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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.

Excellence

TOTAL 08

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?

Resource A is highly credible as it is from a website ending with '.org', this means that it is not an advertisement and is simply trying to educate the readers. It has facts and statements from 4 different people who hold a Bachelor, is a dietitian or is a professor meaning that they are highly educated or hold lots of resourceful knowledge about your health. As well as the facts/statements by someone who holds a bachelor, it mentions The Heart Foundation and Otago Uni which are both well known to New Zealand and have great educating resources and teaching about health, medical and diet.

(ii)

What is the underlying intention conveyed by the information?

The underlying intention of resource A is to educate readers and to try help New Zealanders get a different perspective of Coconut oil. It's simply done that by having 4 different people having their opinion and a table of oil comparison with the three different types of oil and how much each type have. They are wanting to get readers to change their diet and hopefully stop using saturated fats from coconut and palm oil as an example and start using oils from monounsaturated fat and polyunsaturated fat which can be gathered from nuts and seeds.

(iii)

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

the possible impacts can be both negative and positive. Readers who read and understand the facts and statements that have been provided and change their diet may mentally and physically feel better as it talks about how you can gain weight and you should replace the oil with better examples. However, those who do not understand what the intention or the message is could gain weight significantly which then could affect on the persons spiritual, mental and physical well-being.

(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?

Resource B is not credible. this resource is from a food magazine and has taken facts from a singular study case which has been sponsored. It has facts which are not true which has been written in the middle in short font have no proof of where it came from, how true it is or if there is any facts or evidence on if it is reliable or not. it has not been reviewed by anyone who holds a bachelor of science or a dietitian making it even more not credible.

(ii)

What is the underlying intention conveyed by the information?

the underlying intention of this resource is promoting coconut oil as well as the brand blue coconut. In the bottom left corner, it says check out the Cambridge uni research and retailers with the link of the brand underneath. Although it doesn't have any of the shopping carts it is wanting readers to purchase coconut as it coconut may very well be good for your heart, wanting readers to purchase coconut oil from blue coconut.

(iii)

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

Possible impacts on this resource is highly negative. if the readers are taking what the statement written seriously, it will have a big impact on their mental health and physical health. the statement says that coconut oil can raise good cholesterol and reduce inflammation of the body which is the exact oppostie. consuming too much oil which comes from saturated fat will put you in risk by gaining weight and heart problems. if consumers/readers

were to follow this they will gain weight or put themselves in a higher risk of heart problems which would make them insecure of how they look and stressed. It may impact social and physical well-being as it could limit you in social gathering from all the check ups you would have to do or limit on the movement you are able to do.

(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 resource again is not credible. Each of these facts could be based off on either an opinion or a singular study. None of these facts have been backed up with facts or checked by a doctor/dietitian. Although it has been reviewed by someone who holds a BSc, each fact doesn't mention the study case or have a reference in the end making it slightly unsure on the credibility. The title of the article is "10 evidenced-based" however none of these facts actually have a decent well-written benefits or have proof that works making it even more unreliable.

(ii)

What is the underlying intention conveyed by the information?

The underlying intention of this resource is again to purchase coconut oil and add it to your day-to-day routine. It has ten facts to back up on why you should and your health 'benefits' and what could potentially happen if you were to add coconut oil to your routine.

(iii)

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

The possible impacts to people can be known as bad and not good. One of the opening sentences of this resource article says is that it can help you with potential weight loss. If readers were to fully take on what this article said, they may become the exact opposite which then would impact on how you think you look by the excessive weight gain (mental well-being), how you move your body (physical well-being) and potentially how included you could be (social well-being). Changing your diet from other oils to coconut oil could be hard and something it might take used to when you have always used other oils or relation to religious reason could also impact on spiritual well-being.

(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.

