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90972



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



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	Demonstrate in-depth understanding	Demonstrate comprehensive
influences on adolescent eating	of influences on adolescent eating	understanding of influences on
patterns to make health-enhancing	patterns to make health-enhancing	adolescent eating patterns to make
recommendations.	recommendations.	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 (only write in any cross-hatched area will be cut off when the booklet is marked.

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

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Refer to **Resource Booklet 90972R**, as well as your own knowledge about healthy eating, to answer all parts of the question.

PLANNING	

QUESTION

(i)	Explain how ONE personal, ONE interpersonal, and ONE societal influence encourage Frankie and Luca to consume high-sugar foods.
	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.

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ii (a) (i). Expi	ain how this action	ii Ciiiaiices v	ren-being.		
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interperson	nal influence in (a	a) (I). Explain	now this ac	tion ennance	es well-being.	

At lunchtime in the staff room, teachers have been talking about what they are noticing in their classrooms. They agree that their students love to eat sugary food. The teachers also know that they often reward students with sugary treats, such as mini chocolate bars for winning competitions. Adult and student leaders of after-school groups have also noticed that some students seem to be very tired after school.

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

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

NUMBER	L		
NOMBER			

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

QUESTION NUMBER		write the question number(s) it applicable.	
NUMBER	'		