

No part of the candidate's evidence in this exemplar material may be presented in an external assessment for the purpose of gaining an NZQA qualification or award.

# 2

91304



913040



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD  
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

SUPERVISOR'S USE ONLY

Tick this box if you  
have NOT written  
in this booklet

## Level 2 Home Economics 2022

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

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.

Do not write in any cross-hatched area (✂). This area may be cut off when the booklet is marked.

**YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.**

**Excellence**

**TOTAL**

**08**

ASSESSOR'S USE ONLY

## INSTRUCTIONS

Read **Resource Booklet 91304R** and use the information to evaluate the effectiveness of the *Snack Better* health promotion campaign.

Include relevant examples from the resource booklet when answering ALL parts of the question.

## QUESTION

- (a) (i) Explain what the benefits and limitations are for each of the following factors involved in Strategy A (information evening). See page 3 of the resource booklet.

### Social

Benefits: A social benefit of Strategy A is that they are supporting and promoting local businesses by having them at the information night. This means the parents will be educated well because they have professionals there, ~~just~~ like the ~~di~~ local dietitian. Also both will most likely get more customers. Getting people in the community together.

### Limitations:

A social limitation could be not having the children there with the parents. This stops the families from having bonding time together and will most likely mean the parents will need to hire a babysitter. It is also a limitation because

### Economic

Benefits: An economic benefit is that the information evening is free to go to and the preschool will not have to pay much to do it as the local businesses are volunteering to help. This means no extra money is coming out of the preschool.

Limitations: An economic limitation is that the preschool is most likely paying for all of the products used in the information night. Although it does not say this, it is more likely the preschool is paying rather than the businesses bringing their own food. This means the preschool is losing money as it is free for others.



### Environmental (physical access)

**Benefits:** An environmental benefit is that the information evening is being held at the preschool. This is a benefit because if the parents' children are going to this preschool they most likely live nearby so it will be easy access.

**Limitations:** An environmental limitation is the time and day and the fact that it is only one evening. On a Tuesday at 7pm lot of parents will most likely be coming home from work and will have it the next day. They may be too tired to come into the evening or do not want a late night. It may also be hard

- (ii) Overall, how effective would Strategy A (information evening) be at encouraging better snack choices?

Overall I think Strategy A is effective on encouraging better snack choices as they are able to watch, learn and then take home samples for their children to see if they enjoy it. Being better educated on the subject will mean that the parents will most likely act on it and try to make healthier snack choices when possible. To make it more effective they could add a couple more information evenings to ensure a lot of parents can attend.



- (b) (i) Explain what the benefits and limitations are for each of the following factors involved in Strategy B (hands-on snack making). See page 3 of the resource booklet.

### **Social**

Benefits: A social benefit is that the local supermarket is supporting the preschool. This means that people in the community are working together and developing connections and relationships. Another benefit is getting the childrens involved and getting their hands dirty.

Limitations: A social limitation is that the parents aren't there. This is a limitation because it could be time spent bonding with their kids. It also is though because without the parents learning the recipes too the snacks may not be taken home and made at home.

### **Economic**

Benefits: An economic benefit is that the local supermarket is providing/donating ingredients for the snacks. This ~~eccon~~ economically benefits the pre school because they are not having to spend money on these ingredients.

Limitations: An economic limitation is that the supermarket is losing stock and therefore money. If it is a local supermarket it may not be a large franchise and therefore won't have millions of dollars in the first place.



### Environmental (physical access)

Benefits: An environmental benefit is that parents are not having to take their children to other places to make these snacks. This is because it is held in <sup>the</sup> preschool in school time so it is no extra hassle for the parents. ~~Another benefit is that it is held~~

Limitations: An environmental limitation is that it is only held four times. This could become a regular thing, once a week. A lot of preschools make food for the children's lunch so once a week they could do this so that no child misses out ~~and~~ and so they can keep learning.

- (ii) Overall, how effective would Strategy B (hands-on snack making) be at encouraging better snack choices?

Strategy B would be effective at ~~encouraging~~ encouraging better snack choices. This is because it gets the children involved and will most likely make them want to go home and tell their parents what they did today and share that new information. This means parents might try making them at home for their kids, encouraging bonding time and healthier ~~snacks~~ snacks. This strategy is also pretty cost free for the preschool. Although to improve the snack choices they could bring the parents in once or twice to ensure they are getting the knowledge and improve the chances of them making it at home.



- (c) Discuss the effectiveness of the committee and their THREE strategies within the *Snack Better* campaign.

In your answer, you should:

- refer to the models of health promotion (page 2 of the resource booklet)
- consider the attitudes and values of the people involved.

~~The~~ The committee ~~and snack better~~ have come up with three good strategies for the snack better campaign. They have created informative, hands on, and low cost strategies that will most likely improve peoples snack choices. All three strategies are different and provide different ways of installing information. Strategy A has lots of benefits and some limitations. The parents will learn a lot from the information evenings and providing samples will help them decide what their children do and do not like. This means they can then consider that when trying these snacks. A limitation is that they only have one evening and the time and date. To improve they could hold a few more evenings just ~~at~~ to ensure every parent has the opportunity to be there even if they choose not to. This strategy follows the collective action health promotion model because it is getting people in the community involved, like the parents, teachers and local business owners. Although it could also be self empowerment because after the evening it empowers you to start making better snack choices but doesn't check



up on what you have done. Parents may have the attitude that better snack choices doesn't matter compared to other things, other ~~parents~~ parents may have strong beliefs and values towards the subject. For example they ~~want~~ believe it is very important to provide this for your children. Strategy B ~~was~~ also has its benefits and limitations. It is low cost and it also gets the children involved. This will make them want to share this fun experience with their parents which could influence the parents to do it with them. To improve they could bring the parents in once or twice as this would mean they can actually see what is happening and also learn how to make these snacks. This strategy influences good food choices to children at a young age. ~~Now~~ This strategy follows the collective action model because it takes time and effort to plan and organise. It also is getting businesses and the teachers and children involved. Lastly strategy C follows the behavioural change model. This is because a poster will most likely not empower the parents to make a change. It ~~costs little~~ costs little and takes little effort. Although it does contain useful information most parents will just walk past it.

Parents involved may have different attitudes and ~~beliefs~~ values on the subject. An example is that they think it is very important so they find other information evenings to learn more and make better choices. Overall the three ~~strategies~~ and strategies will be helpful to encourage children and their families to make better



Extra space if required.

Write the question number(s) if applicable.

QUESTION  
NUMBERSocial  
limitations

a(i) the children are not able to try the foods during it to see what they like, so the parents don't have to waste money and time making food they will not eat.

environmental  
limitations

a(ii) to find a babysitter if both parents attend because most are around the age of 16, 17, 18 and will also have school the next day. ~~Having~~ Holding this on one evening is also a limitation because parents might not be able to come on that one night so they miss out on the opportunity.

91304



## Excellence Exemplar 2023

Subject	L2 Home Economics	Standard	91304	Total score	08
Q	Grade score	Annotation			
1	E8	Examples are provided of the two strategies. A valid judgement of the effectiveness of the strategy has been discussed, enhanced by specific examples, and mention of attitudes and values. The health promotion models are named and discussed with relevant examples provided. A challenge, with an example, is also provided.			