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91304



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## Level 2 Home Economics, 2019

### 91304 Evaluate health promoting strategies designed to address a nutritional need

2.00 p.m. Tuesday 19 November 2019  
Credits: Four

Achievement	Achievement with Merit	Achievement with Excellence
Evaluate health promoting strategies designed to address a nutritional need.	Evaluate, in depth, health promoting strategies designed to address a nutritional need.	Critically evaluate health promoting strategies designed to address a nutritional need.

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 91304R 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.**

Merit

TOTAL

06

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(a) **Explain how effective** each of your two chosen strategies is likely to be in reducing the consumption of sugary drinks in the wider community. In your answer, you shall:

- consider the effectiveness of each strategy, in relation to **social, economic and environmental** (physical access) factors
- consider **benefits** and **limitations** for each strategy
- give examples from the resource booklet.

I D Why Strategy 1: Strategy A is behavioural change model, because booklets are distributed around town, and displayed in local schools and posting<sup>ed</sup> on Instagram and Facebook containing information about sugary drinks. There is no further support or contact number for any questions, so people are left to decide for themselves what they want to do with the information.

This strategy does encourage a healthy lifestyle & through key facts about sugary drinks and reasons why they are not good choices.

A lot of people are involved in this strategy; the home economics class, the students in design and a local business. The local business

sponsors the cost of printing the booklets, so there's no cost for the students. The students will go around town in order to distribute the booklets and it will also be displayed in the local schools. ~~Benefits~~

Benefits of this strategy include the fact //

that there's no cost involved, due to the sponsor and there's a far outreach due to the information being shared on Instagram and Facebook. A limitation of this strategy is that there is no follow-up information and no support which leaves the decision in

**Strategy 2:** Strategy B is collective change model, because the community gets involved to support the students to drink water instead of sugary drinks.

This strategy does encourage a healthy lifestyle through visiting different schools to talk ~~at~~ to the students about drink choices as well as working with the school community to become a water-only school, having a poster competition and ~~be~~ running follow-up articles explaining positive changes in schools.

Many people are involved in this strategy; the home economics class, students of different schools, local businesses and cafés as well as the local newspaper. There is no cost involved and everything is held locally, making getting involved easy. A benefit of this strategy is that the entire community is involved, which means that there is support for the students. Another benefit is that a poster competition is held, this makes people or students excited and gives //



them more opportunity to learn about sugary drinks versus healthy drink choices.

A limitation could be that students may not want to enter the competition or listen to the talks. Another limitation could be that students may not have transport to the different schools or may not live locally. These benefits mean that some students will not learn the importance of healthy drink choices. //

(b) **Justify** which of your chosen strategies would be **more effective** in reducing the consumption of sugary drinks in the wider community.

- Refer to the **models of health promotion** relevant to both strategies when including examples that support your justification
- Consider the **attitudes** and **values** of the people involved in both strategies.

Most effective strategy: Strategy B would be more effective in reducing the consumption of sugary drinks because the community is more involved in giving the students the support they need as well as there being follow-up information throughout the year.

Strategy A, however, only provides information with no further support and no follow-up. The attitudes and values of the people involved in both strategies are different. ~~Those~~ The attitudes and values of those in strategy A has a high chance of being negative. The people may feel attacked and/or insecure, they may not know that what they're doing is wrong and the fact //

that there's no extra support might make the people feel even more insecure. The attitudes and values of Strategy B, however, has a high chance of being positive. Through the support of the community they will ~~been~~ ~~at~~ would feel safe, secure and more willing to try making more healthy drink choices. In conclusion, strategy B would be more effective.

Strategy A could be improved by providing more information or a ~~can~~ number to contact if the students have any questions. This would help people ~~realize~~ <sup>know</sup> better about their drinking choices. They could also involve more of the community by holding an activity or running a competition, this would provide the students with more support, make them feel excited to be involved and thus more open to learning about their lifestyle and how to improve by drinking less sugary drinks.



Extra space if required.

Write the question number(s) if applicable.

ASSESSOR'S  
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QUESTION  
NUMBER

- a) the peoples' own hands to and to do with the information what they want. Another limitation could be involve transport for the students in order to go around town. Some students may not have transport or live far away. //

91304

## Merit Exemplar 2019

<b>Subject</b>	Home Economics	<b>Standard</b>	91304	<b>Total score</b>	06
<b>Q</b>	<b>Grade score</b>	<b>Annotation</b>			
1	06	<p>The candidate's understanding of social, economic and environmental factors was demonstrated, but these were not all explored as fully as they might have been. This response lacked detailed reasons for the chosen strategy being the most effective. The candidate's explanation gave insight into people's possible response to a health-promotion strategy and offered a suggestion to improve a strategy. Overall, however, an explanation of why the chosen strategy was most effective was given, although the absence of justification for this meant an excellence grade was not attained.</p>			