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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.**

Excellence

TOTAL 07

Make sure you have the paper **Resource Booklet 92010R**.

**INSTRUCTIONS**

In this assessment, you are required to analyse a scenario about Sara, a Year 11 student who is anxious about her food allergy while on school camp.

Read **Resource Booklet 92010R** before answering the question. Refer to the resources, as well as your own knowledge about factors that influence hauora to respond to ALL parts of the question.

Planning space is provided below.

**PLANNING**

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

Personal factors:

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Personal factors that negatively influence Sara's hauora are that she has a serious food allergy, she suffers from anxiety, and she feels peer-pressured to try packaged processed foods. This is because Sara's food allergy affects her physical well-being as she has to carefully watch what she eats and uses for nutrition to put into her body to make sure it won't give her an allergic reaction, Sara suffering from anxiety would affect her mental and emotional well-being and her social well-being as she will get anxious, embarrassed or overwhelmed in many social situations like making new friends or explaining to people why she eats the food she eats due to her allergies, and her feeling pressured to try processed foods would affect her physical well-being as being pressured into eating these foods gives her rashes and makes her heart race.

Interpersonal factors:

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Interpersonal factors that negatively influence Sara's hauora are that Mae isn't on the bus to calm her down, she gets pressured into eating packaged foods, and she tries to talk to a teacher when hopping on the bus, but they are too busy trying to sort out other children and getting away on time. This is because when Mae isn't on the bus, it negatively affects her mental and emotional well-being, as she feels more and more anxious and overwhelmed by the whole bus situation, and feels like she doesn't fit in with what she has brought to eat on her trip, and Mae isn't there to comfort or calm her. Sara getting pressured to eat packaged food items would affect her spiritual well-being, as when she is being pressured by other girls on the bus to try their food, she values fitting in, so she gives in to the pressure and eats some of their food. The teacher being too busy to talk to Sara because of sorting out other students and getting away on time would negatively affect her mental and emotional well-being as not talking to the teacher makes her feel more alone and anxious as she doesn't have an adult to comfort her and let her know they are aware of her allergies, so she doesn't have to stress about it.

Societal factors:

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Societal factors that negatively influence Sara's hauora are that the camp is a school tradition, and that the shops for buying food and drink are close to the school, and food advertising lines the streets. This is because the camp, being a school tradition, affects her social well-being as she feels pressured by her parents and siblings to attend, as it is fun and is an annual tradition that all her siblings have attended in the past. The shops for buying food and drink being close to school, with advertising lining the streets, negatively affects her mental and emotional well-being as she sees all the other students in her class going and getting food to bring on the trips and sees advertising for delicious food and makes her feel left out as she can't eat it due to her allergies.

(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.

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The societal factor of shops being close by to school to buy food and drink, and advertising being all around the streets near school interrelates with the interpersonal factor of girls on the bus pressuring Sara into trying their food they brought. This is because shops close by to school have purposely been placed right near a school, so students come in and buy food and drink. This allows students to easily buy processed, unhealthy foods like pies, energy drinks, and lollies, and allows them to take these kinds of foods to school easily. Girls in Sara's class have gone and bought these types of foods before getting on the bus to take on the trip because these foods are cheap, yummy, and easily available. This then allows the girls to pressure Sara into trying some of the food, as the food she is eating, to them, looks like 'rabbit food'.

The interpersonal factor of Sara being pressured into eating processed foods interrelates with the personal factor of Sara having quite bad anxiety. This is because when Sara is being pressured by her classmates to try some of their 'yummiest' processed food, she values fitting in and is an anxious person, so she doesn't want to say no in case they start teasing her about her food. Her being pressured makes her anxiety spike as she knows her eating the food will cause her to have an allergic reaction, but she wants to fit in with the other girls in her class and doesn't want to look like a loser.

These 3 factors working together affects Sarah's overall hauora negatively. This is because the shops being close by to school and cheap and yummy food being easily available to them, with Sara being pressured by classmates to try their 'yummiest' food, and Sara suffering from bad anxiety would affect her psychical well-being as when she is oppressed to try her classmates foods she suffers from a severe allergic reaction and does not have her epipen on her, her spiritual well-being would be affected negatively as she hurts her body and cause harm to herself just because she values fitting in so much and wants people to like her, her mental and emotional well-being would be negatively affected as she feels overwhelmed, anxious, and embarrassed when having her allergic reaction to the food she ate, and her social well-being would negatively be affected as people at school may now see her as weird because she can't eat anything that hasn't been prepared or grown at her house.




