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Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Health Studies RAS 2023

**92010 Demonstrate understanding of
factors that influence hauora**

EXEMPLAR

Excellence

TOTAL 07

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QUESTION TWO: Food and nutrition

Use Resources A, B, F, G and H to answer this question.

PLANNING

Personal factors	Interpersonal factors	Societal factors
-values eating healthy and her physical health - often buys takeaways before	- eats nutritious meals with her family who also value their physical health	often sees advertisement for quick, easy meal ideas

TASK

(a) (i) Identify from the scenario from Resource F, **ONE personal factor** that could be affecting April's food choices.

B I U [List Icons] [Undo] [Redo]

A personal factor which affects April's food choices is her passion for eating a healthy and balanced diet. April enjoys her food and nutrition class and knows that eating healthy is important for her taha tinana. She values her physical wellbeing and cooks healthy nutritious meals once a week to help out her family. This will have positive effects on her Taha Tinana (physical wellbeing) as her body gets the nutrients it needs from her balanced diet and will give her the energy she needs for her dance lessons. This is because a balanced meal includes complex carbohydrates which will provide April with long lasting energy as well as vitamins and minerals such as iron to help her body function well during sporting performance. This will enhance her Taha Hinengaro (emotional wellbeing) as she meets her personal goals and does well in her dance class. Her Taha Whanau (social wellbeing) will also be enhanced as she spends time with her friends and whanua who she shares her passion of dance and nutrition with. Her Taha Wairua (spiritual wellbeing) will also be positively impacted as April meets the goals she sets for herself and follows her values/beliefs.

(ii) Use your nutritional knowledge to identify **TWO** food groups that April will need to support her wellbeing. Give an example of each food group.

Food group (1):

B I U [List Icons] [Undo] [Redo]

E.g - A vege chickpea salad
 Vitamins and minerals influence many bodily functions and brain function. Vitamins such as vitamin C are commonly found in fruits and vegetables and help support bodily functions like connective tissue repair and oxygen absorption. Minerals such as iron can be found in legumes helping red blood cells and energy levels. Protein is also found in meat alternatives such as chickpeas, aiding with growth, maintenance and repair.

Food group (2):

B I U [List Icons] [Undo] [Redo]

Wholegrain bread
 Full of fibre to aid digestive system and provide long lasting energy. (complex carbohydrates)

(iii) Explain how TWO dimensions of hauora could be influenced by the food groups you have identified above.

Dimensions of hauora (1): Physical

B I U [List] [List] [Undo] [Redo]

Aprils physical wellbeing will be positively impacted by a balanced diet as her body needs nutrients such as calcium, vitamins, minerals, water, carbohydrates and fats to function at a high level and provide her body with the support it needs. Especially as April dances and has school work to do, she will need to be performing at a high rate in order to help her meet her goals. Eating a balanced diet ensures that april is getting all of the nutrients she needs from each food group to help support all functions of her body such as growth and repair (protien), providing energy (complex carbohydrates) and assisting in things such as tissue repair (vitamin c). Eating foods high in fibre and low in fat, salt and sugar can lower the risk of heart disease, obesity, high blood sugar and type 2 diabetes. This is especially important to april as a history of diabetes runs in her family and following a healthy balanced diet can lower the risk of this. This also means april will have the energy she needs to excel in all areas of her life.

Dimensions of hauora (2): Emotional wellbeing

B I U [List] [List] [Undo] [Redo]

Aprils emotional wellbeing (taha hinengaro) will be enhanced from eating a balanced diet as she is getting foods to support brain function (unsaturated fats) , provide energy (carbs) and control her moods. This means she is able to work to a higher level of performance and achieve her goals which will make her happy.

(b) (i) Identify from the scenario, ONE **interpersonal factor** that could be affecting April's food choices.

B I U [List] [List] [Undo] [Redo]

Often gets takeaways with her friends before dance

(ii) Explain how TWO dimensions of hauora could be influenced by the interpersonal factor you have identified above.

Dimensions of hauora (1): social

B I U [List] [List] [Undo] [Redo]

April is spending time with her friends who she shares her passion of dance with. By spending time with her friends and sharing experiences (takeaways and dance) she is able to relate to her friends and feel included and supported in a group. This will enhance her social wellbeing (taha whanau)as she spends time with her friends.

Dimension of hauora (2): Emotional

B I U [List] [List] [Undo] [Redo]

April will feel happy she gets to spend time with her friends on a regular basis by going and doing something fun which she enjoys and will enhance her wellbeing. Getting takeaways is quick and easy which means she wont have to stress about having time to cook dinner after dance and can focus on seeing her friends and filling her hunger.

(c) (i) Identify from the scenario, ONE **societal factor** that could be affecting April's food choices.

B I U [List icons] [Undo] [Redo]

Often sees advertisement about nutritious, quick and easy meal ideas

(ii) Explain how TWO dimensions of hauora could be influenced by the societal factor you have identified above.

Dimension of hauora (1):

B I U [List icons] [Undo] [Redo]

Seeing advertisement for nutritious videos will make her happy and will give her ideas on meals she can make during the week for her family or even for after dance if she is wanting a quick and healthy meal alternative to takeaways. This means april can follow her values of eating healthy whilst having a stress free, simple and healthy meal to prepare during the week and share with others. Eating a nutritious diet means she will meet her desire to do really well in dance.

