

No part of the candidate evidence in this exemplar material may be presented in an external assessment for the purpose of gaining credits towards an NCEA qualification.

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90960



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

SUPERVISOR'S USE ONLY

Level 1 Home Economics, 2016

90960 Demonstrate understanding of how an individual, the family and society enhance each other's well-being

9.30 a.m. Monday 21 November 2016
Credits: Four

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate understanding of how an individual, the family and society enhance each other's well-being.	Demonstrate in-depth understanding of how an individual, the family and society enhance each other's well-being.	Demonstrate comprehensive understanding of how an individual, the family and society enhance each other's well-being.

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 90960R from the centre of this booklet.

You **MUST** use the resources provided in the resource booklet to answer the question.

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 2–8 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
Achievement**

TOTAL

3

ASSESSOR'S USE ONLY

INSTRUCTIONS

Read **Resource Booklet 90960R**, and refer to it when answering ALL parts of the question in this booklet.

ASSESSOR'S
USE ONLY

QUESTION

(a) Enhancing the well-being of an individual

Explain and justify how an individual's participation in the Porirua Fruit and Vegetable Co-op Programme could improve their well-being.

In your answer:

- consider the **positive** effects on ALL FOUR dimensions of an individual's well-being
- give examples that link to the resources.

(i) An individual's well-being is improved physically by:

An individual's physical well-being would be improved as they will be eating more fresh fruit and vegetables therefore benefiting themselves. They will be getting fresh vegetables at their doorstep with recipes if wanted. They will be adding more minerals and vitamins such as vitamin A, D and C. By eating^{fresh} fruit and vegetables also contributes towards having a healthy diet.

(ii) An individual's well-being is improved mentally and emotionally by:

Mentally an individual may feel happy as they are benefiting their body with good food and nutrients that they need. Since it is also quite cheap they would not feel stressed to make payments as much. If they have a family, they may feel better as they are also feeding them a good, nutritional meal made with fresh vegetables and benefiting them.

- (iii) An individual's well-being is improved socially by:

An individual may promote the "Porirua Fruit & vege CO-op" to other friends, parents and families which could benefit a whole community and bring them together. They could also talk to other people in the community about the organization and allow the families come together.

- (iv) An individual's well-being is improved spiritually by:

An individual could spiritually benefit as they may feel ~~more~~ better about feeding their children / themselves food that are better for them. They could also teach others how to eat properly to better their health and therefore allow themselves to open up to others values on eating well.

(b) Enhancing the well-being of the family

Explain and justify how a family's involvement in the Porirua Fruit and Vegetable Co-op Programme could improve ALL FOUR dimensions of their family's well-being.

In your answer:

- consider how the programme could improve relationships between family members
- give examples that link to the resources.

PLANNING (OPTIONAL)

Family well-being
How a family's involvement in the programme could improve their well-being:

- Physical well-being:
Have healthier diets.
get more nutritional value.
- Mental and emotional well-being:
Feel better about what they're eating.
- Social well-being:
Bring the family together.
help make dinner.
talking.
- Spiritual well-being:
Share values about eating healthy.

How the programme could improve relationships between family members:

help them form bonds by talking to one another.

