

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  
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QUALIFY FOR THE FUTURE WORLD  
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## 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  
Excellence

TOTAL

7

ASSESSOR'S USE ONLY

## INSTRUCTIONS

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

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## 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:

Eating more fruit and vegetables each day. As the number of fruits (increased by 27%) and vegetables (increased by 24%)<sup>eaten by people</sup> both increased, people were gaining sufficient vitamins and minerals. Vitamins such as C, D, B and K can all be found in these fruits/vegetables. Vitamin C will help the absorption of iron and strengthen the immune system, vitamin B helps the energy release from carbohydrates and vitamin D helps the absorption of calcium. People are also being physically active when helping, improving their

(ii) An individual's well-being is improved mentally and emotionally by: <sup>physical well-being</sup>

mentally and emotionally and an individual will feel happier and healthier as their body has sufficient energy and nutrients. As people will be saving money (31% said it saved them money) they will feel less stressed about money and can spend it on other expenses. As people cook the meals and get given recipe ideas it makes them feel happy as they are learning new information and trying something new. People who previously used to food bank may feel better knowing they are providing for themselves.

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

|| Socially, an individual is brought closer to their family and the wider community. "There are bus drivers, students and retired people working to achieve something together." This means an individual ~~is~~ is interacting with a wide range of people and will make new friends. They may also become closer to their family when cooking the meals or sharing / learning new recipes together. //

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

|| Spiritually, an individual may feel valued knowing they are helping others in the community (if they are volunteering) or that they are eating healthy and good food for their body. As the ~~Co-Op is low cost, people will~~ As "people feel like they are apart of something productive and beneficial" it will make them feel content and valued. By cooking new recipes they will be trying new things. //

(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:**

Healthy family  
Active  
More energy to  
do activities

- **Mental and emotional well-being:**

Feel good as happy  
Body  
• More time to do other  
things  
• More money to spend  
on things  
• Happy family

- **Social well-being:**

Bought together  
when cooking  
meals

Bought together  
in community

- **Spiritual well-being:**

• Value healthy eating  
• Value spending  
time together  
• Goals of cooking  
healthy.

How the programme could improve relationships between family members:

Cooking  
Spending more time together  
In community?

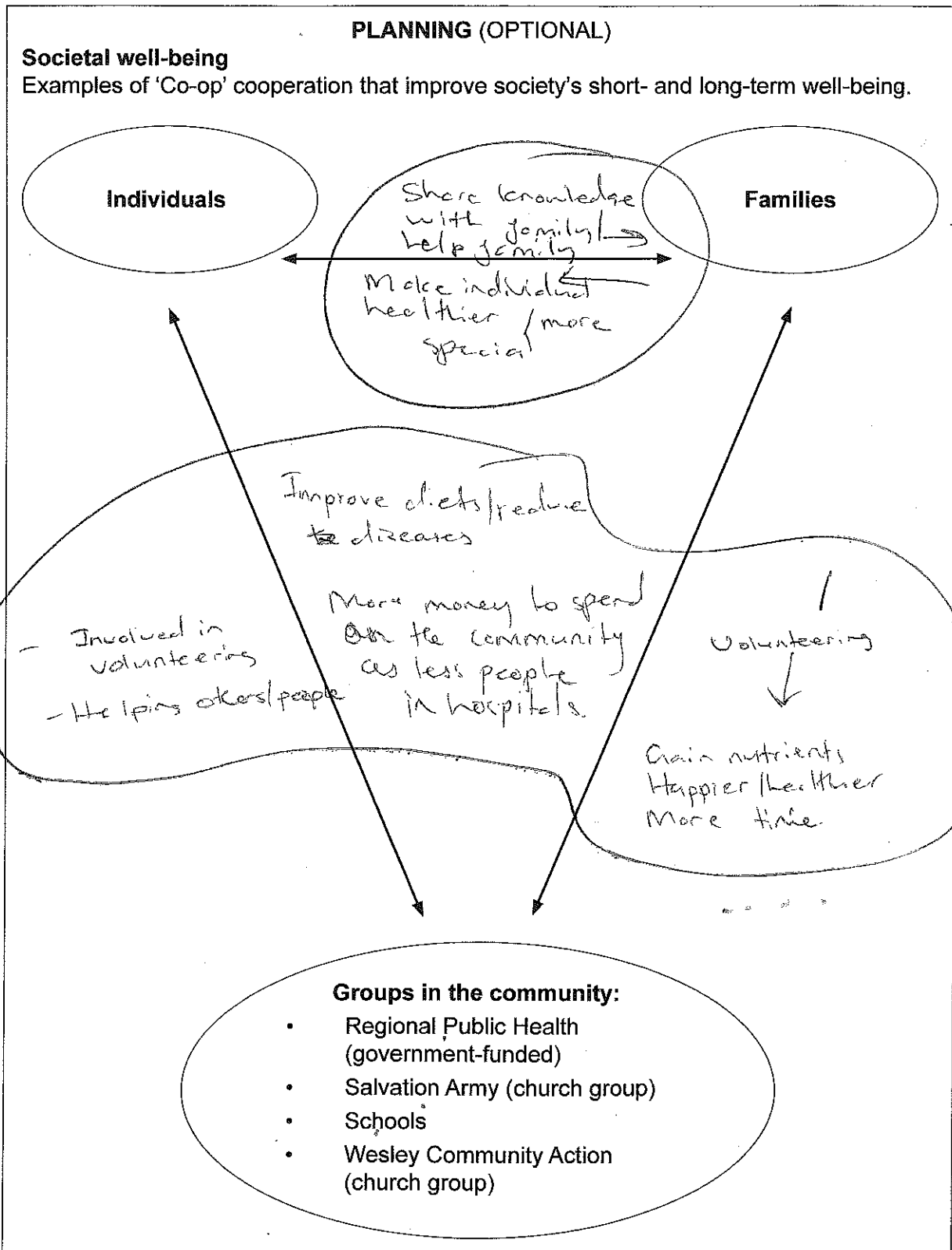
A families physical wellbeing could be improved by being involved in the programme. As 50% (or more) of people <sup>met</sup> ~~use~~ the fruit/veg guideline <sup>st day,</sup> they are most likely to have had 5+ a day of fruits and vegetables. This will give them beneficial nutrients such as vitamin C and K, and mean they have more energy to be involved in physical activity. This could improve a families relationship as they could do more exercise together since they all have enough energy. By being involved a family may also lose weight, and ~~lose~~ this will benefit them physically. If a family volunteered they would be physically active and this would also improve relationships as they would be spending time together. ~~At a totally and time~~ A family involved will also feel happier and more positive as everyone will have sufficient nutrients and energy. As they won't have to spend as much time shopping (16% said it saved them time shopping) they will be able to spend more time together as a family, improving their relationships. As a family would also save money (31% said they save money) the family will feel better as there will be less stress and they can spend money on things such as sports trips instead. This will also improve the families relationships. Socially, the family will be brought closer together. By having more time and money to spend together as a family, they will be brought closer. If they use the cooking and recipe tips, the family will be able to spend time //