Dimensions of hauora (2):

B I U [List icons] [Undo] [Redo]

Aprils physical wellbeing will be positively impacted as she finds new easy and healthy recipes to try, and gain new skills whilst cooking meals. She may even be influenced to eat takeaways less which will benefit her wellbeing as she consumes less saturated fat, salt and sugar and replaces those meals with quick and simple nutritious recipes. This will improve her overall health as well as lower her risks of type 2 diabetes, which is important to her and her whanau as they are at the risk of getting as it runs in their family. Eating a healthy balanced diet can lower the risk of this for them.

(d) (i) Explain how a combination of two or more factors interact, or work together, to influence April's hauora. Give two examples.

Example where factors interact (1):

B I U [List icons] [Undo] [Redo]

April enjoys following a balanced diet and is passionate about food and nutrition (personal). She values eating a balanced diet and often helps out to cook dinner. Aprils family are also passionate about food and nutrition and they often eat nutritious meals together (interpersonal). This is because type 2 diabetes runs in their family and they are at risk of getting it, so the family are very passionate about following a balanced diet to make sure they stay healthy and keep their blood sugar low. The personal factor of april being passionate about food and interpersonal factor of her family being passionate about nutrition work together to enhance aprils overall wellbeing. These 2 factors working together postively impacts her social wellbeing as she can share her passion with her family and prepare nutritious meals high in fiber, vitamins, minerals and share them with her whanau. This will give April a sense of belonging as her and her whanau share a passion of eating healthy and can support and encourage each other to lower their risks of type 2 diabetes. This means her emotional wellbeing will also be enhanced by these factors as she will feel happy that shes understood and can share her passion and values in a supporting environment. Her physical wellbeing with be greatly enhanced because she is including a large variety and amount of healthy foods into her everyday diet and eating meals low in fat, salt and sugar. Her spiritual wellbeing will be enhanced by these interconnecting factors as her personal and family values and beliefs are met and she feels she has achieved her goals.

Example where factors interact (2):

B I U [List icons] [Undo] [Redo]

April often gets takeaways as they are quick and easy for her to buy after her dance practice with her friends. She usually gets unhealthy meals such as a pizza which arnt nutritionally beneficial to her and go against her factor of eating healthy. After seeing more and more videos advertising quick and easy healthy meals, April is influenced to prepare more simple easy meals before her dance practice so they are ready to go instead of buying unhealthy takeaways. A personal factor of buying takeaways because they are quick and easy and societal factor of seeing advertisement for quick and easy meals, interact and influence april to prepare quick and easy healthy meals before her dance lesson such as a wholegrain rice chicken burrito, and cut unnessasary fat,sugar and salt from her diet. This will enhance her physical health as her everyday diet consists of alot of fiber, protein, vitamins and minerals, benefitting her and improving her performance in dance whilst lowering her risk of diabetes. Her emotional and spiritual wellbeing will be enhanced as she feels happy she is finally meeting her goal of eating nutritious foods and following her values. Her social wellbeing will improve as a result of the factors interconnecting as she will have more energy to see her friends at dance and more time to spend with her family. Overall, these 2 factors interconnecting will benefit her overall hauora in a positive way as she improves her diet and cuts out simple carbohydrates, fat salt and sugar and replaces it with fiber, iron, protien, vitimans and minerals.

April is aware of her family's history of diabetes, and how her brothers struggle with their weight, as well as her own desire to do well in dance.

(e) Explain some food choices April could make, to ensure she has enough energy for dance, as well as avoiding diabetes.

In your answer, explain which personal, interpersonal and societal factors are likely to influence April's food choices and her hauora, more than others.

B I U [List icons] [Undo] [Redo]

A personal factor more likely to influence aprils hauora and food choices is her desire to do well in dance and eat a healthy diet to lower her risk of type 2 diabetes. Eating a healthy diet means april can excel in her dance and meet both her goals of doing well in dance and following a healthy eating plan. To do this, april can make a food choice to prepare healthy, high energy meals to eat before her dance lessons to make sure she has energy for her lesson and is eating a healthy diet that will decrease her risks of heart disease. This factor will influence her food choice more than buying takeaway as she values her nutrition.

An interpersonal factor which is most likely to influence aprils hauora and food choices is her and her familys nutritious meals they prepare and eat together. This shared interest in nutritious food her family share will influence april to spend more time with her family and enjoy a healthy diet as they all have the interest of lowering their risk of diabetes. A food choice april can make is to eat more high energy and nutritious meals before dance including vital nutrients which means she can lower her takeaway intake and consume less fat salt and sugar. This will improve her diet and dance performance.

A societal factor which is likely to influence aprils food choices is advertisement for nutritious food recipes. These recipes will give april new ideas for healthy meals she can cook to improve her overall hauora, reducing her risk of diseases such as diabetes.A food choice april can make is to include more healthy easy recipes in her diet for her benefit.

Excellence

Subject: Health Studies

Standard: 92010

Total score: 07

Q	Grade score	Marker commentary
One	E7	<p>This candidate has clearly identified and explained influences from the scenario that impact on food choices, as well as how a range of influences impact on hauora. They have also shown an excellent understanding of nutrition in their responses. They have insightfully discussed how influences impact each other and the resulting impact on hauora. The candidate has evaluated each influence in question, and suggested which influences could be stronger than others.</p>