clothed, housed, and to access transport.</p>
<div data-bbox="285 1272 1305 1413" style="border: 1px solid black; padding: 10px; margin: 0 auto; width: fit-content;"> <p><i>For copyright reasons, this resource cannot be reproduced here.</i></p> </div>	
<p>Social support – having family, friends, organisations, community groups and government agencies providing assistance to people is an important factor for family and societal well-being.</p>	

**Social well-being /
taha whānau**

**Spiritual well-being /
taha wairua**

Image sources (adapted): http://www.jdnews.com/polopoly_fs/1.471537.1430341112!/fileImage/httpImage/image.jpg_gen/derivatives/landscape_445/unemployment.jpg, <http://www.stuff.co.nz/business/68287885/company-money-men-less-upbeat>, and http://photos4.meetupstatic.com/photos/event/a/5/b/6/highres_109602422.jpeg (accessed 10 June 2015).

The Loon Family's Scenario

The Loon family had to flee their war-torn country. They have been relocated to a new city in New Zealand after spending the first six weeks in a refugee centre in Auckland, where they received health screening, health care, English lessons, and a basic introduction to the Kiwi way of life.

The Loon family consists of Mr Loon (a qualified engineer), Mrs Loon (a stay-at-home mum), and their children, Meka (15), and Hena (10). Mr Loon has not been able to find a job, which is getting him down because he has always earned a good income and been able to support his family. The family is struggling to survive on the unemployment benefit. Mrs Loon has managed to get a part-time cleaning job from 5 to 8 pm, giving them a little extra money, but it means she is not at home when the children return from school, or when she usually prepares the family's dinner.

With the help of a neighbour, who lent them the tools required, the Loon family has planted a small garden. Mr Loon and the children try to cook easy noodle dishes with the seasonal vegetables and fruit this produces, or with the produce that their neighbours share with them. They are often unsure how to cook the unfamiliar vegetables and fruit, and have only very basic, donated cooking equipment to use. The family are eating a diet high in fat, complex carbohydrates, and sugar as a result. The diet consists mainly of budget bread, soft drinks, takeaways, and processed foods. Mr Loon finds this easier and cheaper, and the children like this type of food. They love the milk products available here, but can have these only occasionally because of the cost. Mrs Loon buys processed meat products because she finds them cheaper than lean meat. Mr Loon and his children have been putting on weight, and Mr Loon has been told by his doctor that he has the early signs of type 2 diabetes. The children have also been feeling very tired and are finding it hard to concentrate at school.

The New Zealand culture is vastly different from what the Loon family is used to, and they especially miss traditional foods from their own country. While some stores in the large main centres stock some of these products, they are hard to get because the Loon family have no transport, and the food is too expensive for a family on a limited budget. Having no car also makes it difficult for the Loon family to get to the larger supermarkets, and so they often have to buy food from their local shops, and the takeaways are often cheaper. The family get together with people from their own country at the local community support centre, where they can enjoy some traditional music and food, but this only occurs once a month because of transport difficulties.

PLANNINGASSESSOR'S
USE ONLY**Determinants** **→** **Food Choice** **→** **Well-being**

Unemployment

Social support

Economics

Mrs Loon
Meka (15)
Hena (10)

QUESTION

ASSESSOR'S
USE ONLY

(a) Explain how EACH determinant of health affects the Loon family's food choices.

Include detailed examples to support your answers.

Unemployment

unemployment has influenced all the food choices that the Loon's have made as with unemployment from Mr Loon it has left less money for the family to cope with this means that the family is ~~able~~ not able to buy the nutrients that they need but yet they are buying foods high in salt which will clog the arteries if too much is intaken and sugar which can and is producing type 2 diabetes for Mr Loon. This has left Mrs Loon to get a job and bring in a little bit of money so they can survive. With unemployment it has left the family to make poor choices on food this is making the kids not get the right amount of protein and ^{calories} ~~calories~~ they need to grow and to reach there full potential insted from the foods they are eating they are gaining weight. Unemployment is affecting the Loon's wellbeing as the kids are physically putting on more weight and this will mean that they will find it harder to be active and for them to grow and reach there full height all so it is putting stress on Mr & Mrs Loon as they are worried about

money and how to support there family this is mentally ~~emotional~~ ^{emotional} and through unemployment it makes the Loon's family spirits go down as they know that they need more money to live. Also it makes it hard for them to socialize as they can by anything when out.

Social support By the Loon's family having to move to Auckland they were given the social support of refugee centre and they helped by giving free health screening and care also english lessons and basic introduction to the Kiwi lifestyle, through this it help ~~enable~~ the Loon's family to gain knowledge on food choices and what food ~~is~~ has to cook, This support group helped

affect the Loon's food choices as they ~~know~~ ^{know} is new none of the food but they helped them to understand it more and how to cook ^{our food so they} get a nutritious diet with the right amount of fat, sodium, ^{sugar} ~~sweet~~ and ^{carbohydrates} ~~starch~~.

