

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
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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
Merit**

TOTAL

5

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:

// The well-being of individuals will be improved as they get better access to fruit and vegetables. As a result of the programme 50% or more people met the 5+ of fruit and vegetables a day guideline. This means that 50% more people will be receiving essential vitamins and minerals which assist with many functions within the body and so will therefore improve many aspects of their physical health. //

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

// Being a part of the co-op has many positive affects on people's lives such as allowing them to save money, eat healthy food, get access to fresh fruit and vegetables and save them time shopping. These positive influences on their lives will make them feel happier therefore improving their emotional well being. They will also find it exciting getting to try out new foods and try new recipes with these foods making them more interested in cooking and in meals. //

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

The social well being of an individual by meaning that they can be part of a community programme and giving them a sense of belonging in the community. Being part of the co-op will also encourage them to join other groups such as the facebook page just cook which talks about cooking demos that were done at pick up points for the co-op. This will encourage an individual to get to know other members of the community.

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

The spiritual well being of an individual is improved as they will feel good about themselves. They will know that they are making a good choice by buying fruit and vegetables and so this will boost their self esteem as they will feel proud of themselves for doing something to assist their physical well being. They will also gain new values based around healthy eating and living a healthy lifestyle.

(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:**
 - Nutrients from vegetables
 - nutritious meals
 - learn about healthy eating
- **Mental and emotional well-being:**
 - Enjoy trying new things
 - learning new things
- **Social well-being:**
 - Family members encouraged to cook and eat together

↓
improve relationships
- **Spiritual well-being:**
 - encouraged to volunteer and cook for family
 - Sense of pride and feel doing something beneficial

How the programme could improve relationships between family members:

The physical well being of a family will be improved as a result of their involvement in the co-op as ~~for~~ having access to fruit and vegetables due to the co-op will encourage family members to eat these fruits and vegetables and to involve them in their meals, this meaning that they will be receiving many nutrients such as vitamins and minerals which will allow their bodies to function effectively.

The mental and emotional well being of a family will be enhanced as they will be excited to try different fruits and vegetables each week and will become interested in cooking and in food, they will find it fun trying out new recipes and ways to prepare food, therefore making them feel more positive and improving their mental well being.

The spiritual well being of the family is improved as if they enjoy being a part of the co-op this will encourage them to volunteer ~~or~~ for the co-op or participate in cooking meals for family and friends. This will give them a sense of purpose and make them feel proud that they are contributing to their family or community and doing something beneficial.

