

Assessment Schedule – 2011

Home Economics: Demonstrate understanding of how an individual, the family and society enhance each other's well-being (90960)

Assessment Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<i>Demonstrate understanding</i> means to describe how the well-being of an individual, the family and society enhance each other, by giving an account with clear examples.	<i>Demonstrate in-depth understanding</i> means to explain how the well-being of an individual, the family and society enhance each other, by giving reasons related to the examples.	<i>Demonstrate comprehensive understanding</i> means to explain comprehensively how the well-being of an individual, the family and society enhance each other, and justifying how they are interdependent.

Evidence Statement

Question	Expected Coverage	Achievement	Achievement with Merit	Achievement with Excellence
ONE (a)	See Appendix A .			
(b)	<p><u>Possible reasons why:</u></p> <ul style="list-style-type: none"> Claire is a powerful role model for her peer group, she has credibility as she is both knowledgeable and confident and people believe what she says. Claire's motivation to improve teenage health is genuine, as she claims, and models the importance of healthy eating, socialisation, body image and exercise. Teenagers can access Claire's website. She posts e-newsletters, recipes, YouTube clips, and uses Facebook and Twitter. Teenagers and families face similar issues in their busy and active lives so they feel a common bond exists. Claire is a confident role model, enabling her to successfully inspire others. Recipes are simple, fun, filling, and tasty, written the way teenagers think. YouTube demos therefore easy to understand. <p>Responses are not limited to the examples given above.</p>	<p>Describes how Claire is enhancing the healthy eating and different dimensions of the well-being of teenagers in the community. (See Appendix AA).</p>	<p>Explains, giving reasons, how Claire is enhancing the healthy eating and different dimensions of the well-being of teenagers in the community by interrelating the dimensions. (See Appendix AA).</p>	<p>Justifies how Claire is enhancing the healthy eating and different dimensions of the well-being of teenagers in the community by providing convincing reasons and interrelating the dimensions. (See Appendix AA).</p>

<p>TWO (a)</p>	<p>See Appendix B.</p>			
<p>(b)</p>	<p><u>Possible reasons why:</u></p> <ul style="list-style-type: none"> • The family members develop resourcefulness through their personal skills and knowledge in preparing healthy food. • All members of the family are supportive as they collaborate and each contribute in their own way in the planning and preparation of healthy food. • The family members cooperate to make a difference to their own eating patterns and share this with others in the community (friends, families, sports groups, clubs, family, pot luck, etc). • The family's well-being is positively enhanced by sharing a strong sense of "family", enabling them to collectively take action to improve the well-being of others. <p>Responses are not limited to the examples given above.</p>	<p>Describes how the family is enhancing the healthy eating and different dimensions of well-being of others in the community. (See Appendix BB).</p>	<p>Explains, giving reasons, how the family is enhancing the healthy eating and different dimensions of well-being of others in the community by interrelating the dimensions. (See Appendix BB).</p>	<p>Justifies how the family is enhancing the healthy eating and different dimensions of well-being of others in the community by providing convincing reasons and interrelating the dimensions. (See Appendix BB).</p>

Judgement Statement

	<p>Not Achieved</p>	<p>Achievement</p>	<p>Achievement with Merit</p>	<p>Achievement with Excellence</p>
<p>Score range</p>	<p>0 – 2</p>	<p>3 – 4</p>	<p>5 – 6</p>	<p>7 – 8</p>

Appendix A – Question One (a)

<p>Possible positive effects on physical well-being / taha tinana include the following:</p>	<p>Possible positive effects on mental and emotional well-being / taha hinengaro include the following:</p>
<ul style="list-style-type: none"> • teenagers are inspired to prepare simple, quick, tasty meals • teenagers are actively providing appropriate nutrition through choosing healthy options • teenagers are gaining and assimilating knowledge about nutrition • teenagers are influenced by her modelling a healthy body image • play rugby and want to cook and eat like the All Blacks • other impacts as appropriate. 	<ul style="list-style-type: none"> • teenagers can prepare food for others (peers and family) • teenagers feel good by preparing food for themselves • teenagers feel good about the personal challenge to prepare simple nutritious food • Claire’s website, etc, provides support and advice for healthy eating • teenagers are better able to meet demands of a busy lifestyle • feel positive emotion from association with All Blacks • other impacts as appropriate.
<p>Possible positive effects on social well-being / taha whānau include the following:</p>	<p>Possible positive effects on spiritual well-being / taha wairua include the following:</p>
<ul style="list-style-type: none"> • teenagers can prepare food for others (peers and family) • provides the opportunity for teenagers to network with others in their community, which builds a supportive social environment, eg sports and youth groups • teenagers have fun sharing the company of others • watch TV with friends and talk about the ideas together • other impacts as appropriate. 	<ul style="list-style-type: none"> • teenagers enjoy a sense of belonging to a group with similar beliefs in health and well-being • teenagers have the opportunity to share similar beliefs and values • teenagers self-esteem is improved by communicating and sharing • giving to others, eg preparing food and celebrating together • other impacts as appropriate.

