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NEW ZEALAND QUALIFICATIONS AUTHORITY
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QUALIFY FOR THE FUTURE WORLD
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SUPERVISOR'S USE ONLY

Level 1 Health, 2017

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

9.30 a.m. Wednesday 29 November 2017
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 2–8 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 definition and graphic below, as well as your own knowledge, to demonstrate your understanding when answering (a) to (f).

Definition of a Fad Diet


A fad diet is one that promises quick weight loss through what is usually an unhealthy and unbalanced diet.



Healthy Food Guide does not recommend doing this.

Source (adapted): <http://www.upmc.com/patients-visitors/education/nutrition/pages/fad-diets.aspx> and <http://www.healthyfood.co.nz/articles/2009/february/ask-the-experts-lemon-detox-diet>.

Impacts of a Juice Cleanse Diet

PROS & CONS OF A

JUICE  CLEANSE

 PROS	 CONS

Dr. Axe
FOOD IS MEDICINE

Source (adapted): <https://draxe.com/juice-cleanse/>.

QUESTIONASSESSOR'S
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Teenage eating patterns and food choices are influenced by a number of factors operating at different levels.

- (a) Explain ONE personal, ONE interpersonal, and ONE societal influence that could encourage a teenager to go on a juice cleanse diet.

- (i) Personal influence:

- (ii) Interpersonal influence:

- (iii) Societal influence:

(d) (i) Recommend a personal action that a teenager could take to ensure that they make healthier food choices.

Health 90972, 2017

- (f) (i) Recommend a societal action that New Zealand secondary schools could take to ensure that students are made well aware of the dangers of going on unsafe diets.

- (ii) How could this health-enhancing action improve the **overall well-being** of New Zealand secondary school students?

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

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QUESTION
PART

90972