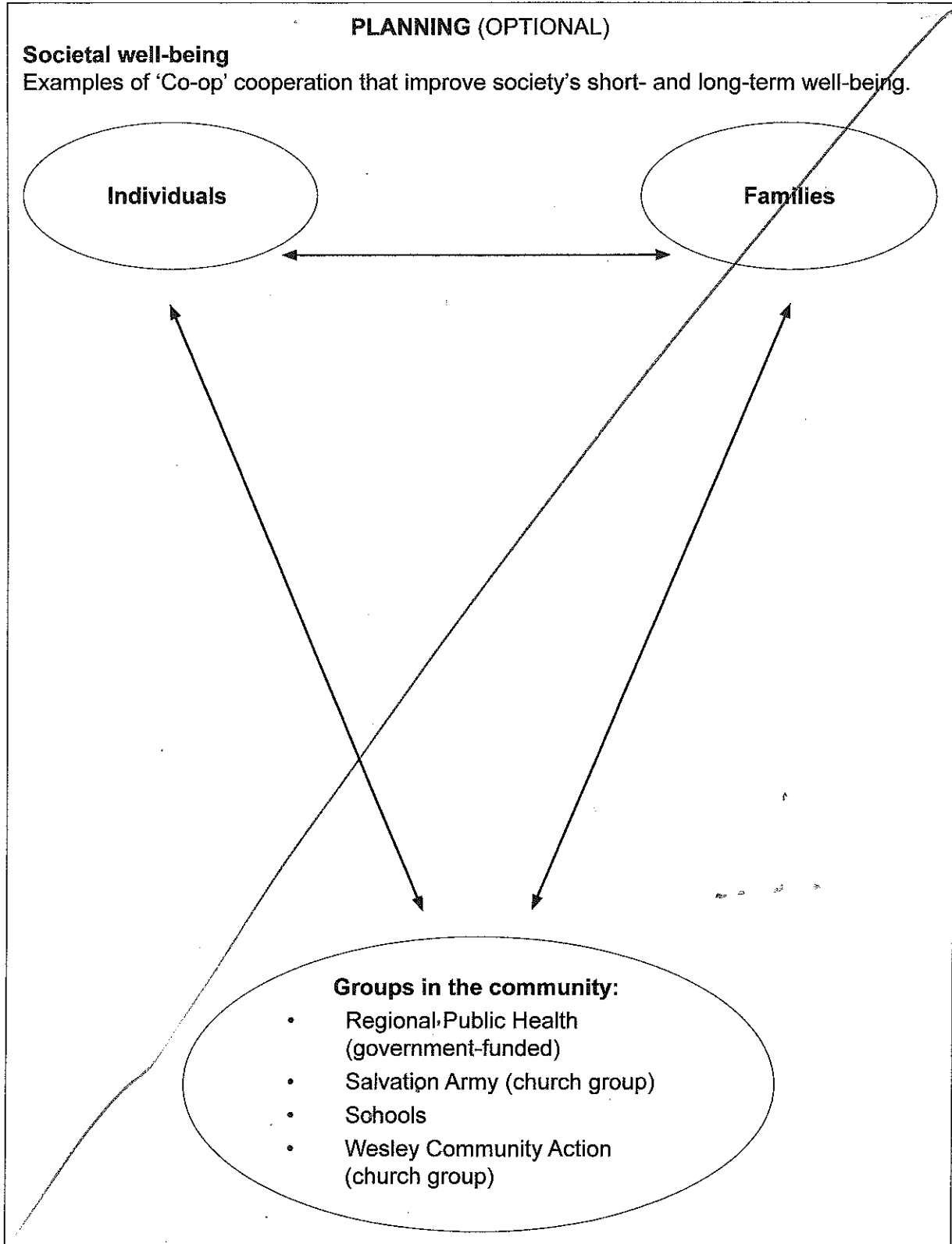
The social well being as well as relationships between family members will be improved as if family members become more involved in cooking and preparing the food then they will be encouraged to work together in cooking and preparing and will also be encouraged to eat meals together as a family. This improving their relationships and social well being as they will be learning teamwork skills and will also be interacting ~~and~~ with and getting to know their family better.

(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.



The cooperation between these community groups works to improve the physical well being of society as ^{one of} the main aims of the co-op was to increase the consumption of fruit and vegetables in Eastern Porirua suburbs and looking at the statistics on resource C they achieved this. This improves physical well being as fruits and vegetables contain many essential ^{They are also learning positive & healthy eating habits which they can carry on.} nutrients. ~~That is~~ These groups working together improves the emotional well being of society as customers really appreciate all that the ~~family~~ co-op has done for themselves and their families showing that it has made a positive impact on their lives and made them feel more happy, the volunteers' emotional well being is also enhanced as they are excited and happy to see the success of the programme and feel good that they have been a part of such an important programme. The social well being of society has been enhanced as through the programme many people from all different walks of life who have either volunteered or joined the programme have all got to know each other and strengthened the bonds of the community through people meeting each other. Volunteers have also been able to work together improving their teamwork skills and also meaning that they can make new friendships among other volunteers and members of the community. The spiritual well being of society is improved as all people involved in the programme will feel a sense of belonging at being part of this group. Volunteers will also feel proud and a sense of accomplishment that they have been able to run this highly beneficial programme and will feel good about themselves that they have been able to participate in this.

Low Merit exemplar for Home Economics 90960 2016		Total score	M5
Q	Annotation		
(a)–(c)	The candidate mostly produces reasoned answers with supporting evidence from the resource booklet. There is an understanding of the benefits of the Porirua Fruit & Vegetable Co-op, and descriptive answers support the evidence.		