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Level 1 Health, 2015

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

2.00 p.m. Thursday 19 November 2015
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 2–8 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

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Read **Resource Booklet 90972R** before answering the question in this booklet. Refer to the resource material and the information given in the scenario below, as well as your own knowledge, to demonstrate your understanding when answering (a) to (e).

QUESTION

John's Scenario

John is a Year 13 student who attends his local high school. John's mother has recently been diagnosed with Type 2 Diabetes, and he is concerned that because he is 20 kg overweight, he may also be diagnosed with this illness. John plans to do some research about the risks.

At home, John and his mother often eat convenience-based meals bought from the supermarket or from different takeaways because his mother works long hours, so she does not always want to cook a meal when she gets home.

On a school morning, John likes to snooze his alarm a few times, which in turn makes him late for school, and doesn't allow him enough time to make his lunch.

John's local high school is surrounded by a variety of fast food outlets. It is common for the Year 13 students to leave the school grounds during lunchtimes to buy their lunch, and the tuck shop at school does not offer students any healthy food options. There is also a significant difference in the price of food offered at the school tuck shop compared to the surrounding fast food outlets. The tuck shop food is highly priced, and therefore the deals that the fast food outlets offer between 12 and 2 p.m., seem to be more appealing for the students.

After school, John catches the bus with his friends. The bus stop is conveniently located beside a dairy, so this encourages John to buy some unhealthy snacks for the ride home. When John gets home from school, he heads straight to his bedroom, as he loves to play video games. He usually spends up to three hours a day gaming with his mates. John often eats food while gaming, so can be sitting down for a number of hours without doing any exercise. John will often twist his mother's arm to let him eat his dinner in his room, so he can continue gaming. All of this is not helping John's health and could lead to him becoming diabetic like his mother.

John's eating patterns and food choices are affected by a number of influencing factors.

- (a) Explain ONE personal, ONE interpersonal, and ONE societal influence on John's eating patterns and food choices.

Personal influence: _____

Interpersonal influence: _____

Societal influence: _____

(b) Explain the short-term AND long-term consequences of John's and his friends' eating patterns and food choices, on their overall well-being.

(c) Explain a personal strategy that John could implement to ensure that he makes healthier food choices to benefit his overall well-being.

- Within your answer, consider the connections between the influences and/or consequences you have explained in (a) and (b).

- Within your answer, consider the connections between the influences and/or consequences you have explained in (a) and (b).

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

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QUESTION
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