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91304



NEW ZEALAND QUALIFICATIONS AUTHORITY  
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SUPERVISOR'S USE ONLY

## 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.**

**Achievement**

**TOTAL**

**04**

ASSESSOR'S USE ONLY

(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.

**Strategy 1:** From the information that has been given from the article, Strategy A shows a few helpful ways that could benefit in reducing consumption of Sugary Drinks in the wider community. This Strategy contains a Home Economics class who gathers key facts about Sugary Drinks and the reasons they are not good choices for the health of an individual. With this information and these facts, it gives the opportunity for school students, teachers and parents to read and study this in helping to gain proper knowledge to avoid consuming any more Sugary Drinks. Also with the help of a local business sponsoring, the students or school won't have trouble in finding money to print several copies of the booklets. This will then be easily accessible in different areas of the town with the help of the students from the group and since it will be later on displayed in local schools, more of the wider community's students are reminded and taught to choose drinks that are low in sugar and healthy for their bodies. The only limitations of this strategy is the information that is posted on Instagram & Facebook may not be accessible for some people as not everyone has Social Media or has access to the Internet. This can also affect the transport of getting to these resources and the Strategy only opens up to schools but not local libraries or facilities that can advertise these helpful booklets. //



**Strategy 2:** The information that has been shown in this article, Strategy B invites local schools to become water-only schools and encourages them to make the right choices starting from making this small change. With the help and idea from the Home Economics class, they will discuss drink choices with the students from visiting schools and encouraging them also to choose water as their main drink. They will also organise a group of students in order to work together to promote water as the only student drink in their school which will give students no other choice but to consume this at school and may have them get used to it. This class has a lot of helpful support from getting available resources such as "Fuelled4Life", working with the school community to develop a policy, running a poster competition promoting the message of choosing water to drink which will be displayed in local businesses and cafes with the local newspaper supporting the project judging the posters and publishing the winners in each category and also the newspaper featuring an article about why local schools should have water-only drinks which will run follow-up articles throughout the year explaining the positive changes happening in the schools with giving suggestions on how to encourage children to choose water as their main drink. This Strategy provides a lot of promotions with the help of the wider community associating with this so it gives not just schools but the rest of //

the community to be informed about making water the only right ~~choice~~ choice to drink. If it is easily accessible in schools and around local places in the community then more and more people will be able to be aware about it. The only limitations of this is students may not want to listen, and the time of having to complete this whole project might take too long and students may still buy sugary drinks away from school, so it does leave these choices up to the students / the public in what they are willing to do. //

(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

I feel this Strategy is more effective than Strategy A because it gives a range of different ideas that this Health Economics class has come up with in the recognition of the students in schools and drawn out to the public. It allows the community to come together to help promote this Strategy and make it bigger to catch more of people's attention. With the help of the available resources of Fuelled4Life, this will work hugely and effectively in the schools as it encourages the students in these schools to choose water as their main drink with making a policy on ~~only~~ being a water-only school. And the idea of running a poster competition to promote this message while having it displayed in local businesses and cafes and local newspaper supporting the project will allow a range of people in the wider community to make the same right choice in having only water to drink. This will also give the idea to parents to access this //



and help encourage their children in their homes by making different choices to drink water to better their health and avoid being obese or getting Diabetes any any other Nutritional Issues. This Strategy also shows that the community and schools are willing to help and contribute in making this project possible and successful in order to look out for the safety of the students and community's health. //

## Achievement Exemplar 2019

Subject	Home Economics		Standard	91304	Total score	04
Q	Grade score	Annotation				
1	04	<p>The candidate explained an economic benefit (e.g. 'local business sponsoring ... won't have trouble finding money') and an environmental limitation (e.g. 'not everyone has social media or access to the internet') for the first strategy.</p> <p>For the second strategy, the candidate copied a large section from the resource material, but did not give an environmental benefit. The candidate showed understanding that health promotion strategies could only be effective when people were not required to go out of their way to access them (e.g. 'easily accessible in schools and around local places in the community ... more people will be able to be aware').</p> <p>The candidate made a valid choice of the most effective strategy by comparing the strategies effectively (e.g. 'this strategy is more effective than the other strategy because ...'. They also explained why their chosen strategy would be effective (e.g. 'parents access this ... help encourage their children').</p>				