

90972



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Draw a cross through the box (X) if you have NOT written in this booklet

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**Mana Tohu Mātauranga o Aotearoa**  
New Zealand Qualifications Authority

## Level 1 Health 2023

### 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.**

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.

Do not write in any cross-hatched area (DO NOT WRITE). This area will 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 **Resource Booklet 90972R**, as well as your own knowledge about healthy eating, to answer all parts of the question.

## PLANNING

Personal influence: \_\_\_\_\_

Interpersonal influence: \_\_\_\_\_

Societal influence: \_\_\_\_\_

Frankie and Luca's teacher has noticed several students in his class come to school at the start of the day eating lollies or sugary food. The teacher also notices that the students appear to be very energetic in the morning, but find it hard to concentrate and finish tasks later on in the day.

- (ii) Explain how TWO or more influences in (a) (i) could be connected to the change in students' energy levels.







(e) Recommend a health-enhancing action the school or community could take to encourage healthier habits inside and outside of the classroom. Explain how this action could address the **societal** influence in (a) (i), and enhance students' overall well-being.





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

QUESTION  
NUMBER

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