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Level 1 Health 2022

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

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.

Pull out Resource Booklet 90972R from the centre of this booklet.

Check that this booklet has pages 2–11 in the correct order and that none of these pages is blank.

Do not write in any cross-hatched area (XXXX). This area may be cut off when the booklet is marked.

YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

INSTRUCTIONS

Refer to the scenario and resources found in the resource booklet, as well as your own knowledge about healthy eating, to answer all parts of the question. Read all parts of the question before beginning your answers. Space for planning is provided below.

PLANNING

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The examination continues on the following page.**

(a) **Personal influences**

This year, in preparation for an end-of-year performance, Selena's school dance group are practising after school regularly. In order to have enough energy for these after-school practices, Selena has set herself a goal to eat healthy food when she is at home, at school, and when she is out with her friends.

- (iii) Recommend a personal strategy that Selena could use to achieve her goal of eating in a healthy way as much as possible.

Referring to Resource B and your own knowledge around healthy eating, explain how this strategy would:

- fulfil Selena's personal goal
- improve Selena's mental/emotional and spiritual well-being.

(b) Interpersonal influences

- (i) Identify an interpersonal influence and explain how it affects the way Selena eats food with her family or friends.

- (ii) Explain how Selena and her friends' food choices could impact their **physical** and **social** well-being.

- Choose (✓) ONE strategy:

☐ Selena and her friends encourage each other to make healthier food choices when they go out to eat together.

(c) **Societal influences**

- (i) Identify TWO societal influences on food choices from the scenario. These could be from the local community, and/or from the school community.

Local community: _____

School community: _____

Explain how one of the influences you have identified above shapes food choices.

Influence: _____

The student leaders have decided to educate the school community about why students should make health-enhancing food choices.

- (ii) Recommend a strategy that the student leaders could use to encourage students to eat in a healthy way.

In your answer:

- explain how this strategy would meet the student leaders' goal to encourage students to eat in a healthy way
- explain why this strategy could improve the overall well-being of the school community.

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

QUESTION
NUMBER

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