



National Certificate of Educational Achievement
TAUMATA MĀTAURANGA Ā-MOTU KUA TAEA

Exemplar for Internal Achievement Standard Home Economics Level 1

This exemplar supports assessment against:

Achievement Standard 90958

**Demonstrate understanding of how cultural practices influence
eating patterns in New Zealand**

An annotated exemplar is an extract of student evidence, with a commentary, to explain key aspects of the standard. These will assist teachers to make assessment judgements at the grade boundaries.

New Zealand Qualification Authority

To support internal assessment from 2014

	Grade Boundary: Low Excellence
1.	<p>For Excellence, the student needs to demonstrate comprehensive understanding of how cultural practices influence eating patterns in New Zealand.</p> <p>This involves considering how and why the cultural practices have been adapted to suit a New Zealand lifestyle, e.g. health awareness, time and money constraints.</p> <p>The student considers how and why Italian cultural practices have been adapted when preparing, cooking and serving risotto to suit a New Zealand lifestyle. The details of equipment and ingredients (1) are linked to the student's personal experience of preparing and tasting authentic Italian risotto. This contributes to an understanding of the need to have the skills and experience to adapt risotto in New Zealand (2).</p> <p>For a more secure Excellence, the student would need to include more detail when considering how and why the cultural practices have been adapted to suit a New Zealand lifestyle, e.g. the influence of well-known chefs through their books and TV shows, and the use of seasonal produce in New Zealand when making risotto at home (3).</p>

Low Excellence

Please note – These are extracts from one student’s response

Risotto is a traditional Italian meal. The main ingredient in risotto is rice which is a staple food grown in Northern Italy. The history of rice growing in Italy dates back to when the crusaders ventured east and returned with knowledge of how to cultivate or grow rice. It was quickly discovered that the humidity and weather in the Mediterranean was perfect for the optimum growth of short grain rice.

The traditional method of cooking risotto is to fry off garlic and onion in a pan with olive oil and either Vialone Nano, Carnaroli and Arborio rice. Then white wine is added. When the alcohol has evaporated, heated homemade stock is added one ladle full at a time until complete absorption occurs. Once the rice is al dente (perfectly cooked), it is served in a bowl topped with parmesan cheese.

Italy’s creation of risotto has influenced the world and different companies to make products that make risotto making easier and less time consuming for the consumer. Some of the products are premade stocks, parboiled rice and heat and eat risottos. Jamie Oliver, the chef and other cooking appliance companies sell risotto pans. A risotto pan is a wide based pot which allows heat, flavours and liquids to be evenly distributed through the rice, resulting in a perfect risotto. All of these products make it easier to make a more authentic risotto for those who don’t have time to make their own or buy expensive ingredients.

1

During class time we were lucky enough to make a traditional Italian risotto using Italian ingredients. I was able to get first-hand knowledge and skills of how to cook this dish and to experience the smell, sight, textures and taste of a genuine risotto. It was obvious that the slow cooking with a good quality stock had an effect on the depth of flavour each rice grain had. I have also experienced authentic risotto in our local Italian restaurant and the flavours of both risottos were very similar. These experiences help me and other people to try and make authentic recipes at home as the flavour was so good. Now I have the skills, I can choose to make stock if I have time but I can also buy and use a well flavoured premade stock to get a good flavour.

2

Chefs like Jamie Oliver and Jo Segar influence our eating patterns by travelling to foreign countries like Italy and staying there for a period of time learning about cultural practices, recipes, ingredients and the traditional ways Italians cook. Jamie Oliver was closely influenced by a famous Italian chef, Contaldo during his training. He shared his love of Italian food with Jamie who eventually went back to Italy to produce a TV series highlighting traditional Italian food. These chefs then travel back to their own countries and produce popular cookbooks and cooking shows which are used to share their newly found knowledge of Italian cuisine. Both of the above chefs are well known in New Zealand from cooking shows on TV and because they focus on promoting family meals that can be cooked quickly. This allows us as ordinary New Zealanders to experience and create authentic Italian cuisine at home without having to travel as not everyone can afford that. Sometimes the chefs in New Zealand will adapt the recipes by adding local seasonal produce instead of expensive ingredients that may be unavailable but will still give a similar product. Asparagus is suggested as an alternative during summer and pumpkin in Winter – both of these are not

3

normally used in an Italian risotto but are readily available in New Zealand and cheaper during these seasons.

