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92010



920100

Draw a cross through the box (X) if you have NOT written in this booklet

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Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Level 1 Health Studies 2024

### 92010 Demonstrate understanding of factors that influence hauora

Credits: Five

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate understanding of factors that influence hauora.	Explain understanding of factors that influence hauora.	Evaluate understanding of factors that influence hauora.

**You should attempt ALL parts of the task.**

Pull out Resource Booklet 92010R 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 includes pages 2–11 in the correct order and that none of these pages is blank.

Do not write in the margins (/////). 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 05

## Page 1

Make sure you have the paper Resource Booklet 92010R.

### INSTRUCTIONS

When responding to the parts of the task in this assessment, consider the dimensions of hauora (well-being).

You may use the planning section below.

This assessment consists of parts (a), (b), (c), (d), and (e).

### PLANNING

Personal factors	Interpersonal factors	Societal factors
Anjali works five days a week at the hospital in the city, and spends an hour each way in traffic driving to and from work.	Anjali is away from home a lot so she relies on zach,skye and jai to do the shopping and cooking for the household	Anjali and her husband Zach moved to New Zealand in the hope of making the most of better job opportunities and better educational opportunities- Life style related
Zach works at the local school and his hours allow him a better work/ life/ family balance - lifestyle related	Zach worries about his relationship with anjali as she is so busy with work that he never seems to spend quality time with her	The family goes to the markets where there is a variety of tasty cultural foods.
Skye will eat anything, as she is always hungry, but prefers pizza and chips because they are convenient and fill her up quickly	Skye will grab takeaways with her friends after sports practise so that they can relax and socialise	
Jai likes to cook pasta dishes they are easy to make and dont take long to cook	Jai is working hard tp get the best grades possible as he would like to follow in his mothers footsteps and work in the health sector	

Read the scenario in resource booklet 92010R, THEN answer the following questions:

(a) (i) What factors might positively influence Anjali's hauora?

B I U

Anjali is away from home a lot commuting and working so she has to rely on Zach Skye and Jai to do the shopping and cooking for the household. Thankfully they do it all and Anjali doesn't have to worry about it. This interpersonal factor of the family stepping up and helping Anjali with the shopping and cooking has a positive influence on Anjalis mental and emotional aspect of hauora because during her busy week at work she doesn't have to stress when she gets home about cooking dinner.

(ii) What factors might negatively influence Anjali's hauora?

B I U

Anjali works five days a week at the hospital in the city, and spends an hour in traffic driving to and from work she finds this frustrating because this time could be spent with her family. This personal factor has a negative influence on Anjalis Social aspect of hauora because she doesn't get to spend as much time with her children or husband as she would like to.

- (iii) Considering the factors you identified in (a)(i) and (a)(ii), how do a range of different factors interrelate to influence Anjali's overall hauora?

B I U     

Anjali works five days a week at the hospital in the city, which means she is away from home a lot commuting and working and doesn't have time to do the shopping or cooking as well as spend quality time with her family. Anjali relies on her family to do the shopping and cooking for them but doesn't get to spend any quality time with them. This personal factor of Anjali working all the time and the interpersonal factor of Anjali having to rely on the family to do the shopping and cooking interrelate to have a negative influence on Anjali's overall Hauora. Due to the amount of time Anjali spends working this affects her social well being because she doesn't get to see her family which also puts pressure onto her and Zach's relationship as he never seems to see her.

- (b) (i) What factors might positively influence Zach's hauora?

B I U     

Zach works at the local school which both Skye and Jai attend which is walking distance from their home allows Zach a better work / life / family balance. This personal factor positively influences Zach's social well being aspect of hauora because he is a home more with Skye and Jai and gets to spend quality time with them such as sitting down with them and organising the family's meals once a week.

- (ii) What factors might negatively influence Zach's hauora?

B I U     

Zach worries about his relationship with Anjali as she is so busy with work that he never seems to spend quality time with her this negatively influences Zach's social aspect of hauora because he misses his wife and doesn't get to see her because of the long hours she works during the week.

- (iii) Considering the factors you identified in (b)(i) and (b)(ii), how do a range of different factors interrelate to influence Zach's overall hauora?

