

Title	Describe Māori diet and nutrition pre and post-Pākehā contact		
Level	3	Credits	4

Purpose	People credited with this unit standard are able to explain: Māori diet pre-Pākehā contact; current Māori diet; and evaluate current trends in Māori health related to current diet and nutrition.
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Classification	Te Ara Hou ki te Ora > Hauora
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Available grade	Achieved
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Guidance Information

Descriptions, explanations, and observable actions can be presented in a number of ways that may include but are not limited to – kōrero, titiro, whakarongo, tuhituhi, whakaari, waiata, and haka presentations.

Outcomes and performance criteria

Outcome 1

Explain Māori diet pre-Pākehā contact.

Performance criteria

1.1 Explanation includes a historical account of diet.

1.2 Explanation includes where Māori sourced kai Māori.

Range may include but is not limited to – moana, ngahere, ngā awa, ngā roto, onepū;
evidence of two is required,

1.3 Explanation identifies people and their responsibilities in relation to the gathering and preparation of kai Māori.

Outcome 2

Explain current Māori diet.

Performance criteria

2.1 Explanation includes impact of land alienation, urban migration, and land confiscation on Māori diet.

2.2 Explanation includes an account of current diet.

Range may include but is not limited to – own home, work, socialising, education, marae;
evidence of own home and one other place is required.

2.3 Explanation includes how Māori source kai Māori today.

Range may include but is not limited to – kai truck, raffles, supermarket, markets, social media, take away, shops, on-line, moana, ngahere, ngā awa, ngā roto, onepū;
evidence of two is required.

Outcome 3

Evaluate current trends in Māori health related to current diet and nutrition.

Performance criteria

3.1 The health risks associated with the current Māori diet are described.

3.2 Dietary changes required to improve Māori diet are described.

Range evidence of three dietary changes is required.

3.3 The current health statistics on Māori life expectancy and quality of life are explained.

Range explanation must be based on current health statistics and includes – cancer, respiratory illness, diabetes.

Replacement information	This unit standard replaced unit standard 18359.
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This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	18 August 2016	31 December 2022
Revision	2	28 September 2017	31 December 2022
Rollover and Revision	3	25 November 2021	31 December 2024
Review	4	2 March 2023	31 December 2024

Consent and Moderation Requirements (CMR) reference	0226
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact NZQA Māori Qualifications Services mqs@nzqa.govt.nz if you wish to suggest changes to the content of this unit standard.