	Grade Boundary: High Merit
2.	<p>For Merit, the student needs to demonstrate in-depth understanding of how cultural practices influence eating patterns in New Zealand.</p> <p>This involves giving reasons and relating them to the given examples.</p> <p>The student gives reasons and relates them to adaptations when preparing, cooking and serving risotto. Some links are made to an understanding of the student's own personal experience of an authentic risotto, and the time involved in its preparation (3).</p> <p>The reasons for adaptations are related to changes over time, the development of convenience foods and changing family lifestyles (1). The reasons for why ingredients have been substituted are explained in relation to availability in New Zealand (2).</p> <p>To reach Excellence, the student would need to include more detail when considering how and why the cultural practices have been adapted, e.g. how and why the student's own personal knowledge of authentic risotto, Italian enthusiasm and time for food preparation (3) have resulted in adaptations being made to risotto to suit a New Zealand lifestyle.</p>

High Merit

Please note – These are extracts from one student’s response

Risotto is a sophisticated staple food from Italy. Rice has been grown in Italy for hundreds of years and is commonly known as a simple food. Different Italians have a different take on how they find a perfect risotto as some like it soft and creamy or soupy with a slight crunch. Although risotto is known as a simple food, the Italians have a great passion for cooking so they use a fresh stock with fresh ingredients bought from local stores that sell fresh produce. The process that Italians use to cook an authentic risotto is very delicate to create the perfect flavour, texture and quantity. Although it is a simple dish, the Italians spend time to get it just right.

Before the 1970s people living in New Zealand typically ate a roast dinner, casserole or stew which needed time to cook. This is because people had more time at home with a lot of women being full-time Mum’s at home so they could put a roast or casserole on in the afternoon. Usually people would grow their own vegetables in their garden which allowed access to fresh, in season vegetables. Now people buy most of their ingredients from a supermarket and buying convenience foods in packets is popular with only a few steps to cook or reheat them, for example – packaged rice risotto with all the ingredients included, premade stock, in packets, pouches or bowls only requiring water and heating to prepare them. This has changed as post 1970 women are now busy working outside of the home and have little time to cook during the week. The convenience of these readymade meals allows for a quick meal to be produced in no time when they get home tired and the family is hungry and waiting to have dinner.

1

Italian risotto has developed all over the world. Risotto is now served in restaurants across New Zealand with their own take on an authentic recipe. When Italians migrated to New Zealand in the 1900s, they settled and built their own business sharing authentic risotto. This risotto has been altered by New Zealanders who have changed and added little things to the recipe to make it their own such as including meat such as chicken in with the rice. This is because New Zealanders are big meat eaters – we produce lots of meat in New Zealand and most would not think a bowl of rice and vegetables was sufficient for a meal.

2

My personal knowledge of an authentic risotto leads me to believe you need a certain amount of passion and dedication to be able to create the perfect risotto. The cooking of a perfect risotto takes time and Italians spend quite a bit of time cooking a perfect risotto. New Zealanders do not tend to have lots of time as often both parents work and prefer quick ‘15 minute’ meals which often means using some processed packaged foods.

3

The passion the Italians brought with them to New Zealand is now slowly disappearing as people don’t have the time or the dedication to create an authentic risotto from scratch. Rice is imported from Asia and Italy because the conditions are not optimum for the rice to grow in New Zealand. Risotto has been altered from having simple fresh ingredients to being bought from the store and big hearty ingredients which New Zealand is known for.

3

	Grade Boundary: Low Merit
3.	<p>For Merit, the student needs to demonstrate in-depth understanding of how cultural practices influence eating patterns in New Zealand.</p> <p>This involves giving reasons and relating them to the given examples.</p> <p>The student gives reasons and relates them to the adaptations when preparing, cooking and serving risotto. The reasons for the adaptations are related to the introduction of convenience foods and changing family lifestyles (1) (3).</p> <p>To reach Merit more securely, the student would need to include more detailed reasons and relate them to the given examples e.g. for the use of different ingredients in the risotto as part of New Zealand's eating patterns (2).</p>

Low Merit

Please note – These are extracts from one student’s response

Risotto is a rice dish that originated in Italy. The most popular are Vialone Nano, Carnaroli and Arborio. The rice is different because each grain has two shells of layers. The inner shell is robust and strong whereas the outer shell is fragile and weak. The rice is not cooked in water; it is cooked in chicken or beef stock. Risotto is cooked using the absorption method, but instead of adding all the stock at once and waiting for it to boil, small amounts of stock are added for however long it takes to soften the rice – about 25 – 30 mins. This is done so the starch around the rice dissolves. When the risotto is cooked, parmesan cheese is added for taste.

