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91470



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NEW ZEALAND QUALIFICATIONS AUTHORITY  
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QUALIFY FOR THE FUTURE WORLD  
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## Level 3 Home Economics, 2019

### 91470 Evaluate conflicting nutritional information relevant to well-being in New Zealand society

2.00 p.m. Wednesday 13 November 2019  
Credits: Four

Achievement	Achievement with Merit	Achievement with Excellence
Evaluate conflicting nutritional information relevant to well-being in New Zealand society.	Evaluate, in depth, conflicting nutritional information relevant to well-being in New Zealand society.	Evaluate comprehensively conflicting nutritional information relevant to well-being in New Zealand society.

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 the questions in this booklet.**

Pull out Resource Booklet 91470R 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 2–11 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**

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## INSTRUCTIONS

Read **Resource Booklet 91470R** before answering the question in this booklet. Use the resources, as well as your own nutritional knowledge and understanding, to comprehensively evaluate conflicting nutritional information relating to **nutritionism**.

## QUESTION

- (a) Analyse the possible impacts of the conflicting nutritional information presented in the resources on the well-being of New Zealand society.

### Resource A: Amazing Wellness Website

A possible outcome could be that <sup>everyone</sup> ~~consumers~~ think they need to start using this multi dietary supplement. When in reality yes most of us probably don't get our 5+ a day but we can try to change our diet and not rely on supplements to do this job for us. No price is indicated and why should we fork up the extra dollars on supplements when ~~for~~ getting these products straight from the source could work out way cheaper. There is no research saying this product is safe for a long-term use and no indication on who made/funding this study? A negative impact as seeing this many NZers will think that taking a supplement is 'easier' than the real fruit & veg itself, wasting money & in turn resulting to the well-being affected. By spending the money on supplement ~~is~~ instead of health/schooling/access to healthy food can be damaging to our Hauora & wellbeing.

### Resource B: Mediterranean Diet Review

Possibly after reading this article people may change their regular diet to the Mediterranean diet as it has a ~~effecting~~ <sup>effect</sup> on aging, 'if increasing lifespan and healthy aging' and supports healthy weight loss! If NZers were to read this and change their diet it would most definitely change their well-being.



A mediterranean diet is a long-term diet which supports healthy weight loss. Unlike the keto which has ~~shown~~ shown making negative side effects. This diet has not posed any as of such. Following this diet, the well-being of NZ society will be better and ~~the~~ people who are over-weight can lose some weight in the process. Since NZ is the 3<sup>rd</sup> largest obese country this would create a overall positive impact with many NZers reducing their extra weight & the lifespan of ~~the~~ its people. Also it's major declining in mental health making NZ a happier country.

#### Resource C: Food Politics Blog

After reading this a possible impact on NZ society could be updated their dietary guidelines. The guidelines have changed since the 1980's when the food pyramid did not consider that white bread, fries, and ice-cream were ~~still~~ considered ~~a~~ ~~part~~ of the guidelines structure. Now being 'Limit' & 'Whole grains & cereal group.' After reading this NZ society could perhaps ~~1/3~~ start following the Brazilian Guidelines instead of our own/or ~~modify~~ modify ours to compensate for the guideline that looks best to follow. Following this <sup>new</sup> guideline would have a positive impact on our well-being as we would be fitter & happier with the changes.

## Resource D: Food Industry Advertisements/Packaging

Seeing this advertisement/packaging it would have a negative impact on NZ society. The Fibre one & Cereal boxes encourage a sweet <sup>tooth</sup> ~~tooth~~ & with words like 'Have what you Crave' & Nutrient rescue NZ has broken down focusing ~~on a nutrient level~~ on just nutrients itself, rather than the whole eating pattern. When it really a well-balanced diet would be more beneficial. NZ society could have ~~misconceptions~~ misconceptions on what we should be eating and what is being targeted at us. Yes we do need nutrients & antioxidants are good for us. But in small amounts we can suffice. A overload can lead to negative effects on our body. And thus affecting our NZ society ~~well~~ wellbeing in the process. //



- (b) Analyse the underlying intentions of the different information relating to nutritionism presented in Resources A to D, drawing conclusions about the credibility of the information and those presenting it.

