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# 2

91300



913000



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## Level 2 Home Economics, 2016

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

2.00 p.m. Monday 21 November 2016  
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.**

Pull out Resource Booklet 91300R 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 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.**

**High  
Achievement**

**TOTAL**

**4**

ASSESSOR'S USE ONLY

**INSTRUCTIONS**

Read **Resource Booklet 91300R** and refer to it, as well as your own knowledge, when answering the question in this booklet.

Use page 3 to plan, then begin your written response on page 4.

**QUESTION**

**Interconnections** between three determinants of health (prenatal and early childhood factors, social support, and cultural) will impact on the James family's food choices and well-being, as well as on the society in which they live.

Explain how the **interconnections** between the three stated determinants of health, food choices, and well-being will affect the James family, AND New Zealand society.

In your answer, include:

- at least TWO detailed examples of how each of the three determinants affects the family's food choices
- how each of the three determinants affects ALL the relevant dimensions of the family's well-being
- the interconnections of the three determinants and their effect on the James family
- how the family's situation and their well-being could affect society as a whole.

<b>PLANNING</b>		
<b>Determinants</b>	<b>→ Food Choice</b>	<b>→ Well-being</b>
Prenatal and early childhood factors		
Social support		
Cultural		

Explain how the **interconnections** between the three stated determinants of health, food choices, and well-being will affect the James family, AND New Zealand society.

ASSESSOR'S  
USE ONLY

In your answer, include:

- at least TWO detailed examples of how each of the three determinants affects the family's food choices
- how each of the three determinants affects ALL the relevant dimensions of the family's well-being
- the interconnections of the three determinants and their effect on the James family
- how the family's situation and their well-being could affect society as a whole.

~~Early childhood~~ <sup>Many</sup> factors are ~~very~~ important in analyzing James family's food choices. On one hand in fact we have Julie who since she was a baby was directed towards an unhealthy diet on eating as much as she could. Since what we eat during our first years set our diet up for the future Julie will always have a preference for unhealthy food. This ~~early~~ childhood issue is then strongly linked to what she ~~is~~ is now bringing to her family meetings. In fact following her cultural traditions she keeps eating takeaways and fizzy drinks there. Moreover this would not only affect her but the whole of the people who will eat at the meeting which means her food would not be the best to have in terms of social supports. A diet filled with takeaways, sausages, meat patties and tomato sauce is first of all a diet really high in saturated fat which can and in this case did lead to type 2 diabetes and obesity. Moreover ~~her~~ her diet lacks of complex sugars and ~~is~~ of all the healthiest CHO's since she mostly eat white bread, really simple sugar. She ~~was~~ furthermore

has a lack of vitamins ~~and~~ and for what told ~~it~~ it does not seem like she has the right amount of calcium either which could lead to bone ~~the~~ problems such as osteoporosis in the future. ~~Moreover~~ Additionally she mainly drinks fizzy drinks which contains a high number of simple sugars which could cause CHD illnesses, type 2 diabetes and obesity an increase the chances of heart attack. But a diet high on sugars is also connected to the mental well-being since sugar can cause a rapid mood changes. Moreover realizing that the diet she has had since she was a child led her to obesity can cause depression. In addition to this her bringing unhealthy food to the meetings and barbeque instead of encouraging the others to eat healthily affects the social well-being of her family making it believe eating like her is right. She also will never be in peace with her own spirit if she does not change her diet since she will feel guilty of thinking that hers was the right way to eat which is not a good example for her children.

On the other hand Tama's childhood was exactly the contrary. His mother ensured he eat a variety of food including fruit and veggies. This set on his taste for adulthood making him a fit and healthy person. A// -

variety in the diet is fundamental since ~~a~~  
~~being~~ in this way Tama would assume both  
 proteins given by meat and fish and through  
 milk and cheese he would get the calcium he  
 will need later on. Thanks to fruit and veggies  
 he would also have the right amount of vitamins  
 such as A, B, C, ~~etcetera~~. Furthermore growing up  
 fit and motivated to eat healthy in order to  
 succeed in sport would have made him  
 a motivated and satisfied person in peace  
 with his spiritual side and mental side. His  
 culture furthermore brought him to the decision to  
 not consume fizzy drinks, decision which in  
 order to support the society he also introduced  
 firstly in his family and then in his  
 children's school; thanks to him therefore  
 children will not get used to drink fizzy  
 drinks and so ~~they will not have~~ they ~~are~~  
 will be less likely to have ~~any~~ health  
 problems, CHD ~~etcetera~~ illnesses and suffer  
 from type 2 diabetes. He therefore  
 contributed in improving the social well-being.





High Achievement exemplar for Home Economics 91300 2016		Total score	4
Q	Grade score	Annotation	
	A4	<p>The candidate explains the ways the determinants affect the James family's food choices (social support "not consume fizzy drinks ... ", cultural factors "cultural traditions ... takeaways and fizzy drinks ... ", and prenatal and early childhood "Julie as a baby directed to an unhealthy diet and eating as much as she could ... Tama's Mum ensured he ate a variety of food including fruit and vegetables ... ").</p> <p>The candidate explains with detailed examples how those food choices impact on physical wellbeing "a diet really high in saturated fat ... lead to Type 2 diabetes and obesity ... does not have the right amount of calcium ... lead to bone problems such as osteoporosis in the future ... ".</p> <p>The candidate describes the connection between Tama's culture of healthy eating, and his "water only" policy.</p>	