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## Level 1 Health 2021

### 90972 Demonstrate understanding of influences on adolescent eating patterns to make health-enhancing recommendations

Credits: Four

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate understanding of influences on adolescent eating patterns to make health-enhancing recommendations.	Demonstrate in-depth understanding of influences on adolescent eating patterns to make health-enhancing recommendations.	Demonstrate comprehensive understanding of influences on adolescent eating patterns to make health-enhancing recommendations.

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 the parts of the question in this booklet.**

If you need more room for any answer, use the extra space provided at the back of this booklet.

Pull out Resource Booklet 90972R from the centre 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 any cross-hatched area (XXXX). This area may be cut off when the booklet is marked.

**YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.**

**INSTRUCTIONS**

Refer to the resource booklet, and the scenario below, as well as your own knowledge about **energy drinks**, to answer all parts of the question.

**Scenario**

Ella is 15 years old. She is a competitive swimmer and trains every morning. She is also playing the lead role in the school production. Fitting swimming, production rehearsals, as well as schoolwork into her weekly schedule means Ella is very busy.

Because of her early swimming sessions, Ella skips breakfast and does not have enough time to prepare lunch before she leaves. Instead, Ella and her swimming friends buy a can of energy drink for breakfast from the local dairy on their way from the pool to school.

Ella often has production practices at lunchtime and she finds that buying a second energy drink is a convenient way to re-energise. Sometimes she is so busy she skips lunch entirely.

Ella has been feeling extra tired and lacking in energy in the afternoons and she struggles to stay focused at school. She has also started to notice her hands shaking. Ella's mum is worried about her daily use of energy drinks, as she knows they contain a lot of sugar and caffeine.

**PLANNING**

**QUESTION**

- (a) Explain how Ella's daily consumption of energy drinks is due to personal, interpersonal, and societal influences.

Personal influence: \_\_\_\_\_

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Interpersonal influence: \_\_\_\_\_

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Societal influence: \_\_\_\_\_

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- In your answer, discuss how the dimensions of well-being are connected.





(e) Recommend a health-enhancing action that the student well-being committee could take within their school, and/or wider community, to increase student awareness about the negative health effects of energy drinks.

- how this action will enhance the overall well-being of students at the school
- how this action would address/enhance the societal influence identified in part (a).

Extra space if required.  
Write the question number(s) if applicable.

QUESTION  
NUMBER

90972