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Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority


Level 1 Health Studies RAS 2023

92011 Demonstrate understanding of
strategies that enhance hauora

EXEMPLAR

Excellence

TOTAL 07



The problem in this scenario is neighbouring families are not meeting their nutritional needs due to rising prices at the supermarket. A personal strategy to help solve this problem is Quinn and Mia finding resources online to restore their rundown gardens with an attempt to create a long-lasting structure, planting and harvesting vegetables. This would enhance the pair's hauora as they'd physically be contributing towards the garden and won't have the mental worry of vegetable prices at the supermarket. An interpersonal strategy would be working alongside their neighbour Jenny who has the knowledge and experience to teach Quinn and Mia one-on-one about gardening to restore their planting boxes. This would benefit the hauora of both families as they're working together to harvest food benefiting their kids' growing bodies by receiving vital nutrients and not worrying about the rising costs of commercial vegetables. A societal strategy would be creating a community pantry or pātaka kai which enables families to donate their excess foods and families to receive these foods. This would enhance hauora as the community is looking after one another, so everybody gets a helping hand to meet their nutritional needs.

The concept of a pātaka kai would proceed to help many groups of people, not just individuals. The process of this strategy being successful is firstly gathering a group who want to see solutions for families struggling with rising prices. Either people personally affected or who want to support others who are affected. Then researching the greatest needs in the community. The majority of cost increase is fresh produce and grocery items, increasing 23.3% and 10.8% in the past year. Organising to get bigger support from local businesses, foundations and organisations to donate things such as old shelving, damaged stock eg. dented cans and excess produce not selling at the markets. Then proceed to explain the plan to the community, where they can take what they need and donate what they don't. By following these steps a successful pātaka kai would be established, benefiting the community involved.

With the application of all three recommended strategies both tinana (physical) and hinengaro (mental and emotional) hauora would be benefited. Quinn and Mia's physical well being would be promoted as they are working manually in the garden planting and harvesting crops, this contributes to the recommended 30 minutes plus exercise per day. As well as their bodies getting the vital nutrients from the home grown vegetables and not having to miss out due to budgeting. This would also promote hinengaro as positive endorphins would be released from the physical exercise and the authentic crops properties to help fuel the mind. As well as taking the financial stress off not having to worry about their money's distribution around food. Both of these dimensions work alongside each other as they'd be physically working to create a pātaka kai helping those who are also in their situation boosting positive mindsets. Or developing their own garden to help their own situations individually.

The interpersonal and personal strategy working together is a positive combination to promote hauora. By Jenny teaching Quinn and Mia to best use their planting boxes, hauora is promoted as they're physically working, reducing mental stress, connecting as neighbours and connecting to the whenua and what it provides. The pātaka kai also promotes hauora as they're receiving nutrition, feeling supported, connecting with the community and using the whenua to help all tangata. Working together both these concepts will overall promote

hauora as; They're physically contributing to gardening whilst the body is also receiving necessary nutrients, positive endorphins are being released due to exercise and absorption of minerals boosting mindsets. People are looking after each other and working together in communities to find mutual solutions as they're learning about how the whenua can help them and to appreciate what it provides.

The three suggested strategies interconnect to overall show enhanced manaakitanga. Quinn and Mia are both looking out for their whanau and how their three young kids aren't getting their nutrients required for sufficient growth. The personal development of the garden shows manaakitanga as they are looking out for their growing kids and their families wellbeing. Jenny helping the pair develop their gardens expresses manaakitanga as there is concern and willingness to help among different families. Jenny can relate her struggles to the family and apply her knowledge to help their situation. Community wide manaakitanga is expressed during the implementation of a pātaka kai as the whole community has acknowledged a societal issue and came up with a way to help every family or individual. By donating excess to those in need and respecting everyone's problems surrounding the financial issues regarding food. Manaakitanga is overall promoted as each strategy builds from one-another to show respect in little contexts - families, to larger contexts - communities.

Excellence

Subject: Health Studies

Standard: 92011

Total score: 07

Q	Grade score	Marker commentary
One	E7	<p>Food and Nutrition</p> <p>This report shows the candidate has insight into the situation and has thought critically about how characters in the scenario could work together for the benefit of themselves and their community. Their answers show a good knowledge of both hauora and nutrition, and this information is seamlessly woven into their writing to illustrate why their strategies would make a positive impact.</p>