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91470



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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.

Merit

TOTAL

05

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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

Resource A can have a negative impact on New Zealand society's physical well-being. The resource emphasises the importance of getting all the appropriate vitamins and minerals but suggests using a multivitamin supplement. The resource is directed at millennials, who are at a stage in their life where they shouldn't require supplements to get all the essential vitamins. Their physical well-being can be negatively impacted because they run the risk of taking in too many vitamins - too much of anything is bad for health. Mental & emotional well-being is placed under risk because New Zealanders may read the article and believe that they don't require a balanced diet if they're taking supplements, this further affects their physical well-being.

Resource B: Mediterranean Diet Review

Resource B can have a positive influence on New Zealand society's physical well-being. The article offers advice that coincides with the MOH recommendations and promotes a balanced diet which ^{partially} cuts ~~out~~ red.

✓ meat consumption and is proven to improve overall physical well-being. Due to a diet being a personal belief/choice, resource B also impacts spiritual well-being by influencing people with an interest in diets to go for one that improves their health & sticks to the Ministry of Health's (MoH) guidelines.

Resource C: Food Politics Blog

✓ Resource C positively impacts New Zealanders' social well-being. The resource suggests eating regularly and if possible, with company. This is important for NZ society because it is becoming more common for NZers to eat alone in their rooms or in front of a screen. Thus, it's important for them to be reminded of the importance of a family meal. Physical well-being is also enhanced through this because the resource offers appropriate & good advice on maintaining a regular, balanced diet*⁽¹⁾ as well as offering advice on making good choices when dealing with food.

*⁽¹⁾ that will keep a person healthy and fit, if they include her exercise recommendation.

Resource D: Food Industry Advertisements/Packaging

Resource D is a range of products aiming to be sold to consumers. This can have a negative impact on NZers physical well-being because they are being lead to believe that the food they are being sold is as good as it advertises. This is generally not true. By promoting 'healthy' snacks or breakfast/dinner supplements (nutrient rescue) they're tricking NZers into consuming foods that are not part of a balanced diet. The food industry ~~isn't~~ is only interested in how they can sell their product & gain profit — not what is best for the consumer.

- (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~~ intention is to inform of the importance of getting all the essential vitamins and minerals but doesn't talk about how a balanced diet of fruits & veges, meats, dairy, nuts and legumes can ~~at~~ give someone all the nutrients they need. However, it also appears that they are trying to market a specific supplement to their audience, which would

Credibility of the information: Resource A offers no science behind their claims around the necessity of supplementation, and doesn't promote the MCH's recommendation for healthy eating. Therefore Due to the fact that they are also attempting to sell a product, they are likely not a credible source of information when it comes to supplementation over healthy, balanced diet.

Resource B: Mediterranean Diet Review

Underlying intentions: ~~The~~ intention of resource B is to inform it's audience of the importance of whole foods and a diet that reduces fat intake and improves fruit & veges, nuts & legumes & whole grains intake. It's reviewing the mediterranean diet and whether or not it is an appropriate diet that will enhance well-being.

Credibility of the information:

The information in resource B is not only cited but uses scientific research and statistics to support what it is saying. This would suggest that it is a highly credible source of information. The resource's aim to educate & inform would also imply it's a credible source with no ulterior motive.

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Resource C: Food Politics Blog

Underlying intentions:

Resource C is a guideline for healthy eating and focus on all the right foods & eating habits over single nutrients (supplements). It's aim/intention is to inform and give advice around healthy eating choices & habits.

Credibility of the information:

Marion Nestle, the writer of resource C is a qualified and has studied nutrition well enough to know what she's talking about. The resource also adheres to the MCH guidelines which would make the source credible and the information trustworthy.

Resource D: Food Industry Advertisements/PackagingASSESSOR'S
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Underlying intentions:

The intention of any advertisement is to promote and sell its product. Any nutritional info it gives is likely an exaggeration or not based off actual fact. //

Credibility of the information:

The info information is not credible. This is due to the fact that it has no supporting evidence to confirm any of its claims and its main goal is to sell its product — making it an unreliable source. //

- (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**.

Nutritionism is a ideology not based on scientific research that the single nutrients in food ~~is~~ over rules the whole food. Resource A supports supplementation, picking out single vitamins or minerals and promoting them over a simple diet with a range of foods. Most people do not require supplements ~~for~~ to receive all the essential vitamins + minerals. The MOH does not recommend supplementation unless prescribed by a doctor. Resource D also picks out certain nutrients and uses them in an attempt to sell its product. Instead of promoting a balanced diet, resource D is ~~about~~ ^{shows} about single nutrients and promoting that. This has negative impacts for New Zealand society because not everyone understands that supplementation is usually unnecessary. If the ~~take~~ ^{take} supplements in place of a balanced diet they risk their physical well-being because they aren't going to be getting enough essential nutrients. Resource B and C are both credible sources that promote the MOH's guidelines around a balanced diet that enhances well-being. Supported by scientific research it's ~~proven~~ ^{shows} that that both resources offer good nutritional advice/knowledge. ~~Both~~ Resource C promotes NZ's societies social well-being, and ~~their~~ ^{their} Supplementation.

is not something NZers should take on their own, instead have a balanced diet that adheres to the MOH guidelines for a healthy adult diet. There are only a few exceptions who should require supplements to get all essential nutrients.

Merit Exemplar 2019

Subject	Home Economics		Standard	91470	Total score	05
Q	Grade score	Annotation				
1	05	<p>The candidate provided evidence towards Merit with an analysis of possible positive / negative impacts on the well-being of the New Zealand, drawing on the conflicting nutritional evidence presented in the resource material. A more holistic approach would have produced a higher grade.</p> <p>The candidate has shown obvious knowledge brought into the examination regarding Nutritionism, and this was demonstrated by their written definition of this. All the questions were answered following the format of the examination, which held the candidate in good stead to obtain this grade.</p> <p>To order gain an M6 the student need to provide more detail around the points they had written, providing, for instance, how, why, when, where, what and who information in their own statements.</p>				