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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.

Merit

TOTAL 06

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 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 article is credible. the author is a researcher and test writer showing that she will likely do thorough investigation. her article is backed up with many professional opinions from people who work in the industry and also has opposing opinions, showing her research, and a graphical chart showing her conclusion. On top of this the overall opinion is right because coconut oil is high in saturated fats which are bad for you.

(ii) What is the underlying intention conveyed by the information?

The underlying intention of this article is to inform people on what sort of fats they should eat. Which has been presented in a clear way, with examples of good ^{unsaturated} fats included in the article to help people have a good idea of what fats they should consume

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

This will have a positive effect on people's wellbeing, as it leads them to eat less saturated fats which are responsible for numerous health issues eg. obesity, angina, heart disease and cardiac arrest. this will help them to improve their diets and decrease the risk of such health issues arising increasing their physical wellbeing. It will also increase their financial wellbeing because like stated in the article coconut oil is known to be expensive

(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?

not credible, this is an advertisement for coconut oil and although they are using scientific words they don't have the details of the professors who did the studies. the note at the bottom has researchers & retailers written on it showing that this may all be to sell a product. there is also very limited information & words like "may" are used showing inconclusive facts, ie gas lighting the consumer

(ii) What is the underlying intention conveyed by the information?

The intention of this resource is to sell a product. there is only positives listed to gaslight the consumer into buying the coconut oil. the ad is also in a bright beach setting which is appealing to consumers & will again convince them to buy the product. if somebody doesn't know about how coconut oil is very high in saturated fats they could easily read this and think it is a very safe product to consume

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

This will have a negative effect on wellbeing because coconut oil is very high in saturated fats, which can lead to obesity, angina, heart disease, high cholesterol and heart attack which is not good for physical wellbeing.

(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?

Semi-credible. health line is a well known web site, and they are not trying to sell a product, while I know ^(and therefore not good for you) that coconut oil is high in saturated fats, this article, states facts that ~~again~~ use the word "may" showing inconclusive research. and facts 1, 4 & 9, show clearly that no evidence specifically on coconut oil back up these claims, so at least health line is honest partly

(ii) What is the underlying intention conveyed by the information?

The underlying intention is to promote the use of coconut oil. it is trying to say that coconut oil can lead to a healthier life style, which is mostly false. As I would recommend that coconut oil only be used in external ways like as a lotion or hair treatment

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

This article promotes the ~~consumation~~ consumption of coconut oil, which is high in saturated fats, which can lead to health issues eg obesity, angina, heart disease and cardiac arrest. all which have negative effects on your physical wellbeing. so even if there are positives to coconut oil, the negatives out weigh them

- (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 is the most credible, as it provided very clear and easy to understand information on why coconut oil is bad for you and what else you should consume instead. The position of this article is against coconut oil due to its very high saturated fat content, however the article also uses an opposing view which shows thorough research. And the intent of the article is to inform, to help improve Kiwi's diets and therefore life-style. The article includes facts and data that oppose the pro-coconut oil movements like the research done on MCTs, which are ~~sap~~ fats that our body can use quickly & are therefore healthier as they leave the bodies system quickly not being stored and increasing cholesterol levels. This article states that the MCTs in coconut oil are different to other types and are therefore not able to be used the same as regular MCTs. The article also showed that the health benefits behind coconut oil are not necessarily true, like the weight loss claims. Coconut oil won't help with weight loss because it is so energy dense your body won't be able to use it all which will increase blood cholesterol levels. The article is also helpful as it states clearly ~~what~~ what fats are good for you like, olive oil, canola oil, fats from seafood fruits eg avocado, ~~vegetables~~, nuts & seeds. This is an important part of the research as many Kiwis don't have much

Knowledge around healthy diets, and therefore need expert advice to know what they need to include in their diets. Over all this article will have a positive impact on the wellbeing of kiwis. As the information given is very clear, it is against coconut oils and helps kiwis to choose a better fat source. Encouraging a diet that is low in saturated fats. This will improve the wellbeing of kiwis as saturated fats are bad for you ~~immunity~~ and could cause major health complications if much more than the recommended 10% of daily energy intake is from saturated fats. As saturated fats are so energy dense if more than that is consumed the body won't be able to use it all, leading to it being stored in the body or it will continue to circulate the blood stream ~~which~~ and it may lead to fatty build up blocking blood flow in capillaries, arteries & veins. This can lead to obesity which we have very high rates of in New Zealand of 1 in 3 adults (15 years or older), as well as angina (restricted blood flow causing heart pain), heart disease & cardiac arrest (the stoppage of blood flow ~~at~~ to the heart causing chest pain and possible death if not fixed). All of which have negative effects on ~~over~~ physical well being. As well as financial as treatments can be expensive if you don't have health insurance. The article promotes against coconut oil and therefore has a positive effect on physical well being. and can also improve financial wellbeing as the person will be healthier (less money spent on medication & treatment) and they will also save money as coconut oil is expensive.

Merit

Subject: Home Economics

Standard: 91470

Total score: 06

Q	Grade score	Marker commentary
One	M6	The candidate has provided a well thought-out, in-depth response with good evidence of well-being and nutritional knowledge throughout. They chose resource A as the most credible, with good discussion of the other two; however, the response raises no challenges and does not justify a position in relation to the resources provided. The candidate has addressed the questions and has written with clarity.