

91300



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2

SUPERVISOR'S USE ONLY

Level 2 Home Economics, 2017

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

9.30 a.m. Wednesday 22 November 2017
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 2–10 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
Achievement**

TOTAL

3

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 the space below to plan, then begin your written response on page 3.

PLANNING (OPTIONAL)

Determinants **→ Food Choice** **→ Well-being**

Access to healthy food

Social support

Stress

QUESTION

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Interconnections between three determinants of health (access to healthy food, social support, and stress) will impact on the Roberts family's food choices and well-being, as well as on the society in which they live.

- (a) How do EACH of the three determinants of health affect the Roberts family's **food choices**? Include at least TWO detailed examples for each determinant to support your answer.

Access to healthy food

THE ROBERTS FAMILY LIVE 10 MINUTES (DRIVING DISTANCE) AWAY FROM THE LOCAL SUPERMARKET, BUTCHER AND THE FRUIT AND VEGETABLE SHOP. BUT CLOSER TO HOME, THERE IS A DAIRY AND FISH + CHIP SHOP. THE FAMILY HAS EASY ACCESS TO HEALTHY FOOD, BUT BECAUSE JOHN IS OFTEN TIRED FROM WORK, HE USUALLY BRINGS HOME FISH + CHIPS FOR DINNER. MARIE AND THE KIDS STARTED GROWING THEIR OWN VEGETABLE GARDEN. BY DOING THIS NOT ONLY WOULD THEY HAVE EASIER ACCESS TO HEALTHY FOOD, BUT IT WOULD ALSO MEAN THAT THEY WOULDN'T HAVE TO SPEND AS MUCH MONEY ON BUYING VEGETABLES WHEN THEY DO THEIR SHOPPING. THIS WOULD ALSO ENCOURAGE THEM TO INCLUDE THE VEGETABLES THAT THEY GREW INTO THEIR COOKING/MEALS. JOHN MISSES THE FAMILY MEAL TIMES THAT THEY USED TO HAVE.

Social support

THE FAMILY FIRST LIVED IN A SMALL CITY (MOST LIKELY TO BE A RURAL AREA) NEAR THEIR FRIENDS AND FAMILY. THEY THEN MOVED INTO A LARGER CITY AREA HOPING TO FIND MORE PAYABLE JOBS. THEY WERE NEW TO THE AREA AND

Part (a) continues on the next page

THEY DIDN'T KNOW ANYONE WHICH MEANT THAT THEY NO-
 ONE TO TURN TO ~~HELP~~ HELP OR SUPPORT. THE FAMILY STARTED
 GOING CHURCH ON SUNDAYS. THE CHURCH WOULD HAVE A
 SHARED LUNCH AFTERWARDS AND ~~THE~~ THE ROBERTS WOULD
 BRING SAUSAGE ROLLS TO DISTRIBUTE. THE FAMILY ENDED UP
 MAKING NEW FRIENDS WHICH GAVE THEM A BOOST OF CONFIDENCE
 KNOWING THAT THEY NOW HAVE FRIENDS THAT THEY CAN TURN TO
 WHEN THEY NEED HELP/SUPPORT. THE KIDS ALSO LIKE TRYING
 NEW FOOD ITEMS THAT OTHERS BROUGHT TO THE SHARED LUNCH. //

Stress

JOHN LOST HIS JOB AS A MECHANIC DUE TO THE BUSINESS CLOSING
 DOWN, BUT HE GOT A NEW JOB WORKING AT A FACTORY WHEN
 THEY MOVED INTO THE CITY. HE WORKS FROM 7:30 AM TO 5:30 PM
 WHILE MARIE WORKS TWO CLEANING JOBS, ONE STARTING FROM
 10:30 AM TO 2 PM AND THE OTHER ONE STARTING FROM
 6 PM TO 8 PM. THEY ARE BOTH GETTING PAID THE MINIMUM
 WAGE. HAVING BOTH PARENTS GETTING STRESSED OUT FROM WORK
 AND COMING HOME TIRED WOULD MEAN THAT THEY'LL BE TOO
 TIRED TO COOK MEALS/DINNER FOR THE KIDS. ANNA TAKES CARE
 OF THE KIDS, HOUSE CHORES AND COOKING WHILE THEIR PARENTS
 ARE AT WORK. JOHN IS STRESSED OUT FROM WORK AND IS
 AFFECTING HIS HEALTH. HE IS OVERWEIGHT AND HAS A HIGH
 BLOOD PRESSURE WHICH COULD LEAD TO A HEART ATTACK. //

- (b) How do EACH of the three determinants of health positively and negatively affect the relevant dimensions of the family's well-being?