(c) **Enhancing the well-being of society**ASSESSOR'S  
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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.



As a society, New Zealand will be healthier, and happier by being involved in this programme. Money/time will be saved and individuals and families health will be improved. This is due to: Cooperation between the groups in the community has provided a beneficial and successful programme that was delivered to individuals and families. The Canterbury District Health Board "gave ideas and resources" to the programme, and the Wesley Community Action started as a trial in June 2014, which proved to be successful. The Regional Public Health Board provided the support and nutritional/recipe information. This information then went out to individuals and families involved in the programme, and created healthier communities. ~~The~~ Salvation Army and Corinna School also supported the co-op, the cooperation between all of these groups resulted in a successful programme that was then delivered to individuals and families. The individuals also co-operate with these groups and the organisation as they volunteer or are a part of the groups. "There's a real buzz in the room when people start. The group starts packing the fruit and vegetables." Due to the cooperation between the individuals, they all work together to provide and support the co-op. This makes individuals feel valued and "happy" and provides them with physical activity, whilst making new friends and bonds. Families also co-operate with the groups in the community, as they buy the products and also are a part of schools and church groups that help. The groups within the community provide families with easy, healthy //

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

QUESTION  
PART

// 1:6) as a family in the kitchen. They will also have more time to eat the meals at the table, improving their relationships as they discuss events. ~~Spiritually~~ ~~a families will be~~ The family may value spending time together, and by being involved they will be able to do this as they will have more time. They will also feel valued as individuals when cooking/~~g~~ using the vegetables. As a customer from the Porirua Family Co-op said: "I grew up with few fruits and veges, so my family and I are enjoying having more of them." This means more families are being given a wider and larger supply of fruits and vegetables, and people are very grateful for this //

// and affordable fruits/vegetables that improves families health and attitude as they save time and money. As a result of the groups working together, communities are improved. There would be a reducing in obesity and nutrition diseases, meaning money in the community is saved in hospitals. This means the money can be spent on other things in a community, such as a new swimming pool. Individuals share their knowledge/skills with their family, who can then pass it on to other family members or friends. This creates healthier communities throughout New Zealand, and would mean a reducing in obesity/other diseases in the long term, creating a healthier country. There would also be an increase in those eating 5+ a day of over 50%: //





<b>Low Excellence exemplar for Home Economics 90960 2016</b>		<b>Total score</b>	<b>E7</b>
<b>Q</b>	<b>Annotation</b>		
(a)–(c)	The candidate provides detailed descriptive answers with supporting evidence from the resource booklet. The candidate has effectively communicated an understanding of the structure of the programme within society, and the underlying objectives and potential implications in the long term.		