Risotto came over to New Zealand with the Italians after the Second World War. It was introduced as a light meal often served as lunch. Risotto became very popular in the 1990s; just 10 years after the microwave became an everyday household item. It also gave New Zealanders a chance to branch out and add a new product to their inventory. This also gave the working woman a fast way to make a delicious meal with little or no effort. Par cooked rice and ready-made stocks were provided. The flavourings were already included and sometimes also dehydrated vegetables. You could prepare the convenience food as is or add your own fresh herbs, vegetables or cheese to the mixture. It did mean you did not have to collect up lots of different ingredients and spend time making the stock from scratch or measuring ingredients. 1

This does not mean that every New Zealander makes risotto from a box. There are people who make it from scratch, but it does mean there is an easier, quicker option for those in New Zealand who need it. Meats like chicken are often used in risotto here whereas in Italy vegetables such as mushrooms are more authentic. Seafood and spicy sausages are also used to flavour Italian risotto along with a strongly flavoured parmesan cheese. In New Zealand we use bacon for extra flavour and tasty cheese if we don't have any parmesan – it just depends on what is available in the cupboard and fridge. 2

Risotto has many different textures and this is decided by whoever is cooking it. While in Italy it has a wetter consistency, it can vary depending on the ingredients used such as the type of rice.

Risotto is a low maintenance convenient food to make. It only requires one pot to cook in which means less dishes. It also only takes 20 -30 minutes to cook which is a lot less than cooking a roast meal every day. In NZ we choose to use pre-made stocks (dried or liquid) when making risotto which makes cooking this dish for dinner a lot easier for people working in full-time jobs, as you might get home at 5.30pm and need to get dinner on the table in 30-40 minutes. 3

	Grade Boundary: High Achieved
4.	<p>For Achieved, the student needs to demonstrate understanding of how cultural practices influence eating patterns in New Zealand.</p> <p>This involves giving an account with clear examples.</p> <p>The student gives an account with clear examples that shows how adaptations have been made when preparing, cooking and serving traditional Italian risotto to become part of New Zealand's eating patterns (1) (3) (4) (7) (8).</p> <p>Some brief reasons for adaptations to risotto are related to restaurants and cookbooks (2), travel (5) and premade stock (6).</p> <p>To reach Merit, the student would need to give more reasons related to the given examples (1) (3) (4) (7) (8), showing why the adaptations have been made to risotto to become part of New Zealand's eating patterns.</p>

High Achieved

Please note – These are extracts from one student’s response

Rice risotto is a traditional Italian dish. It is more of a Northern Italian cuisine as in the north they are able to grow lots of rice which is an essential part of rice risotto. Risotto is a rice, vegetable and cheese dish where you cook the rice by adding ladle after ladle of a (chicken) stock. This means that there always has to be someone nearby checking on the risotto so it can become very time consuming. Traditional risotto does not contain meat as Italians eat their meat in a separate course.

While in New Zealand we add meats like chicken, bacon or ham to make it into a whole meal for the family. Risotto is a filling dish and is usually eaten at lunch time in Italy as a replacement of a pasta or pizza dish while in New Zealand we would serve it as a complete evening family meal...

1

When Italians started migrating to New Zealand in 1900s onwards, they did really well in the market gardens throughout the Hutt Valley and Levin. These market gardens supplied local Italians with the right traditional food to produce quality Italian cuisine.

Many people after trying the risotto in restaurants or reading about in cookbooks attempted to make their own risotto.

2

Also the Diamond Pasta Company started to make a product that looked like risotto but contained rice shaped pasta along with some rice and flavourings. It is still available today at the supermarket.

3

Another problem was that making a chicken stock from scratch was time consuming and for a working family it was not always an ideal choice for dinner. Also the Italians like to keep their dishes simple and only use the freshest ingredients. Not all New Zealanders had the freshest ingredients like spinach, mushrooms or fresh herbs so they began to adapt and change recipes.

4

Risotto in New Zealand only became popular since 1990s so it is a reasonably new dish. This is because more and more people started to travel and came back to New Zealand with new ideas and dishes to try out.

5

Another factor is that you can buy premade stock and people use these when making risotto at home which makes preparing risotto less time consuming and a quick easy snack with the invention of microwaves.

6

Also came the invention of packaged rice risotto which is risotto with everything premade and cooked in the packet or pouch and all that needs to be done is to heat it in the microwave. This is why rice risotto is becoming more and more popular as it is so much quicker and easier to make.

7

Also there are now many varieties of pre-made risotto so people can pick and choose whatever vegetables, meats etc they want in their dishes. Compared to the traditional Italian method, Uncle Bens (one of the many producers of a packaged risotto) has created a nutritious and quick meal for families/people on the go.

