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91300



913000



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Level 2 Home Economics, 2019

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

2.00 p.m. Tuesday 19 November 2019
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.

Merit

TOTAL

05

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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)

How do the determinants of health affect well-being and food choices?

Access to healthy food

Social support

Other determinants in the scenario

QUESTION

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- (a) (i) How are the **food choices** made by the Rahapa family **influenced by** opportunities to **access healthy food**? Give at least **one example** from the scenario to support your answer. Healthy food is a determinant of health.

Access to healthy food:

The Rahapa family are influenced by opportunities to access to healthy food, as they have money to buy fresh fruit, vegetables and lean meat, with the farmers market being nearby walking distance. Having this easy access to healthy food influences the families food choices as there is a wide range of healthy food available, in which they will be consuming higher amounts of fruit, vegetables and lean meat ~~if~~ as oppose to if the family did not have access to healthy food. Having this healthy food can allow wholesome meals at meal times, which therefore means healthy food choices.

- (ii) How are the **food choices** made by the Rahapa family influenced by their network of **social support**? Give at least one example from the scenario to support your answer. Social support is a determinant of health.

Network of social support:

Having a network of social support benefits families. The Rahapa family's food choices are influenced by their social support of Erana's

Question (a)(ii) continues on page 4 ►

parents. Having them live on a farm, the family is supported with being provided extra free range eggs and home-killed meat. This influences their food choices because they can use these foods to cook nutritious, protein filled meals and home baking. The family is also socially supported by Frank's parents because they provide dinner every Sunday, resulting in full meal healthy food choice.

- (b) How do the Rahapa family members' food choices affect their well-being, positively and/or negatively? In your answer, refer to the **dimensions of well-being**.

Both Frank and Henry make unhealthy food choices whilst working, as Frank is provided with two highly processed meals a day at work, and Henry often consumes a pie and energy drink for lunch. This negatively affects their physical wellbeing as they will be consuming high amounts of sugars and fats, which can lead to serious health issues such as obesity, diabetes and heart disease. The overconsumption of processed foods and little healthy food when at work will cause tiredness and therefore lack of concentration. Furthermore they will finish work feeling stressed and suggestively irritable, decreasing their level of mental emotional wellbeing. This will then lead to

less quality family time spent together from the result of being tired, therefore leaving a negative impact on both social and spiritual wellbeing. However, when the Rahapa family make healthy food choices, such as Aroha and Linton buying healthy food from the cafe, or shopping at the local farmers market, the family will be able to absorb key nutrients from fresh fruit and vegetables such as vitamin C, A, iron, healthy fats and protein, also from their healthy food choices. Because of this, the families physical wellbeing is enhanced as they will be fuelled with sustainable energy, allowing good performance and concentration at work and school. This then leads to feelings of success, and a sense of achievement, which enhances their mental & emotional wellbeing. With sustained energy the Rahapa family will be able to have the energy to

Back of book

- (c) Explain how access to healthy food, social support and at least one other determinant of health affect the Rahapa family's well-being. In your answer, consider interconnections between the dimensions of well-being, determinants of health and food choices.

The economic determinant affects the Rahapa family because they have money to buy healthy foods due to Erana working overtime long hours. Having this money allows the family access to healthy foods at the farmer's market due to affordability. Along with social support from Erana's parents and being provided with eggs & meat, these 3 determinants allow the family to make healthy food choices when it comes to meal times. Lifting their physical wellbeing, the family is able to prevent obesity, heart disease and other health issues, maintain a healthy weight and consume key vitamins and minerals such as protein and iron, giving the ability to have energy and concentrate. Having access to healthy food and consuming it really gives a sense of achievement and guilt free, which enhances the families mental and emotional wellbeing. Having the social support or being provided with dinner on Sunday allows the family to be less busy and ~~it~~ reduces stress. However due to working long hours and overtime to earn

Money to be able to economically afford healthy food choices leads to stress, which ~~can~~ negatively affects ~~so~~ mental and emotional wellbeing. The Farmers Market every Saturday allows friendly relationships to be made and opportunities to socialise with others there. Having dinner at Erana's parents house allows healthy food choices and social family time, enhancing the family's social wellbeing. However if Erana works over time she may miss out on social opportunities. Because access to healthy food, social support and economic/work all result in healthy food choices, the family will be able to value healthy eating and make the effort to value it, and therefore have an enhanced spiritual wellbeing.

- (d) Discuss the ways that the food choices made by families such as the Rahapa family can have an impact on New Zealand society. Relate your answer to the scenario in the resource booklet.

The Rahapa's healthy food choices such as Aroha and Linton having healthy school lunches will allow concentration at school, and therefore no behavioural problems or special

help needed by teacher aids. New Zealand society will be affected positively, as the need for more teachers and teacher aids will not increase. The family tends to make healthy food choices, in which they are all preventing ^{various} health issues such as obesity, type 2 diabetes, heart disease and cancer. This therefore positively impacts New Zealand's society as more beds, rooms and staff in hospitals and health clinics will be available. However, due to Fran having 2 processed meals a day and Henry having a pie and energy drink, they may have increased risk and develop these problems (obesity, diabetes...). Therefore, the need for hospital beds, staff and rooms will rise due to the treatment of these health issues, negatively impacting New Zealand's society.

Extra space if required.

Write the question number(s) if applicable.

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QUESTION
NUMBER

1B spend time together, or with friends, enhancing spiritual wellbeing. Making these healthy food choices can positively impact their spiritual wellbeing because they will feel a sense of achievement towards accomplishing something they value such as work and school. ✓

Merit Exemplar 2019

Subject	Home Economics		Standard	91300	Total score	05
Q	Grade score	Annotation				
1	05	<p>The candidate has provided evidence of in-depth analysis for both determinants and well-being. They linked access to healthy food with financial resources and the presence of farmer's market nearby. An example was then given of how the fresh fruit and vegetables could be used by the whole family to produce wholesome meals.</p> <p>Erana's parents were identified for social support, with links to nutritious food that the whole family could benefit from. The candidate could have given greater detail here (i.e. examples of social benefits and nutrients in the food) to gain a higher grade.</p> <p>Dimensions of well-being were covered, with examples given and followed up with possible consequences that showed some in-depth analysis. This was demonstrated by the following comment in relation to Erana and Henry's unhealthy food choices: 'This negatively effects their physicall [sic] wellbeing as they will be consuming high amounts of sugar and fats, which can lead to serious health issues such as obesity, diabetes and heart disease.'</p> <p>In another example, this time referring to over-consumption of processed foods, the candidate commented that 'they will finish work feeling stressed and suggestively [sic] irritable, decreasing their level of mental and emotional wellbeing. This will lead to less quality of family time spent together from the result of feeling tired'. In this comment, the candidate demonstrated good linking of determinants to well-being.</p> <p>The student did repeat information in other parts of the script, which contributed to it not receiving the next-highest grade, being an M6.</p>				