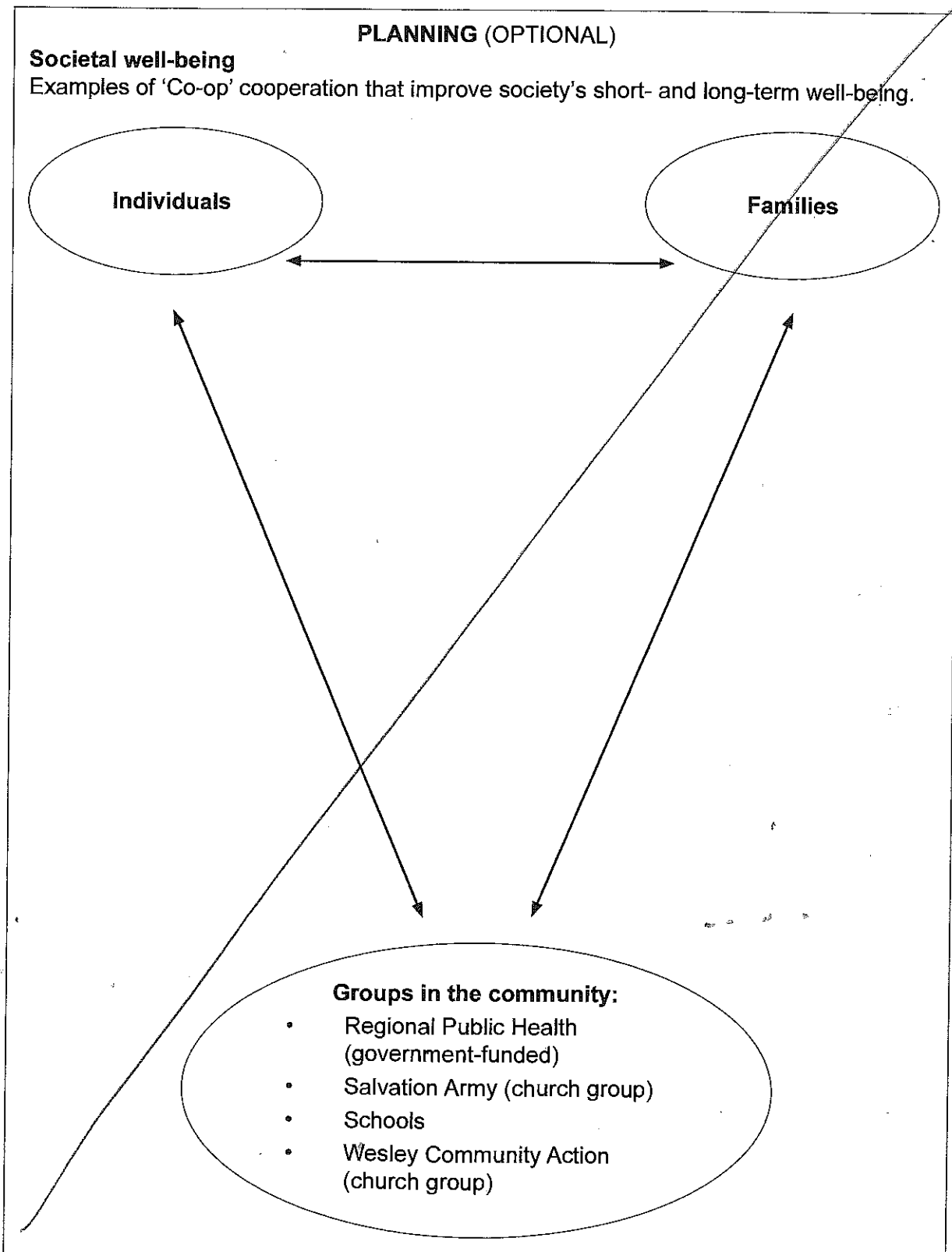
Physically overall the family could benefit their health by adding nutritional veges & fruit into their diet opposed to take-away or processed, ready-made meals. They will be benefiting themselves with more minerals, vitamins and things like fibre which are essential in the body. This can help them emotionally as they will feel better about what they are eating and what they are putting into their body. As a family the parents may feel proud of themselves as they are feeding their children better food to help them grow. Spiritually this would help as the parents can teach their children about the values of eating healthy and eating well for their body. They could also teach them about respecting meals as hardwork from others has gone into it by harvesting vegetables, packaging etc. Socially the family would benefit as they may talk more about how good it is to eat healthy. For example: if Mum is making dinner the children or partner can help her and they can talk about why and how fresh fruit and vegetables are good for them etc. //

(c) **Enhancing the well-being of society**

Explain and justify how **cooperation** between the individuals and groups involved in the Porirua Fruit and Vegetable Co-op Programme works to improve the short-term and long-term well-being of society.

In your answer:

- consider how working together affects ALL FOUR dimensions of the well-being for this community in New Zealand society
- give examples from page 6 of the resource booklet.



Between the families and groups such as schools, church groups and Salvation Army etc. It can help spread knowledge about the organization that is running. Socially the families would improve as they are talking to other families and helping them better their families. Between families and individuals spiritually they could have a impact because families and individuals could teach each other about different values they have on eating healthy. They could also learn about different beliefs and traditions about preparing and serving food. By working together emotionally and mentally the whole community can feel better by supporting low income families or families in general. They could feel better about feeding their children ~~or~~ or themselves better food which benefits their bodies. Lastly physically, overall the community will be healthier and fit as they are adding in fresh produce which is bettering their own diets. //

Low Achievement exemplar for Home Economics 90960 2016		Total score	A3
Q	Annotation		
(a)–(c)	The candidate demonstrates the ability to provide evidence of how an individual and the family benefits from the Porirua Fruit & Vegetable Co-op. If the candidate had added detailed explanations of the benefits with examples linked to the Resource Booklet, they could have achieved an M5 or better.		