By the Loan next door neighbour lending them his tools it helps the family to grow their own vegetable, herbs and fruit without all the chemical sprays and it cost less to buy. By them growing their own food's in their garden it helps them to eat more produce such as vegetable which are high in vitamins and minerals helping the kids to and parents to eat 5* a day so they can stop any sickness or flu) and helps produce the red blood cells. By social support

it has helped the Loans family to eat better food and to gain more understanding. ^{By having social support it helps the Loans family to be uplifted spiritually} as they know that someone is looking out for them this might make them to go out and socialize more often then once a week. But physically and mental ~~for~~ emotion they will be down ^{as the foods are making them gain weight and Mrs Loan is unable to be with them at dinner time.}

Having access to the unemployment benefit it helps the family buy food, but the benefit isn't enough so the family is resorting to cheap food that goes longer such as noodles and soups high in salt, sugar and fat this is causing the kids to gain weight and not able to concentrate ^{in class} are are tired this is because with low economic income the family is buying foods with high glycemic index which means the kids are burning these foods off faster and is making them tired as they don't have the nutrient value to help them produce the right things their bodies need such as vitamins and minerals to build blood cells, calcium to grow strong bones, teeth and to grow tissue. The iron and protein from lean meats that they need to build muscles. Without the economic resource they have they would be in even more of a bad state but the money they get still isn't enough for the family to choose the right foods that they need, also by not having transport valued means that they can't go to the supermarkets to buy foods but they have to buy from the shops around them and a squares and dairies are usually more expensive. This makes the family mental and emotional more sad as they know that they can't afford the

Interconnections between the unemployment, social support, and economic situation of the Loon family impact on their food choices and well-being, as well as on the society in which they live.

ASSESSOR USE ONLY

- (b) Explain how the interconnections between the determinants of health, food choices, and well-being affect the Loon family, AND New Zealand society. — ^{people don't want to work - less money}

Consider ALL the relevant dimensions of well-being, and include detailed examples to support your answer.

The interconnections between ~~the~~ unemployment, social support and ~~an~~ economic situation has impacted the choices of food and well-being of the family and all so New Zealand society. With unemployment it means the loon family needs more money to help get food and clothes this means they ~~are~~ rely on ~~the~~ help from the government so they went on the benefit to help them get more money to be able to pay ^{for} what they need. By being unemployed and getting ~~an~~ economic help it relies on the organisation to help support them and get them on track and help them to find jobs. These determinants of help all interconnect as they all rely on each other to work. With no employment and little money from the benefit and help from locals to grow there own garden the loons family have resorted to buying cheap foods which are really cheap because they are low in nutritional value. With this it is affecting the family wellbeing as with bad food choices it is causing the children to gain weigh and become physically more unfit were with low money its makes Mr & Mrs loony have the extra stress on them to mentally and emotionally as they know that they need more money so they can live a better life for there kids. The family cant get transport to there social night so they only go once a week this is a good thing for the family as

with there physical appearance so spiritually it will get them down

it means they are going out and meeting new people but without are cos they only go once a week and ^{it} could benefit them more if they ^{went} more.

1) By the family ~~and~~ worrying about money and food it makes them down spiritually as they might have low self esteem making it harder for them to see a good thing out of it all. The impact of having mostly bad food choices means that the kids are gaining weight the dad is on his way to getting type 2 diabetes and the family will be feeling tired all the time and the kids are finding it physically hard to concentrate. The family will become more emotional and more adjusted with the wrong food and the kids putting on weight might lower their self esteem and make them down on themselves (spiritual) with the mom not making dinner or with them at dinner it doesn't allow them to socialize and talk to each other making the family less socially active together. With the loans moving to N2 its only one family where hundreds more to N2 in a year so if one family is finding it hard to get a job and money that means lots other families are too, this means more families have to pay higher tax rates and it means it puts more pressure on the whole country. If everyone in N2 gets behind each other and work together to help families get the help and jobs that they need it will help the families to

Extra space if required.

Write the question number(s) if applicable.

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QUESTION
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b) get the foods and money they need to live a good life for their families.

To conclude the interconnection between health effects the choices that the loan were able to make and also other people living in NZ with the same situation, through this it leads to the families well-being and how money and food can effect the loans food choices that they make.

1) ~~(*)~~ With the loans family not having a car it means that they can not do big shops so they might only be able to carry one or two things like bread and chips this will mean that they are doing physical activities as it might be a long walk away

by going to the social group they are interacting to people and they might meet some one who has a job open for them and its a good way for them to be social.

91300

Low Excellence exemplar for Home Economics 91300 2015		Total score	7
Q	Grade score	Annotation	
	E7	<p>The candidate gives detailed examples of the ways unemployment “less money means the family is not able to buy the nutrients they need ... making poor choices ... high salt, low protein, and calcium”, social support “neighbour lending tools ... vegetable 5+ a day ... influenced them to eat better food and gain more understanding”, and economics “no car ... buy from Four Square and dairy ... can't do a big shop ... can only carry a few things like bread and chips”, affect the Loon family's food choices.</p> <p>The candidate explains with detailed examples how the food choices impact on three dimensions of well-being “foods high in salt clog arteries, high glycaemic index foods burnt off faster and leaving the kids tired ... not able to concentrate in class, feeling sad that they can't afford the right foods, and the kids are putting on weight, which will get them down, worrying about money and food choices causes low self-esteem”.</p> <p>The candidate explains how the interconnections between unemployment and social support can compound the effects on food choices and well-being “unemployment means the family needs help to get money to get food, so rely on the government benefit”.</p> <p>More detailed examples of the impacts on New Zealand society are needed for a more secure Excellence.</p>	