Appendix AA – Judgement for Question One (a)

Not limited to the examples given

Teenagers are actively providing appropriate nutrition through choosing healthy options.			
Enhances teenagers' physical well-being / taha tinana by:		Enhances teenagers' mental and emotional well-being / taha hinengaro by:	
0	Food	0	Feel good.
1	Choosing healthy foods.	1	Choosing foods to feel good.
2	Teenagers choosing healthy foods.	2	Choosing foods making them feel good.
3A	Teenagers choosing healthy foods from Claire's e-book.	3	Teenagers choosing the e-book recipes to make them feel good.
4	Teenagers' choosing healthy foods from Claire's e-book to make a recipe,	4	Choosing one of Claire's recipes " <i>will fill you up and keep you going</i> ", so teenagers will feel good
5M	so they can be physically active,	5	about what they are preparing,
6	when they require the energy for sport,	6	knowing that you are getting good nutrition,
7E	because eating potatoes may give them long lasting energy to participate in their favourite sport,	7	as the food is " <i>really, really, really, easy stuff!</i> ",
8	and because they want to perform in their sport at a high standard so they can win the game.	8	and because they are also great tasting, using basic food skills.
Enhances teenagers' social well-being / taha whānau by:		Enhances teenagers' spiritual well-being / taha wairua by:	
0	Teenagers together.	0	Happy
1	Teenagers together cooking.	1	Happy and healthy.
2	Teenagers cooking and eating together.	2	Happy and chooses healthy food.
3A	Teenagers can prepare healthy food together, which is fun, as well as providing good nutrition,	3	Claire is happy and chooses healthy food to prepare from the e-book,
4	like the "Small Blacks" TV Show encourages kids to cook.	4	therefore she is physically healthy also, which makes her feel good,
5M	Teenagers can watch together sharing food	5	giving her a positive outlook, with a bubbly personality.
6	and then prepare the recipes demonstrated	6	This implies that by following Claire's values you too will feel good,
7E	Doing this together reinforces good food habits and learning to cooperate	7	so you will be a " <i>cool teenager</i> ", socially, physically, and emotionally well-balanced,
8	because you can reinforce common thoughts, cultures, values and beliefs. Connects everyone. Happy teenagers make society better because they share the good feelings with family. It saves teenagers from being lonely and not feeling part of a group.	8	and therefore have good self-esteem, which links into others well-being, eg family / friends / teachers / country.

Appendix B – Question Two (a)

<p>Possible positive effects on physical well-being / taha tinana include the following:</p>	<p>Possible positive effects on mental and emotional well-being / taha hinengaro include the following:</p>
<ul style="list-style-type: none"> • role model of a national sports team preparing healthy food • motivates the family to select and prepare healthy food • relates to sports activities and exercise • other impacts as appropriate. 	<ul style="list-style-type: none"> • family members feel good about viewing and sharing the knowledge as a family • family members can learn new knowledge and skills • family members could improve self-confidence through using knowledge gained from the TV show • other impacts as appropriate.
<p>Possible positive effects on social well-being / taha whānau include the following:</p>	<p>Possible positive effects on spiritual well-being / taha wairua include the following:</p>
<ul style="list-style-type: none"> • fosters a spirit of sharing and inclusiveness • family members working together strengthens the family spirit, which could have a flow-on effect into other areas of community life • other impacts as appropriate. 	<ul style="list-style-type: none"> • people feel a sense of belonging to the family • preparing healthy food improves people's sense of self-worth • family members feel valued and useful • other impacts as appropriate.

Appendix BB – Judgement for Question Two (a)

The family can learn new knowledge and skills			
Possibly enhances a family's physical well-being / taha tinana by:		Possibly enhances a family's mental and emotional well-being / taha hinengaro by:	
0	Watching TV together.	0	Happy
1	Getting new ideas from TV.	1	Happy sitting together.
2	Getting new ideas from "Cooking with the Small Blacks" TV show.	2	Happy sitting together watching TV.
3A	Gaining ideas and food preparation skills together from "Cooking with the Small Blacks" TV show,	3	Happy sitting together watching "Cooking with the Small Blacks" TV show, and learning about cooking and healthy food,
4	therefore encouraging the family to make " <i>delicious easy kids recipes</i> ".	4	and basic food preparation skills and great tasty ideas,
5M	Because the family are always busy	5	which gives self-satisfaction
6	with friends, school and sport, they don't have much time to prepare food	6	through the food preparation and service,
7E	and they don't want recipes to be complicated and unhealthy,	7	knowing that they have worked together sharing experiences and ideas
8	and using the recipes allows more time to be together to attend sports, be with friends, and do schoolwork.	8	based on the sense of achievement from preparing ideas from Claire and the Small Blacks.
Possibly enhances a family's social well-being / taha whānau by:		Possibly enhances a family's spiritual well-being / taha wairua by:	
0	Being together.	0	Working together
1	All the family being together.	1	as a family.
2	All the family being together watching TV,	2	Positively working together as a family
3A	sharing ideas and food preparation skills together from "Cooking with the Small Blacks" TV Show,	3	and sharing similar values in food preparation like Claire does.
4	therefore encouraging all of the family to make " <i>delicious easy kids recipes</i> ".	4	Also, the family believe in the importance of healthy food,
5M	They actively decide to make the recipes,	5	which the "Small Blacks" TV Show reinforces,
6	because they are enjoy working together as a family,	6	and Claire and the All Blacks are good role models.
7E	which gives a sense of belonging,	7	The TV show is informative, fun, and educational, which the family values
8	because interrelationships are important to build family unity.	8	as the family thinks that success and high standards are important.