8

	Grade Boundary: Low Achieved
5.	<p>For Achieved, the student needs to demonstrate understanding of how cultural practices influence eating patterns in New Zealand.</p> <p>This involves giving an account with clear examples.</p> <p>The student gives an account with some clear examples that shows how adaptations have been made when preparing, cooking and serving traditional Italian risotto to become part of New Zealand's eating patterns (1) (2) (3) (4).</p> <p>To gain Achieved more securely, the student would need to include more specific details in the account, related to the given examples, showing how risotto has been adapted to become part of New Zealand's eating patterns.</p>

Low Achieved

Please note – These are extracts from one student’s response

Risotto is one of the Italians traditional dishes, coming with all different flavours but only one proper way to cook. Firstly you cut up all your vegetables whilst you get some water boiling to make a stock of your choice. In another pan you put the rice and add a ladle of hot stock, stirring constantly; when it has all evaporated put another ladle full in and so on.... Once all the stock is gone grate parmesan cheese over the top and gently mix the cheese through. For the non-traditional method just pour all the stock in at once and stir until all the stock has evaporated. Some popular varieties of rice used for risotto are Vialone Nano, Carnaroli and Arborio, mostly because they have two shells/layers. The outer shell is soft while the inner shell is harder and more robust. Italian risotto is also very simple and plain ingredient combinations such as onion, garlic and lots of parmesan.

Risotto became popular in the 1990s and was first introduced into New Zealand in the 1960s as a light lunch meal in a packet. The first packets contained a mixture of rice and rice shaped pasta with some dried vegetables and different herbs and spices to give different varieties. Curried rice risotto was a popular flavour. It was popular with New Zealanders who used in when away camping or tramping as you only had to add water and boil it – a one pot meal.

1

Risotto nowadays comes in pouches or pottles and you only have to put them in the microwave to reheat them. They are provided as whole meals or as side dishes to go with meat and other vegetables.

2

New Zealanders like lots of flavour in their risotto and put lots of herbs and vegetables and meat into it. Meat is very popular in New Zealand so chicken or bacon is often added into the risotto whereas in Italy vegetables or mushrooms are more authentic.

3

Italian risotto is very different to New Zealand risotto as the Italians cook all their food with love and passion and spend all day cooking a meal so it is perfect whereas New Zealanders want quick and easy meals because we are mostly in a hurry to get to work or we get home late from work and cook instant packet risotto.

4

	Grade Boundary: High Not Achieved
6.	<p>For Achieved, the student needs to demonstrate understanding of how cultural practices influence eating patterns in New Zealand.</p> <p>This involves giving an account with clear examples.</p> <p>The student gives a brief account, showing how adaptations have been made when preparing, cooking and serving traditional Italian risotto to become part of New Zealand's eating patterns (4).</p> <p>To reach Achieved, more specific detail is needed in the account, related to the given examples, to show how the cultural practice has been adapted in New Zealand, rather than focusing so heavily on the Italian cultural practices (1) (2) (3).</p>

High Not Achieved

Please note – These are extracts from one student’s response

Risotto is a staple food of Italy. The rice for Italian risotto is grown in North Italy. When we cook the risotto, onion and garlic are stir fried, then the rice added and some white wine. Then you must add stock layer by layer because it will help the rice absorb the liquid. You stir the rice gently until all the liquid has been absorbed, and then you add another ladle of stock. Lots of parmesan is stirred through at the end. The whole process for us to make risotto took about 25 – 30 minutes. Because you are using simple ingredients the risotto doesn't come with too many different flavours. The oil for making risotto is olive oil and in Italy people usually buy their olive oil from a local producer or a shop that deals with local products. There are different types of rice for making risotto – the most popular being Vialone Nano, Carnaroli and Arborio.

1

Risotto rice is very different from other rice in that the grains have two shells of layers. The outer shell is soft and the inner shell is harder and more robust. Cooked risotto is very creamy and buttery.

2

Risotto is a high carbohydrate food and Italian people eat it before a main meal. In Italy lunch is usually the main meal of the day and dinner is a light meal such as a soup or salad. In New Zealand, dinner is usually the main meal and lunch is the lighter meal. Italians cook their risotto with love and passion and will spend all day cooking a meal so it is perfect.

3

We made risotto in class one day and I very much liked the taste. It is easy to make and uses simple ingredients such as rice, stock, mushrooms, onions and parmesan cheese, but it also takes a long time to cook the rice. We now also see packet risotto in New Zealand in the supermarket. The method is on the packet; just put it in the microwave and cook for a few minutes. It does save time but is not very healthy. If you want, you can put some different flavour into the risotto e.g. dried tomato.

4

More authentic foods are appearing in New Zealand supermarkets and specialty shops. This makes more people want to try them and find out what Italian people eat like.