B I U     

The personal factor of Zach working at the local school which both Skye and Jai attend which is walking distance from their home allows Zach a better work / life / family balance. Because Zach has a balanced work family life he gets to spend more time with the kids this interrelates with the interpersonal factor of how Zach worries about Anjali and how she is always busy with work which takes a toll on their relationship. Zach never gets to spend quality time with Anjali. These two factors both have a positive and negative effect on Zach's overall Hauora. Because of his balanced work family life it positively affects his social well being as he spends more time with his kids. But also has a negative impact on his social well being with his wife Anjali as he never gets to see her and they don't spend enough quality time together.

(c) (i) For both Skye and Jai, what factors influence their hauora?

B I U

Skye and Jai when it comes to cooking meals both opt towards the unhealthy choices. Skye is very keen on sports and plays basketball twice a week, she will eat anything but prefers pizza and chips because they are convenient and fill her up quickly. Jai is working hard to get the best grades possible, as he would like to follow in his mothers footsteps and work in the health sector. Jai likes to cook pasta dishes because they are easy to make and don't take long to cook but he doesn't want vegetable in the dishes he makes because he thinks they are tasteless and boring. Skyes interpersonal factor of choosing an easy meal because she cant be bothered cooking a nutritious meal as she is tired from basketball can influence her physical aspect of hauora as she is not getting the correct daily intake of nutrients she needs. And Jais personal factor on choosing pasta and not putting any vegetable in due to his taste preferences this can influence his physical aspect of hauora because he is not eating enough vegetables as he needs.

(ii) How are Skye and Jai affected by a combination of these factors?

B I U

Skye plays basketball twice a week and cant be bothered to cook a nutritious meal that will fill her up so she opts towards the quick and convenient food options this can influence skyes physical well being as she is not getting enough of the nutrients she needs to succeed in her basketball. Due to the lack of nutrients Skye may feel more tired during her basketball games and not play as well.

Jai is always working hard to get the best grades possible to achieve his goal of working in the health sector like his mum. Jai likes pasta because they are easy to cook and don't take long, But Jai never puts any vegetables because he thinks they are tasteless and boring. Due to Jais taste preferences on vegetables this causes Zach (Jais dad) to stress as he knows Jai is not getting nearly enough fresh produce and vegetables that he needs. This affects Jais mental and emotional well being because jai and his father often get into arguments because of Jais eating habits.

(d) Which factors affect the family's hauora the most? Explain **how** and **why**.

B I U

Due to the family all being busy with lots of different commitments like, Anjali working long shifts five days a week and Skye doing basketball twice a week, then Jai being committed to working hard to get the best grades and Zach having to take charge of organising family meals all has a big impact on the family's hauora because it all has a flow on effect between the family. Due to Anjali working long hours puts pressure on Zach to organise meals and shopping as well as never getting to spend time with each other which impacts there social well being aspect of hauora, And because Jai works endless hours on trying to get the best grades makes Anjali worried because she feels he should socialise more this affects Anjalis mental and emotional well being because she is worried and anxious on jais well being . Skye playing basketball twice a week and having to cook her own meals which she opts towards unhealthy options influences her physical dimension of hauora as she is not getting the right nutrients she needs and may lack sleep.

(e) How might the family be affected by your identified factors in the long term?

B I U

In the long term the Zach and Anjali may not have a good relationship between each other due to the lack of time spent together and the unhealthy work family life balance that Anjali has. Skye and Jai in the long term may become unhealthy and have unhealthy eating habits and always opting towards easy fast meals.

## Merit

**Subject:** Health Studies

**Standard:** 92010

**Total score:** 05

Grade score	Marker commentary
M5	<p>This response has clearly identified relevant factors from the scenario that influence the hauora of different family members. Some connections have been explained between these factors, showing how they could work together to impact hauora. An evaluation of which of the factors mentioned had the most significant influence on the family, providing clear reasoning and justification for their choice, would elevate this response to excellence.</p> <p>A more thorough evaluation of the long-term implications of these factors on hauora would have strengthened the response, allowing the candidate to demonstrate a deeper understanding of how these factors could affect the family's hauora over time.</p>