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92010



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Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Level 1 Health Studies 2025

### 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 factors that influence hauora.	Evaluate factors that influence hauora.

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 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 has pages 2–8 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.**

**Achievement**

**TOTAL 04**

(a) Describe personal, interpersonal, and societal factors that negatively influence Sara's hauora in the scenario.

Personal factors:

B I U

A personal factor that has negatively influenced Sara's hauora is the fact that all her older siblings attended the camp when they were her age, so Sara feels like she is required to attend camp. Another personal factor that has negatively influenced Sara is her anxiety regarding the school camp, she is worried about what kind of food options she will have at camp and is worried about other people judging the food she had packed for herself. Sara was also negatively affected by forgetting her Epipen at home, which she would need to use later on in the scenario.

Interpersonal factors:

B I U

An interpersonal factor that has negatively influenced Sara's hauora is being judged and peer pressured by a group of girls as they make fun of her home-made food and pressure her into trying cheap snacks they bought at the shops. Another interpersonal factor that has negatively influenced Sara's hauora is her thinking that if she tried the food that the girls offered would make her feel included and help her fit in. Another interpersonal factor that affected Sara's hauora was that her friend Mae didn't show up to the camp, leaving Sara alone.

Societal factors:

B I U

A societal factor that has negatively impacted Sara's hauora was that on the bus there was a 'STRICTLY NO FOOD' sign on the bus, but the students on the bus chose to ignore that sign and started eating the food that were in their bags, ignoring the sign led to Sara getting peer pressured into trying food she was allergic to. Another societal factor that negatively impacted Sara's hauora was the teachers not being strict with the rules on the bus considering the food fully knowing that there were kids (or just Sara) that had dietary requirements and could not be exposed to certain foods.

(b) How could Sara's hauora be influenced by any variety of factors working together?

In your response, consider:

- Sara's hauora in the short term
- Sara's hauora in the long term.

B I U



The short term influences that negatively affected Sara's hauora was that Mae didn't show up and Sara's anxiety regarding the school camp. These are short term influences because they only happened in the moment relating the scenario topic, once the camp week is finished (or when Sara gets sent to the hospital) she will be back home and will no longer have to stress about being alone at camp or worry about the food that will be served there.

The long term influences that negatively affected Sara's hauora were being peer pressured by the group of girls on the bus and feeling like she had no choice but to go on the camp because all her older siblings had gone on it and her parents insisting that they would pay for it. These are long term influences because Sara feels like she has to do things only because other people are doing it, and when she feels this way she tends to put aside her own comfort and safety which ultimately led her to giving into the peer pressure and eating foods she knows have a negative affect on her health despite knowing that she didn't have her Epipen on her, which means Sara is unable to say no to people and be assertive in situations she needs to be.

- (c) Several factors in the scenario have influenced Sara and her family's decision for her to attend school camp. These factors resulted in some unintended consequences.

Explain how these unintended consequences have impacted the well-being of Sara and her family.



*Unintended consequences include outcomes that were unexpected or unpredicted by Sara and her family.*

B I U   ↶ ↷ ?

The unintended consequences was Sara being unprepared for her trip and forgetting to bring her Epipen with her on the camp, which she would later have to use because she ate food that triggered an allergic reaction, this impacted Sara's hauora, more specifically her taha tinana due to the fact that her body started having a physical reaction to the food, as well as considering that the teachers were too busy trying to get the rest of her year group on the bus to pay attention to Sara when she was trying to tell them that she forgot her Epipen. Her family's hauora would also be affected because Sara would have to be taken to the hospital, therefore leaving them worried about her well-being.

- (d) Some factors in the scenario may have raised concerns among Sara, her peers, her family, and the school community, about the future of school trips.

Evaluate two significant factors that impact hauora in ways that could influence students' willingness to participate in future school trips.

B I U   ↶ ↷ ?

One significant factor that impacted the hauora on Sara, her family, peers and community was the fact that the teachers were not as reliable and responsible on the trip as they should have been, as they were not strict enough when enforcing rules such as not being allowed to eat on the bus when there were clear signs on the bus that said food was strictly not allowed to be eaten, not only that the teachers should've been well aware that they had students on the trip that had dietary requirements which meant they must have known who these students were and that they couldn't be exposed to certain foods.

A second significant factor that impacted the hauora of the following people would be the fact that a lot of people were uneducated when it came to food allergies, and how life threatening they can be especially if there is no immediate aid available.

## Achievement

**Subject:** Health Studies

**Standard:** 92010

**Total score:** 04

Q	Grade score	Marker commentary
One	A4	<p>The response has identified and described a variety of factors that influence hauora and, further to this, has described how the factors influence hauora, using examples from the scenario.</p> <p>Elevating this response to Merit requires an explanation of how factors interrelate with one another to influence Hauora.</p> <p>a) The response has described an appropriate factor for each and mentioned how this negatively influences Sara's hauora.</p> <p>b) Two factors from the scenario have been identified with a description of how they impact Sara's hauora in the short term and long term. To reach Merit, the response would need to interrelate the factors.</p> <p>c) The response has attempted to explain the identified factors and link to the unintended consequence. For Merit, the response would need to expand on the wellbeing of Sara and the family.</p> <p>d) The response has identified and described the first factor that could influence students' willingness to attend future trips. The second one is insinuated. The response does not connect factors to how they influence students' hauora.</p>