Resource A had talked about the why coconut oil is bad for you and why you should limit the consumption of coconut oil in your diet. Resource B and C had talked about why you should add coconut to your diet and why it will help you look, feel and become better of yourselves. The most reliable resource out of all three would be resource A. Resource A is more reliable than the other two because we know that coconut oil is apart of the saturated fats which can put you in risk of excessive weight gain and a higher risk of heart problems. the ministry of health NZ is a government based website and hold lots of information on your health and what you should be eating same as the the heart foundation. the MOH and heart foundation recommend to consume less oily items or reduce the type of oil you eat. you are wanting to eat less saturated fats which can put you in a big risk of high LDL-cholesterol and bigger health risk in your heart. they suggest that you should replace saturated fats with monounsaturated fats and polyunsaturated fats which can be found in seeds and nuts. these types of oil will reduce the level of LDL-Cholesterol and put you in a less risk of heart diseases and becoming obese. Resource A has a table on all the types of oily oil you can get which then is separated in three different colours which represent the different types of oil there is. if readers could understand what the table is trying to say it can help a lot on the NZ well-being.

Possible impacts on the societal well-being from Resource A is that it could promote a healthier life for New Zealand. We are known as one of the obese country and in every 3 people 1 of them will be obese. this resource can help promote a change in the diet of New Zealand which could decrease the number of obese people which could then improve on more physical well-being and becoming fit. this will not only help an individual, but it can help New Zealand being a happier community/ country. Being obese and unpleasing/ insecure on how you feel, look and see yourself or others, increase the level of depression, anxiety and could experience loneliness. simply listening to the risk of coconut oil and changing the type of oil you consume, we would all simply have a better mental well-being and feel good about ourselves. It could also improve on how much we have to pay for medical check ups. Having a condition means that you are constantly going to the hospital or your GP which can cause a issue with money or worst case admitted the hospital in a hospital bed. higher counts of patients in the hospital means that other patients will not have the space to see medical help. When people don't have lots of money or is financially struggling, it can bring out major stress which could be a negative impact on the well-being on the person. having a constant high rate of obese people seeking help at a hospital means that NZ will constantly have people who are at risk of dying quicker due to heart risk or being obese or higher numbers in stressed people.

When you are insecure on how you look or feel, it could limit the way and how much you move your body or be able to socialise with people. as mentioned earlier, 1 in 3 people in NZ are obese which means that New Zealand has quite a big number of obese people. having a large number of obese people in New Zealand means that our physical activity will be shortened. being fit and being able to move your body is a great way to promote physical activity and could make you feel better about yourself. for those who are obese and are wanting to fix the way they feel and look at our selves, it will not only increase the physical activity you get but could also mean that we can get a big decrease in our obese numbers.

the viewpoint of resource A and the purpose of this resource is trying to educate NZers that coconut oil is not good for you and you should reduce the amount of saturated fats you consume. they are wanting people to change their diet so they can feel better about themselves, make NZ a better country and reduce the obesity numbers.

on the other hand resource B and C are trying to promote coconut oil and the benefits of it. comparing this to resource A, resource B and C don't have true statements from people who are educators or hold a dietitian bachelor. they are using facts from a single case study with no evidence and their opinion. it talks about the opposite of what resource A says and the consumption of coconut oil is significantly higher than what it should be. this can have a significant difference in the societal. if NZers were to follow this, this then could put the Nz societal in greater risk of obesity people, higher mental health problem and more loneliness. it won't promote NZ getting the right nutrients you need which then could make you malnourished. The purpose of B and C are they are wanting to get more people in purchasing coconut oil and adding it to your diet so you can look better and feel better with all the facts that were given in resource C. these two resources had only focused on saturated fats while resource A had talked about all three types.

the reason why i chose that A was the best and credible resource than the other two is because it did not promote coconut oil and instead talked the potential negatives and what could happen to you if you were to use it often. they had statements from people who are currently holding a degree or license in nutrition and gave alternative choices and yet said coconut oil is okay to be used occasionally. resource B and C did not have any evidence or a reference on where they got their facts which makes it less reliable and could be fake. As mentioned, resource A had talked about all three types and not just one type of fats which helps the readers understand why saturated fats is bad and gave other ideas on the oils you should be consuming.

Excellence

Subject: Home Economics

Standard: 91470

Total score: 08

Q	Grade score	Marker commentary
One	E8	<p>The candidate has justified a position using evidence sourced from the resource material. Resource A is explained as the most credible, and sufficient reasoning is provided as to why resources B and C are less credible.</p> <p>A thorough understanding of nutrition advice and holistic well-being was evident, supported by strong examples. The Ministry of Health and Heart Foundation are solid examples to quote in this section as the gold standards of information. The candidate raised two very good challenges based on the resource material.</p>