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Level 1 Health, 2018

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

2.00 p.m. Monday 26 November 2018
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 2–10 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

ASSESSOR'S USE ONLY

INSTRUCTIONS

Refer to the scenario and the resource below, as well as your own knowledge, to demonstrate your understanding when answering (a), (b), and (c).

Austin's Scenario

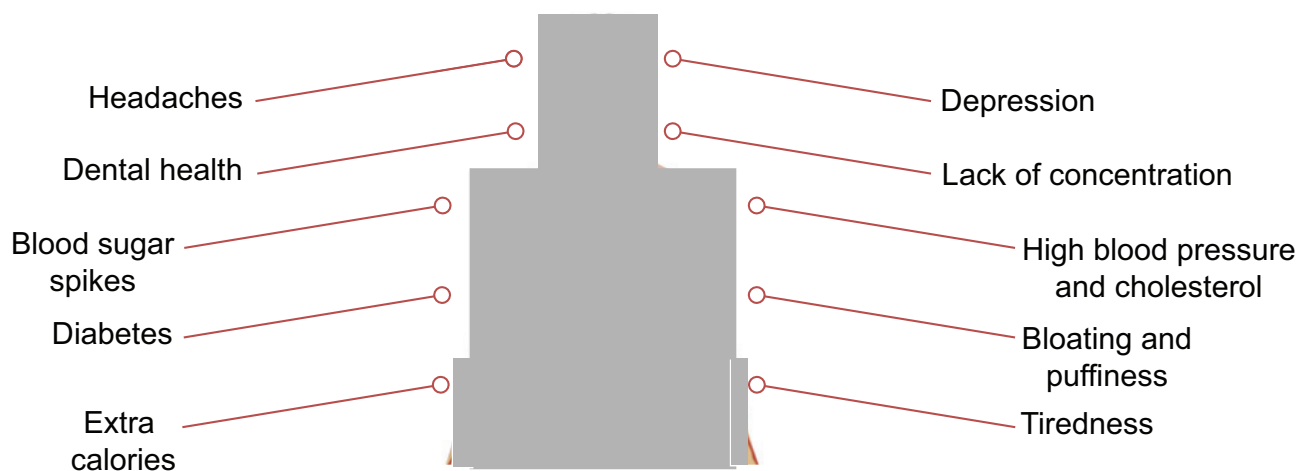
Austin attends Northridge High School and is in Year 13. He enjoys school and performs well academically. His favourite subjects are English and History, and his goal is to gain an Excellence endorsement at Level 3.

Austin comes from a busy family that have some very unhealthy eating habits. These include snacking on junk food and not eating together as a family. Austin and his brother Dwayne often have to make their own dinner in the evenings when their parents work late, and this usually ends up being either 2 minute noodles or toasted sandwiches, as they don't really know how to cook anything else.

Austin usually makes his own lunch, which consists of whatever food he can find in the pantry that morning—often a can of cola and a large packet of chips. He prefers sugary drinks over tap water, as he finds they give him energy. Cans of cola and chips are always on sale at the local supermarket, which is five minutes away from the school, and many of Northridge High School's students buy their lunch from here in the mornings.

Recently, Austin has noticed that he is feeling really tired after lunch and struggles to concentrate in class. As a result, he has been falling asleep in class and is getting into trouble with his teachers. Austin really wants to do well in his end-of-year exams, but is really struggling to concentrate in his afternoon lessons. He cannot understand why he is so tired all of a sudden and wonders if his diet is to blame. If only there were subjects that taught about nutrition at his school.

Resource A: Some of the effects of junk food



Source (adapted): <http://geoface.info/ef8714/the-body-anatomy>, <https://www.healthline.com/health/fast-food-effects-on-body#1>, and <https://royalsociety.org.nz/what-we-do/our-expert-advice/all-expert-advice-papers/sugar-and-health/sugar-and-health-effects/>.

(a) Personal influences

- In your answer, consider the connections between the impacts.

- In your answer, consider:

- In your answer, consider:

(i) Explain a societal influence on the diets of students at Northridge High School.

- In your answer, consider:

Health 90972, 2018

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

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