

90972



909720



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

SUPERVISOR'S USE ONLY

## Level 1 Health, 2014

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

9.30 am Friday 21 November 2014

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.**

Pull out Resource Booklet 90972R from the centre of 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 2–11 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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Read the resources before answering the question in this booklet. Use ALL of the resources, as well as the information given in the scenarios and your own knowledge, to demonstrate your understanding when answering (a) to (f).

Simon is in Year 12 at the local high school. He lives in a busy household with his parents, his older sister, and his younger brother. Simon stays up late at night watching TV and playing computer games. It is common for Simon to get up late in the morning and rush to school to get there just in time for form class.

On his rush to school each day, Simon meets his friends at the local dairy, where they often grab an energy drink or two to wake themselves up and to help them function at school.

Interpersonal influences: \_\_\_\_\_

- (b) Explain the impacts that these breakfast choices are likely to have on Simon's overall well-being.

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It is six weeks out from the end of year NCEA examinations, and Simon's parents are not at all happy with the low results he has achieved in the mock examinations.

Simon thinks about how he often struggles to pay attention in class. He is either easily distracted, or falls asleep in class. He thinks the poor grades he achieved in the mock examinations are probably a result of this lack of attention.

In a recent Health lesson, Simon's class was discussing the need for a nutritious breakfast as a healthy start to the day. They also discussed the issues around energy drinks. The teacher explained how difficult it is to remain focused without a healthy breakfast. Simon realises his eating habits are not very healthy and that these may have affected the results he achieved in the mock examinations.

After listening to the nutritional advice from his Health teacher, Simon can see how important it is to make good food choices. He decides to set a goal for himself to ensure he has a nutritional breakfast at home each morning before he sets off for school.

- (c) (i) Identify an action that Simon could take to help him make more nutritional breakfast choices that would support his goal of improving his school examination results.

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- (ii) Describe a possible difficulty in completing the action you have identified in (i).

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- (iii) Describe a way around the possible difficulty you have described in (ii).

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**Part (c) continues on the next page**

- (iv) Explain how completing the action in (i) could contribute to meeting Simon's goal and to improving his overall well-being.

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- Within your answer, consider the connections between the influences and/or between the impacts on adolescent food choices you have demonstrated understanding of in (a) to (c).

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- Within your answer, consider the connections between the influences and/or between the impacts on adolescent food choices you have demonstrated understanding of in (a) to (c).

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

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NUMBER

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