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# 2

91304



913040



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## 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 (XXXX). 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.**

**Achievement**

**TOTAL**

**04**

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:

The social benefit of Strategy A is that the info evening is that parents would learn how to make healthy snacks and would encourage other parents to do the same.

Limitations:

Same social limitations is that it is happening for one evening only and it might not reach as much parents as the committee wants it to. It also is on a Tuesday evening at 7pm. Some parents would still be at work by then.

### Economic

Benefits:

The biggest economic benefit is that it is a free information evening meaning that the parents would not need to spend money learning.

Limitations:

An economic limitation would be spending more money in buying ingredients. Instead of buying pre packaged snacks.



**Environmental (physical access)**

Benefits: An environmental benefit would be that the evening would be easy to access as it would be held at the preschool.

Limitations: A limitation would be the time ~~Tuesday~~ Tuesday at 7pm would be inaccessible to a lot of parents due to work. It is worth mentioning that it is only happening for one evening.

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

Strategy A would be effective at encouraging better snack choices. A lot of parents would be influenced by the evening and would be encouraged. The economic benefits would also be into play as the evening is free. The only problem being that the evening is only happening once so parents who couldn't make it would not be able to attend again.

- (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 would be that the kids who get involved would be influenced to ask the parents to make these healthy snacks with them. The recipes are also shown to encourage.

Limitations: A social limitation would be that some kids might not enjoy it since they are doing the work themselves and not tell the parents about it.

### Economic

Benefits: A ~~no~~ economic advantage is that the school won't need to spend money since the supermarket is willing to provide ingredients to the pre-school.

Limitations: An economic limitation would be that the ingredients provided might have been expensive and it would be more expensive for the parents to recreate the snacks at home.



**Environmental (physical access)**

Benefits: An environmental benefit would be that it is easily accessible to kids as it is held during pre-school hours and it is at the pre-school making it ~~easy~~ easily accessible.

Limitations: An environmental limitation would be that it is once a week. If some kids miss that certain day they would miss out on the snack making.

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

This strategy would be highly effective since it is hands-on and actions would speak louder than words. Hands-on is typically better for kids to learn. ~~As it~~



- (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 effectiveness of all three strategies is prevalent but the only problem is the access of each strategy. Strategy A would promote behavioural change as it helps change the parents attitude when it comes to snacks. Strategy B although less still promotes it as it changes the kids view on making snacks. Strategy C does not promote it as well as the first 2. Strategy A promotes self-empowerment as the parents would feel better about making a snack instead of buying. Strategy B promotes it the best as the kids feel important when making snacks and ~~creates~~ creates a sense of self-empowerment. Overall the committee had an effective campaign but needed to work on the ~~area~~ accessibility of these strategies.

## Achievement Exemplar 2023

Subject	L2 Home Economics	Standard	91304	Total score	04
Q	Grade score	Annotation			
1	A4	Brief examples are provided for the two strategies. A valid judgement on the (positive) effects of the strategy are described.			