

Food for health

This task is about writing an explanation of the impacts of the food industry on improving health.

a) Read and consider the following three pieces of information.

- About 40% of children in Aotearoa walked or cycled to and from school.
- Research has revealed that around half of adult New Zealanders do not have the recommended 3 vegetable and 2 fruit servings each day. This is the amount that gives some protection against heart disease and cancer. Regular physical exercise is also important.
- Food advertisers, manufacturers, retailers, and distributors in New Zealand have said they would work together to reduce obesity, improve nutrition, and increase physical activity.

When writing an **explanation**, think about:

- the organisation of your ideas and information
- the way you link your ideas and information
- your use of language
- the accuracy of your spelling, punctuation, and grammar.

Use the following chart to help you brainstorm the actions people from different food industries could take to improve our nutrition.
Some information and starter ideas have been put in for you.

| | Actions | Effects of actions |
|---|---|--|
| Food manufacturers (These are the people who make, grow, and package our food.) | | |
| Food distributors (These are the people who transport the food, from the manufacturers to the retailers.) | Regularly supply shops with fresh food. | If food is very fresh, it looks and smells good, so people buy it more quickly. It is also healthier because it hasn't had much of a chance to start decomposing |
| Food retailers (These are the people who sell the food, like dairies, school tuck shops, supermarkets, cafes, restaurants.) | | |
| Food advertisers (These are the people who promote buying particular food products.) | | |

Use your brainstorm notes to write an explanation about how the actions of the different people in the food industry could help to improve our nutrition and, therefore, our health.

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