In the short term, Sara's hauora would be affected. Her social well-being would be affected as people in her class thinks she is weird for eating food that looks like rabbit food, her mental and emotional well-being would be affected negatively as she feels anxious all the time of what people think about her, her physical well-being would be negatively affected as her trying to fit in cause her body harm as she gets severe allergic reactions which are consequences of her actions, and her spiritual well-being would be negatively affected as her trying foods that are processed disregards her personal identity of having severe allergic reactions as that is what make her, her.

In the long term, Sara's hauora may be affected. This is because by her trying to fit in and try these foods could affect her physical well-being as her body may not be able to handle the food she is putting into to it and slowly over time start to shut down, her social well-being may be affected as people have slowly drifted away from her because they have realised she is only eating other foods to fit in, and is not being her. Her spiritual well-being may be affected as she may lose her personal identity or self-worth, as all her life she has been someone she is not, and pretended that eating other processed foods that others have doesn't affect her.

(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.*

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Unintended consequences like Sara forgetting her EpiPen at home, Mae not being at school to comfort Sara, and Sara being teased about the food she brought on the trip, saying it looks like 'rabbit food', affects the well-being of Sara and her family. This is because Sara forgetting her EpiPen affects her physical well-being as when she had an allergic reaction on the bus, teachers weren't able to inject her with epinephrine to treat the allergic reaction, it may also affect her families mental and emotional well-being as they may worry about Sara's health and may feel like it's their fault for making Sara go on the camp which made her have a severe allergic reaction. Mae not being at school affects Sara's social well-being as she had no one on the bus to comfort her when she was feeling anxious or just needed someone to reassure her that everything was going to be ok. Lastly, people in Sara's class teasing Sara about the food she brought on the trip would affect her mental and emotional well-being, as she feels like she doesn't fit in with her class and feels like she isn't good enough because of the food she eats. This may also affect her family's mental and emotional well-being as they may feel to blame for giving Sara food that looks like 'rabbit food' and her getting bullied for it.

- (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.

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Two significant factors that impact hauora in ways that could influence students' willingness to participate in future school trips would be the no technology rule and food not being checked or restricted to help minimise contamination or bullying of other students' food if they have allergies. This is because the 'no technology rule' may influence students in the future not to participate, as they may worry or get anxious about not being able to contact their parents or a guardian if something at camp goes wrong or if they get homesick and want to talk to someone back home. For example, in the scenario, Sara couldn't contact her friend Mae when she felt really anxious when she got to school or couldn't contact her parents when she started to have an allergic reaction. Students who suffer from food allergies or suffer from anxiety may be unwilling to participate in school activities, as ways they have found to cope with their problems have been taken away, like being able to call or text someone. A way that this could be solved to make it so people can contact their parents or guardians is that all students hand their phones into the teachers before going on the trip, and if they need to call someone while on the trip, they can get their phone from the teacher and use it. This just ensures that all students feel like they have a way of contacting someone if there is a need to when they are away.

Another factor that could make students in the future unwilling to participate in school trips or activities is food that students bring on trips being carefully monitored to restrict the risk of contamination or bullying due to some students having to bring food that doesn't look appealing, as it's the only food that they can eat that doesn't give them allergic reactions, etc. This is because food is not being monitored carefully when on trips, which causes students to compare each other's foods and risk contaminating food with students who have allergies to certain foods. For example, in the scenario, on the bus, Sara pulls out the food that she bought from home that specifically suits her needs, and she is bullied and told that her food looks like 'rabbit food'. Students who have allergies to foods and have to bring certain food to trips away may be unwilling to go on trips or participate in school activities because they may be anxious about getting bullied or risking contamination of other students' foods and their own. A way that this could be prevented is that the school provides everyone with the same food on the trips to ensure that there is no comparing among the students, and students with certain needs can bring food to suit them to ensure that they don't get allergic reactions.

## Excellence

**Subject:** Health Studies

**Standard:** 92010

**Total score:** 07

Q	Grade score	Marker commentary
One	E7	<p>The response has drawn conclusions on how factors from the scenario work together to influence Sara's hauora, both in the short term and long term. While the response has explained factors that lead to unintended consequences, further evaluation was needed for E8. The response clearly evaluates how factors impact students hauora and future participation.</p> <p>a) The response identifies and clearly describes the factors that influence Sara's hauora negatively.</p> <p>b) The response interrelates factors with insight, clearly linking this to how hauora is influenced.</p> <p>c) The unintended consequence is identified, and two factors are explained and linked to well-being. For a higher grade, more detail is needed here to evaluate the factors in relation to well-being.</p> <p>d) Two factors that are significant in the scenario are evaluated in relation to the impact on hauora and how this links to future participation. Suggestions are given for future trips.</p>