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SUPERVISOR'S USE ONLY

## Level 1 Health, 2019

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

2.00 p.m. Friday 29 November 2019  
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 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.

Check that this booklet has pages 2–12 in the correct order and that none of these pages is blank.

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

TOTAL

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(a) (i) Identify at least one **personal** and one **interpersonal** factor that can influence teenage eating patterns, and explain how teenagers' lives can be affected by these factors.

(ii) Explain how the Health Star Rating system can influence teenage eating patterns both **positively** and **negatively**.



**Figure 3:** Chocolate Bombs breakfast cereal



**Figure 4:** Side effects of eating too much sugar

- In your answer, consider the connections between the dimensions of well-being.

- In your answer, consider:

- how their **physical**, **mental** and **emotional** well-being might be enhanced by this action
- how this action addresses a **personal** influence that you identified in (a) (i).

- In your answer, consider:

- how their **social** well-being might be enhanced by this action
- how this action addresses an **interpersonal** influence that you identified in (a) (i).

(e) Recommend a health-enhancing action that secondary schools could introduce to improve the eating patterns of teenagers in New Zealand.

- consider how the **overall well-being** of secondary school students could be impacted
- consider how this action would enhance one of the positive influences OR address one of the negative influences that you identified in (a) (ii).





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

ASSESSOR'S  
USE ONLY

QUESTION  
NUMBER

**Extra space if required.**  
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ASSESSOR'S  
USE ONLY

QUESTION  
NUMBER

**Acknowledgements**

Material from the following sources has been adapted for use in this examination:

**Page 3**

Figure 1: <https://www.nestle.com.au/nhw/foodlabelling/health-star-ratings/>

Figure 2: [https://www.nutritionandactivity.govt.nz/sites/default/files/HPA0013\\_FB\\_504x504\\_3%20JPEG.JPG](https://www.nutritionandactivity.govt.nz/sites/default/files/HPA0013_FB_504x504_3%20JPEG.JPG)

**Page 4**

Figure 3: [https://image.freepik.com/free-vector/organic-chocolate-cereals-milk-splash-realistic-mockup\\_1268-9746.jpg](https://image.freepik.com/free-vector/organic-chocolate-cereals-milk-splash-realistic-mockup_1268-9746.jpg)

Figure 4: <https://www.mannafood.org/sugar-shockers/>