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91470



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Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 3 Home Economics 2023

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

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 parts of the question 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 2–7 in the correct order and that none of these pages is blank.

Do not write in any cross-hatched area (DO NOT WRITE). This area will 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

Page 1

Make sure you have the paper **Resource Booklet 91470R**.

INSTRUCTIONS

Read **Resource Booklet 91470R** before answering the question below. Use the resources, as well as your own nutritional knowledge and understanding, to evaluate conflicting nutritional information relating to **the role of fats and oils in a healthy diet**.

QUESTION

(a)

Analyse the nutritional information relating to the role of fats and oils in a healthy diet presented in **Resource A**.

(i)

How credible is the information and its source?

This information seems to be very credible. The information in this resource is provided by Professors such as Jim Mann, and Doctors such as Dr Simon Thornley and Dr Laurence Eyres. These people have been credited in the source as being Professors from the University of Auckland and University of Otago, and chair of Oils and Fats group of the New Zealand Institute of Food Science and Technology. Because these people come from studying and researching oils and fats, you can assume that what they have to say is truthful and reliable. We can also assume that this is a credible source as it offers a range of opinions such as an opinion for and also against the use of coconut oil in one's diet.

(ii)

What is the underlying intention conveyed by the information?

The underlying intention of this information is to offer people the information of why coconut is good and not good for a person's diet. This source of information allows people to understand more about coconut oil in a person's diet without the source being biased. This is because it offers a range of opinions and has many facts to back up why someone thinks each way. This allows for a reader to form an opinion of their own based on the facts stated. This source does this by explaining people opinions, for, against, undecided and then the source's own personal opinion.

(iii)

What are the possible impacts of the information on people's well-being?

This can impact a person's mental well being as it allows for them to form an opinion for themselves. This source offers a wide range of information and opinions. This can allow a reader to question their own current diet and use of coconut oil and also compare it to the use and opinions in this source. This source can also impact a person's physical well being as it helps to offer nutritional advice. They state the physical benefits and disadvantage of coconut oil such as its usefulness to be used to fry foods, but also the high amount of saturated fats in coconut oil. They also provide a chart stating the saturated, monounsaturated and polyunsaturated fats within different nuts and seeds that can help a person make changes to their own diet.

(b)

Analyse the nutritional information relating to the role of fats and oils in a healthy diet presented in **Resource B**.

(i)

How credible is the information and its source?

This information may be slightly credible due to the scientific researched they have stated from a study done at Cambridge University. However, the information stated does not go into great detail as to why it has come to that conclusion of raising good cholesterol levels and reducing inflammation. This quote states a fact but does not give the reader much reason to believe it due to lack of evidence. However, on the bottom of this source is a link to the Cambridge University research that can allow the reader to find more information. Although this information has claimed to come from a respectable source which is Cambridge University, it does not offer on the page of the advertisement, evidence as to why we should believe it. As this is an advertisement for a coconut oil product, we can also assume that this resource may be slightly biased and is only trying to show coconut oil in a good light in order to make sales.

(ii)

What is the underlying intention conveyed by the information?

The underlying intention of this information is to sell and promote a product which is "blue coconut, coconut oil". This information is trying to advertise this product as beneficial use for a person "for every kitchen, bathroom & bedroom". This information hopes to entice the viewer to buy this product.

(iii)

What are the possible impacts of the information on people's well-being?

Possible impacts on a person can be a physical impact on their well being. Because there is so much controversy to the whether the use of coconut oil is beneficial or not, a person with very little knowledge surrounding coconut oil may be easily persuaded to buy and use this product. As they are under the impression that this product is good for their physical well being, they are likely to involve it in their diet. However coconut oil has been said to have too much saturated fat and may cause this person physical impacts on their well being such as cardio-vascular issues and weight gain.

(c)

Analyse the nutritional information relating to the role of fats and oils in a healthy diet presented in **Resource C**.

(i)

How credible is the information and its source?

This source seems to have little credibility. This source claims to be reviewed by a medical professional Ariane Lang, as of earlier in the year. The recent review of this resource helps enforce that the information stated is truthful and up to date. However, nine of the ten "evidence-based health benefits of coconut oil" claim that they "may" benefit a person, with only one confidently claiming that it is what it is. For many of the listed benefits, they also state that "further studies are needed" or that "evidence suggests that coconut oil doesn't necessarily offer the same effect". This shows how unreliable the information in this source is.

(ii)

What is the underlying intention conveyed by the information?

The underlying intention of this information is to showcase that coconut oil has many benefits for a person. All of the listing shines coconut oil in a positive and beneficial light. This source is looking to influence a person to begin using coconut oil as they claim it can benefit their skin, hair, oral health and also reduces some diseases.

(iii)

What are the possible impacts of the information on people's well-being?

Possible impacts on a person's well being due to this information can be physical and mental. Due to most of this information being misleading and unsure, it may lead a person into a false sense that they will benefit from

coconut oil, when they want, therefore impacting their mental well being. If a reader begins to use coconut oil in hopes to benefit from the listed benefits from this information, but they don't and perhaps they face negative consequences such as weight gain, their physical wellbeing will be impacted.

(d)

Which of the three resources is the most credible in relation to nutritional information about the role of fats and oils in a healthy diet?

Justify why you chose this over the other two resources.

In your answer, include:

- the position and intent conveyed by the information
- possible impacts of the information on New Zealanders' well-being
- your own nutritional knowledge.

I believe that the most credible of the three resources is Resource A. Resource A is very credible and the information provided seems to be truthful and has the evidence to back it up.

Resource A states a range of opinions surrounding the benefits and disadvantages of coconut oil. Opinions include being for, against and undecided. Due to the variety of viewpoints, we can understand that the intent of this information is to inform a person to build their own opinion around the topic of fats and oils. This resource also has many medical professionals and researchers to provide reliable evidence to support the information. In Resource A we see how these professionals come from studying from very credible universities and has a wide range of knowledge surrounding dietary, food science, nutrition and overall public health.

I believe that Resource A is most credible and reliable compared to Resource B and C. Resource A displays unbiased information surrounding coconut oil, however Resource B seems to be biased as it is an advertisement and therefore must only speak about the benefits of coconut oil and disregard any negatives. Resource A also has many different reliable sources such as medical professional, to support their claims, however Resource C does not have any evidence to back up their findings.

Possible impacts of the information in Research A on a New Zealander's well being can be mentally and physically. A reader's well being can be impacted mentally as this resource allows for the reader to question and analyse their own eating choices, diet and use or misuse of coconut oil. A reader's well being can be impacted physically as they may change their diet due to the knowledge gained by reading this information. A reader may involve coconut oil in their diet and benefit physically in which they could have reduced cardio-vascular and heart related issues. A reader may also read this information and removing coconut oil from their diet and could face a benefit in which they stop unwanted weight gain that too much coconut oil may have caused. These are both positive impacts on a person's physical well being.

Achievement

Subject: Home Economics

Standard: 91470

Total score: 04

Q	Grade score	Marker commentary
One	A4	The candidate has analysed most of the information available in the resource booklet, commenting on credibility, well-being, and the intent of the information. They have provided some clear thinking with nutrition and well-being links. Overall, the response lacks evidence of critical thinking.