# Health Studies Teacher Resource

##### Activity Title: A fresh opportunity (1.2b)

##### Achievement Standard: 92009

##### AS 1.1 Demonstrate understanding of decision-making in a health-related situation

**Kalani’s Health-Related Situation**

Kalani is a senior student at her college and has lived there as a boarder during term-time since she was in Year 9. The majority of students are day-pupils and there is just one small boarding house. The boarding students know each other very well and, for the most-part, they feel like a whānau.

Kalani is passionate about good nutrition and has noticed that the quality of the food at the boarding house has been changing. There is less fresh produce, and more processed, deep-fried, and sugary foods are appearing on the menu. Kalani has also been noticing that she is not feeling as well as usual, often feeling ‘flat’ or lethargic. She is noticing similar symptoms in her friends and believes this is a direct result of the gradual change in nutrition.

She has been spending her spare time drafting suggestions for change that the boarding house management could make to improve the quality of food. She has been considering more than just menu changes. Another of her ideas is the establishment of a school community māra kai / vegetable garden, which would be run and cared for by students. Kalani also believes working outside together on a practical project will have broader impacts on hauora. She is serious about meeting with management to present her ideas.

However, her friends seem to be enjoying the current menus, and will not like her suggestions. She knows they will be angry with her for taking action, and that to do so would be socially risky. Kalani knows she needs to make a decision about whether she speaks up or not.