### Resource A: Amazing Wellness Website

Underlying intentions: ~~The~~ The main intentions is for us to use supplements and spend our money buying their supplements. There's a email address ~~button~~ sign up button provided for us to ~~please~~ look us up to their mailing list and waste our time with promotional deals and offers. They want to make money off us.

Credibility of the information: ~~This~~ ~~enti~~. This resource is not credible, there is no indication on who wrote this, there qualifications & what effects this ~~multi~~ multi-dietary supplement has on our body. Their main purpose is to make money and have thought a 'health' magazine / website is a good way to trap us.

### Resource B: Mediterranean Diet Review

Underlying intentions: ~~Is~~ to inform the public about this diet and make people aware. There is information provided that has been researched and about this diet and a review written.

Credibility of the information:

Yes this information is credible, it's posted on Harvard university one of the prestige uni's in ~~America~~ and the world. There ~~are~~ have extremely talented teacher who are qualified ~~and have~~ who have overlooked this review. All references have been mentioned. Harvard uni is a Credable source and this information is credible.

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### Resource C: Food Politics Blog

Underlying intentions:

The main intention here is to info the public and speaking for the good of the public trying to educate people in making right food choices. ~~He~~ she talks about the brazilian dietary pattern, another intention is to change people dietary plan and switch it to the brazilian ones as it seems to be focused on food, food pattern and meals rather than nutrients.

Credibility of the information:

This blog is by Marion Nestle a well known American book writer and professor at NY university teaching in food studies and more. In class we have study about her and her views on the food through her books. So she is a credible source and this information is credible.



**Resource D: Food Industry Advertisements/Packaging**ASSESSOR'S  
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Underlying intentions: The main intention is advertise their product so people can buy their product ~~and~~ they can make money.

Credibility of the information: The food industry has ways around to make people think their products are good for us when in reality they are high in sugar, fat & salt (HSFS) and energy dense & nutrient poor (EDNP). This information is not credible.

- (c) Evaluate the various positions taken in the resources in relation to nutritionism and well-being in New Zealand.

Draw a conclusion using reasoned arguments from **your own nutritional knowledge and understanding**.

~~Marion Nestle~~ Resource C & Resource B both have good intention and are credible. Resource C - Marion Nestle is a qualified Professor and gained P.H.D in molecular bio and M.P.H in public health nutrition making her a very reliable source. We have study about her and Micheal Pollen & Georgy Scrinis ~~both~~ All talented people who have a great knowledge about food & published books. If NZ society was to take aboard this information it would be beneficial to ~~their~~ our well-being. Marion Nestle talks about the Brazilian dietary pattern - a fairly healthy country. If we would take and follow this guidelines our obesity rates would drop - NZ is the 3<sup>rd</sup> obese country. Which our obesity rates dropping & people actually losing weight it would be a positive affect on our Hauora/well-being. In NZ guidelines we have to be careful not to upset our dairy & meat industry a huge income of our country. And hence our guidelines are like 'limit' instead of 'avoid'. Even taking into account of the mediterranean diet, it would positively impact our wellbeing. Harvard University is a reliable source and when viewing this diet ~~it~~ They seem to know what they are talking about. If we do follow in the diet it would prevent chronic diseases and a major decline in mental health. And increase our ~~life~~ lifespan and age more gracefully. The research in class about the Mediterranean diet, seems to be the best long-term diet a person can go on as ~~negative~~ <sup>positive</sup> side effects have come to the surface. Unlike the Keto diet which has many negative side effects. And Unlike keto, Medeterrane diet is a long-term plan to maintaining



✓ a healthy weight and balanced diet. Both of these resources  
would be create a positive impact on the well-being of New Zealand  
society. ✓

## Achievement Exemplar 2019

Subject	Home Economics		Standard	91470	Total score	04
Q	Grade score	Annotation				
1	04	<p>The candidate provided enough evidence to attain a high Achievement. They used the format of the exam to complete an analysis of possible positive / negative impacts of the well-being of New Zealand society, drawing on the conflicting nutritional evidence presented in the resource material. The underlying intentions of each source were also analysed.</p> <p>The candidate did not draw an appropriate or substantial conclusion regarding the credibility of information provided in each resource. Had they done so, a Merit award might have been possible. However, the candidate analysed only enough information to draw a conclusion about holistic well-being, and, as such, the grade awarded was A4.</p>				