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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

Merit

TOTAL 05

Identify one personal, interpersonal, and societal strategy that could be applied to the selected scenario to enhance hauora

Quinn can take the time to learn about gardening so that he can start growing vegetables in his garden, he can also learn about the price changes in fruits and vegetables so he can plan exactly what to put in his garden. He can use resource A where it shows that there is a 23.3% increase in the price of fruits and vegetables as an example as to what he needs to plant in his garden.

Quinn and Mia can work with Jenny to rebuild their gardens like in resource B which says that working together can take people beyond survival to be able to thrive. This will help them to lower their food costs because fruits and vegetables are expensive as shown in Resource A.

Quinn and Mia can start an open pantry so that people in the community can help themselves and help each other at the same time. This relates to resource C where generous kiwis are starting open pantries where people who need food can get food. The only rule is “no money, no judgement, leave what you can and take what you need”.

Identify one personal, interpersonal, and societal strategy that could be applied to the selected scenario to enhance hauora PT2

These strategies can be applied to the scenario of Quinn and Mia struggling with the increase of food prices. This is because they will help them to get a variety of foods that will meet their nutritional needs at a low cost. These strategies enhance hauora because Quinn and Mia will keep themselves fed while saving money, time, and resources. They can also create new friendships through people at the open pantry, or a better friendship with their neighbour Jenny. As well as this, they will be able to meet their goals of a well-balanced variety of food that meets their nutritional needs.

Choose one of the strategies from above and describe the steps you would take to make this strategy work.

The first thing Quinn and Mia should do is discuss with Jenny about starting an open pantry to help themselves as well as the community. They should then plan the details like where it will be and what rules there will be. They can also use Jenny's knowledge of gardening to teach people about building a garden. This will influence people to build gardens in their backyard which will help them deal with the increase in food prices. Mia and Quinn will then be able to put things in the pantry that they don't need, and take things that they do need which will help the community as well as themselves. Lastly, Quinn, Mia, and Jenny can put up informational posters at their pantry which helps people in the community to understand more about food. These could be recipes, or gardening tips. They can also get people to share their own knowledge through talks or writing on chalkboards. This will mean that Quinn, Mia, and Jenny will now be able to get more fruits and vegetables from the pantry because they can't get them from the supermarket as they are too expensive. Also Quinn and Mia are wanting to make use of the resources in the community preferably free or low of cost so the open pantry is good for them to save money.

Describe and explain how at least two dimensions of Hauora are positively enhanced by your three strategies identified in (a)

Social wellbeing is enhanced because Quinn and Mia will be able to build new relationships with people in their community through the open pantry where people can share with others. Also, they will better improve their relationship with Jenny because they are working with her to do good in the neighbourhood. Quinn can also enhance his social wellbeing through the personal strategy because he can get advice from Jenny about gardening and what times to plant certain vegetables.

Physical wellbeing is enhanced because Quinn and Mia can rebuild their gardens which will help them to meet their nutritional needs/requirements, while saving money, time, and resources in the long term. They can also enhance their physical wellbeing through the open pantry because they will go outside more often and they will be able to increase their intake of fruits and vegetables that they struggle to buy at the supermarket.

Explain how a combination of strategies could work together to enhance hauora. Use examples to support your answer

The three strategies previously discussed can work together to enhance Hauora because each of them strongly enhance 1-2 walls and together they enhance hauora as a whole. E.g the personal strategy enhances the physical wellbeing because it allows Quinn to go outside and grow his garden which will help his nutritional needs. This strategy also helps his mental wellbeing because it teaches him how to plan because he will need to research and plan his garden.

The last two dimensions of Hauora can be enhanced through the interpersonal and societal strategies because they will be able to bond with their peers and community through an open pantry, or through rebuilding their gardens with Jenny, to enhance their social wellbeing. They can enhance their spiritual wellbeing through the societal strategy of starting an open pantry because it feeds both the body and the soul through sharing food with one another.

These strategies can be combined by using the open pantry as a tool to learn how to rebuild a garden. The open pantry could include people teaching others on different things and Jenny can use her knowledge of gardening to guide the community. This way, Hauora is enhanced as a whole.

Discuss how your strategies work together to show manaakitanga. Use examples to support your answer

The strategies demonstrate manaakitanga because they show respect and care and cooperation between people in the community. This is seen in the open pantry where Quinn, Mia, and Jenny can cooperate with the people in their neighbourhood, to establish a relationship bonded together by food. They can also cooperate between themselves to strengthen their knowledge of food. This process is similar to the process of 'breaking bread' which means to share a meal with one another. Breaking bread, or sharing a meal is a great way to build and enhance relationships through the process of sharing a meal with one another. It can be seen as showing manaakitanga because it helps bring people together by showing respect and care for each other. This is similar to the concept of the open pantry because it helps to expand relationships between people which are connected by sharing food/meals with each other. This links to the wider concept of manaakitanga because the process of showing respect, care and cooperation between people and places are shown through the idea of using an open pantry to give to the community.

Merit

Subject: Health Studies

Standard: 92011

Total score: 05

Q	Grade score	Marker commentary
One	M5	Food and Nutrition This report has three good strategies. There is lots of detail about the steps needed for one strategy. Wellbeing was explained in a lot of detail in several questions, showing a good understanding. There was an attempt at explaining how strategies work together.