Access to healthy food

PHYSICAL WELL-BEING \Rightarrow THE FAMILY LIVES CLOSER TO A DAIRY AND FISH + CHIP SHOP. IF THEY CHOOSE TO SHOP AT THE DAIRY RATHER THAN THE LOCAL SUPERMARKET (10 MINS DRIVE) THEN THEY WOULD BE LIMITED TO THE AMOUNT OF HEALTHY ITEMS THAT THEY COULD BUY. THE FAMILY ALSO STARTED GROWING THEIR OWN VEGETABLE GARDEN ^{THEM} WOULD GIVE A EASY ACCESS TO HEALTHY FOOD. THIS WOULD MEAN THAT THEY WOULD BE ABLE TO USE MORE VEGGIES WHEN COOKING MEALS AND THIS WOULD IMPROVE THEIR HEALTH.

SPIRITUAL WELL-BEING \Rightarrow BY PLANTING THEIR OWN VEGETABLE GARDEN ~~AND~~ ~~THE~~ FAMILY WOULD ~~TO~~ HAVE A SENSE OF PRIDE AND ACHIEVEMENT ~~AND~~ WHICH WOULD ENCOURAGE THEM TO CONTINUE GROWING THEIR OWN FRUIT AND VEGGIES //

Social support

SOCIAL WELL-BEING \Rightarrow BY HAVING SOCIAL SUPPORT AROUND THE FAMILY FOR "EXAMPLE" MAKING NEW FRIENDS AT CHURCH, WOULD MAKE THEM FEEL WELCOME AND WOULD ALSO ENCOURAGE THEM TO OPEN UP AND BE MORE CONFIDENT. THEY ALSO HAD TO LEAVE THEIR ~~OLD~~ OTHER FRIENDS AND FAMILY BEHIND WHEN THEY MOVED INTO THEIR NEW PLACE SO THEY DIDN'T KNOW ANYONE AROUND IN THEIR NEW COMMUNITY //

Part (b) continues on the next page

EMOTIONAL WELL-BEING \Rightarrow BECAUSE THEY WERE NEW TO THE COMMUNITY/ENVIRONMENT IN THE CITY, THE FAMILY ~~WERE~~ FELT LONELY AND CLOSED UP BUT THEN AFTER MAKING NEW FRIENDS THEY STARTED LIKING THEIR NEW COMMUNITY AND FELT MORE CONFIDENT TALKING TO OTHERS AND ~~CONTINUING~~ CONTINUE TO MAKE NEW FRIENDS.

Stress

PHYSICAL WELL-BEING \Rightarrow BEING STRESSED OUT FROM WORK ~~COULD ALSO~~ ~~NOT~~ ~~HAVING~~ ~~ENOUGH~~ ~~TIME~~ ~~FOR~~ ~~BREAKS~~ COULD LEAD TO OVER EATING, THEREFORE CAUSING ~~EXCESSIVE~~ OVERWEIGHT. JOHN WAS STRESSED OUT FROM WORK WHICH CAUSED HIM TO EAT UNHEALTHY ~~FOOD~~ ~~AND~~ WHICH CAUSED HIM TO BECOME OVERWEIGHT AND ALSO RESULT IN HIM HAVING A HIGH BLOOD PRESSURE WHICH COULD POTENTIALLY LEAD TO HAVING A HEART ATTACK.

EMOTIONAL WELL-BEING \Rightarrow BEING STRESSED OUT FROM WORK COULD BE TIRING. BY HAVING BOTH PARENTS GETTING STRESSED FROM ~~WORK~~ AND COMING HOME TIRED WOULD MEAN THAT THEY WON'T BE BOTHERED TO COOK MEALS/DINNER, SO THEIR EASIEST OPTION WOULD BE TO BRING HOME TAKE-AWAYS FOR ~~DINNER~~ ^{DINNER}.

91300

Annotated Exemplar

Achievement exemplar 2017

Subject:	Home Economics	Standard:	91300	Total score:	03
Q	Annotation				
	<p>The candidate explains the way access to healthy food: “... <i>growing their own vegetable garden ... easier access to healthy food ... include the vegetables that they can into their cooking / meals</i>” affects the Roberts family’s food choices.</p> <p>The candidate explains how the vegetable garden impacts on the Roberts family’s well-being: ““... <i>growing their own vegetable garden ... use more veggies when cooking meals and this would improve their health ... the family would have a sense of pride and achievement ... continue growing their own fruit and veggies</i>”.</p> <p>The candidate identifies other food choices, e.g. access to healthy food: fish and chips, social support: shared lunch, however these are not explained, they are only identified / described. The well-being examples given in part (b) for social support are not food related.</p>				