

# 1

90972



909720



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

SUPERVISOR'S USE ONLY

## Level 1 Health, 2013

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

2.00 pm Thursday 28 November 2013

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 2–7 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

**ASSESSOR'S  
USE ONLY****ASSESSOR'S  
USE ONLY****ASSESSOR'S  
USE ONLY****ASSESSOR'S  
USE ONLY****ASSESSOR'S  
USE ONLY****ASSESSOR'S  
USE ONLY****ASSESSOR'S  
USE ONLY****ASSESSOR'S  
USE ONLY**

- ASSESSOR'S  
USE ONLY**

**ASSESSOR'S  
USE ONLY**

Kellie's volleyball team trains three mornings a week, before school. After receiving advice from the sports nutritionist, the players realise how important it is to have a good breakfast. They decide to set an overall team goal of introducing a school breakfast for all team members on the three mornings they have training.

- (b) The team identifies **three** actions that are relevant to achieving their overall team goal:
- (1) organising sponsorship with local businesses to help pay for the breakfast food
  - (2) arranging for people to prepare and serve the breakfast
  - (3) writing a letter to other school sports teams telling them about the nutritionist's advice, and inviting them to the breakfast.

Select ONE of the three actions listed above to use when completing the following table.

Action number: \_\_\_\_\_

|       |   |  |
|-------|---|--|
| (i)   | Describe a possible difficulty in achieving this action.                                |  |
| (ii)  | Describe a way around the possible difficulty you have identified in (i).               |  |
| (iii) | Explain how the action selected above will contribute to meeting the overall team goal. |  |

- (c) Explain how improving the team's eating patterns is likely to improve their well-being and ability to compete at a national level.

---

---

---

---

---

---

---

---

---

---

Kellie is finding it difficult to maintain a balanced diet at home. Her family does not put time into preparing nutritious meals, and the family rarely has a sit-down meal together. Her parents do not have the 'means' (knowledge, time, money) to provide balanced meals, and they do not spend time preparing nutritious meals.

Kellie talks to her mother about the advice the team has received from the sports nutritionist. She asks her mother how their family might reconsider what they buy for their meals and snacks. Kellie mentions to her mother the influence of the family's poor food choices on her younger brother and sister's energy levels. She also shows her mother some recipes that the nutritionist has provided.

- (d) Explain how together, Kellie and her mother could work out actions to provide a range of balanced meal and snack choices for the family.

How would this enhance the well-being of the family?

---

---

---

---

---

---

---

---

---

---

- (e) Recommend a personal strategy Kellie could implement so that she continues to meet her nutritional needs once the volleyball nationals are over.

How would this enhance Kellie's overall well-being?

---

---

---

---

---

---

---

---

---

---

- (f) Recommend a national strategy that could be implemented to help young people meet their nutritional needs, and improve their overall well-being when involved in intensive sports training.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

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

ASSESSOR'S  
USE ONLY

QUESTION  
NUMBER

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

ASSESSOR'S  
USE ONLY

QUESTION  
NUMBER

