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Level 1 Health 2020

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

9.30 a.m. Tuesday 8 December 2020
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 questions 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 2–10 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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INSTRUCTIONS

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

A vegan is a strict vegetarian who consumes no food that comes from animals (such as meat, eggs, or dairy products).

The following is a review of a documentary on veganism.

***The Game Changers* documentary**

The Game Changers documentary follows several elite vegan athletes, including world record-holding strongman Patrik Baboumian and eight-time US National cycling Champion Dotsie Bausch.

They should provide adequate protein and healthy fats while restricting processed foods and added sugars.

Source: <http://www.healthline.com/nutrition/game-changers-review#recap>

Scenario (part one)

Year 11 twins Paul and Ana have recently watched the Netflix documentary *The Game Changers*. This documentary advocates for a plant-based lifestyle. It highlights the health and performance benefits of being a vegan over a traditional diet. Paul and Ana's dad has watched the documentary as well. As a scientist, he thinks there is a lot of misleading information in it.

Both of the twins play high-level sport for their high school and want to do well in their individual codes. Paul plays premier basketball and Ana plays in the school's top netball team. Since watching the documentary they have both adopted a vegan diet, choosing fruits, vegetables and legumes over meat and dairy. Ana is passionate about animals and was already a vegetarian, so she hasn't found the switch too difficult.

(a) (i) Explain a **positive** and **negative** influence of documentaries such as *The Game Changers* on teenage eating patterns.

Pros

- ## Cons

The twins, Paul and Ana, live with their mum and dad on a sheep farm. In the past they have eaten a lot of home-kill meat from their farm. Dad loves eating meat and won't go a single meal without it. Mum feels frustrated cooking two separate meals to please her family. She has not only found it time consuming but also expensive having to buy special ingredients such as vegan cheese and vegan ice-cream. She is also worried about Ana's iron levels and calcium levels. Ana is sleeping a lot more than she used to. Paul, on the other hand, is feeling very energised from the diet. He is eating healthier than before as he is more mindful of what he is putting into his body. However, he has found it challenging meeting up with friends to go out for lunch, as there are limited options on menus.

- In your answer consider:

- how their **physical** and **spiritual** well-being will be enhanced by this action
- how this action would address/enhance the personal influence identified in part (a) (ii).

- In your answer consider:

- how the **social, mental** and **emotional** well-being of Paul and Ana's parents or friends will be enhanced by this action
- how this action would address/enhance the interpersonal influence identified in part (a) (ii).

The class has come up with three possible actions:

Create a promotional video about the benefits of healthy eating. It would include practical tips to be healthy and a range of recipes to meet all dietary needs. The video will be shown in school assembly.

Create posters about the benefits of healthy eating. The posters would include practical tips to be healthy. The posters would be placed near where students eat, and food areas such as the tuck-shop.

In small groups, Paul and Ana's health class will take turns going in to Year 9 and 10 health classes to run two lessons about the benefits of healthy eating. They would demonstrate a range of recipes to meet all dietary needs and provide practical tips on what food students could put in their lunch boxes.

- Selected action: _____

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

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