

Assessment Schedule – 2012

Home Economics: Demonstrate understanding of how packaging information influences an individual’s food choices and well-being (90961)

Assessment Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<i>Demonstrate understanding</i> means to describe how packaging information influences food choices and well-being, by giving an account with clear examples.	<i>Demonstrate in-depth understanding</i> means to explain how packaging information influences food choices and well-being, and involves giving reasons why.	<i>Demonstrate comprehensive understanding</i> means to explain comprehensively how packaging information influences food choices and well-being, and involves making and justifying recommendations.

Evidence Statement

Question	Expected Coverage
<p>PART A</p> <p>(a)</p> <p>(b)</p> <p>(c)</p>	<p>See Appendix A for possible responses.</p> <p>See Appendix B for possible responses.</p> <p>See Appendix C for possible responses.</p> <ul style="list-style-type: none"> • Overall, the product is high in salt. • Does not fulfil the Food and Nutrition Guidelines (FNG) recommendations. • Does not contribute to ALL FOUR food groups. <p>Responses are not limited to the examples given above.</p>

PART B

See **Appendix D** for possible responses.

Well-being:

Physical / taha tinana

- Nutritional needs are identified
- FNG-related
- Awareness of the cost effectiveness.

Mental and emotional / taha hinegaro

- Eating properly
- Showing confidence in able to make balanced nutritious meal.

Social / taha whānau

- Popular food.

Spiritual / taha wairua

- Identifying with family values to care for siblings.
- Sharing meals.

The effects on dimensions of well-being are embedded and considered across the whole answer.

Responses are not limited to the examples given above.

N1	N2	A3	A4	M5	M6	E7	E8
Part A							
<p>Attempts to identify why the promotional feature “Source of Calcium” on the “Easy Mac Cheese” packaging could influence individuals’ food choices.</p>	<p>Identifies why the promotional feature “Source of Calcium” on the “Easy Mac Cheese” packaging could influence individuals’ food choices.</p>	<p>Identifies and begins to describe why the promotional feature “Source of Calcium” on the “Easy Mac Cheese” packaging could influence individuals’ food choices.</p> <p>AND</p> <p>How the amount of at least TWO of:</p> <ul style="list-style-type: none"> • protein • saturated fat (sat fat) • carbohydrate (carbs) • salt (sodium) <p>on the nutritional packaging information could influence individuals’ food choices, considering such factors as:</p> <ul style="list-style-type: none"> • knowledge of the <i>Food and Nutrition Guidelines</i> (FNG) • daily intake (DI) levels of EACH nutrient • the effect on physical well-being. <p>Shows some understanding of the nutritional disadvantages of the product.</p>	<p>Identifies and describes why the promotional feature “Source of Calcium” on the “Easy Mac Cheese” packaging could influence individuals’ food choices.</p> <p>AND</p> <p>How the amount of at least TWO of:</p> <ul style="list-style-type: none"> • protein • saturated fat (sat fat) • carbohydrate (carbs) • salt (sodium) <p>on the nutritional packaging information could influence individuals’ food choices, considering such factors as:</p> <ul style="list-style-type: none"> • knowledge of the <i>Food and Nutrition Guidelines</i> (FNG) • daily intake (DI) levels of EACH nutrient • the effect on physical well-being. <p>Shows an understanding of the nutritional disadvantages of the product.</p>	<p>Identifies and describes why the promotional feature “Source of Calcium” on the “Easy Mac Cheese” packaging could influence individuals’ food choices.</p> <p>AND</p> <p>How the amount of at least TWO of:</p> <ul style="list-style-type: none"> • protein • saturated fat (sat fat) • carbohydrate (carbs) • salt (sodium) <p>on the nutritional packaging information could influence individuals’ food choices, considering such factors as:</p> <ul style="list-style-type: none"> • knowledge of the <i>Food and Nutrition Guidelines</i> (FNG) • daily intake (DI) levels of EACH nutrient • the effect on physical well-being. <p>Shows a clear understanding of the nutritional disadvantages of the product.</p>	<p>Identifies and describes in depth why the promotional feature “Source of Calcium” on the “Easy Mac Cheese” packaging could influence individuals’ food choices.</p> <p>AND</p> <p>How the amount of at least TWO of:</p> <ul style="list-style-type: none"> • protein • saturated fat (sat fat) • carbohydrate (carbs) • salt (sodium) <p>on the nutritional packaging information could influence individuals’ food choices, considering such factors as:</p> <ul style="list-style-type: none"> • knowledge of the <i>Food and Nutrition Guidelines</i> (FNG) • daily intake (DI) levels of EACH nutrient • the effect on physical well-being. <p>Shows a clear and succinct understanding of the nutritional disadvantages of the product.</p>	<p>Explains comprehensively why the promotional feature “Source of Calcium” on the “Easy Mac Cheese” packaging could influence individuals’ food choices.</p> <p>AND</p> <p>How the amount of at least THREE of:</p> <ul style="list-style-type: none"> • protein • saturated fat (sat fat) • carbohydrate (carbs) • salt (sodium) <p>on the nutritional packaging information could influence individuals’ food choices, considering such factors as:</p> <ul style="list-style-type: none"> • knowledge of the <i>Food and Nutrition Guidelines</i> (FNG) • daily intake (DI) levels of EACH nutrient • the effect on physical well-being. <p>Shows comprehensive understanding of the nutritional disadvantages of the product.</p>	<p>Explains comprehensively why the promotional feature “Source of Calcium” on the “Easy Mac Cheese” packaging could influence individuals’ food choices.</p> <p>AND</p> <p>How the amount of at least THREE of:</p> <ul style="list-style-type: none"> • protein • saturated fat (sat fat) • carbohydrate (carbs) • salt (sodium) <p>on the nutritional packaging information could influence individuals’ food choices, considering such factors as:</p> <ul style="list-style-type: none"> • knowledge of the <i>Food and Nutrition Guidelines</i> (FNG) • daily intake (DI) levels of EACH nutrient • the effect on physical well-being. <p>Shows comprehensive understanding of the nutritional disadvantages of the product.</p>

N1	N2	A3	A4	M5	M6	E7	E8
Part B							
Attempts to identify the choice of food products Sam should use for the evening meal.	Identifies the choice of food products Sam should use for the evening meal.	Describes and gives some reasons for the choice of food products Sam should use for the evening meal based on: <ul style="list-style-type: none"> • packaging information • knowledge of food and nutrition • Sam's situation • the relevant dimensions of well-being: <ul style="list-style-type: none"> -physical / taha tinana -mental and emotional / taha hinengaro -social / taha whānau -spiritual / taha wairua. 	Describes and gives reasons for the choice of food products Sam should use for the evening meal based on: <ul style="list-style-type: none"> • packaging information • knowledge of food and nutrition • Sam's situation • the relevant dimensions of well-being: <ul style="list-style-type: none"> -physical / taha tinana -mental and emotional / taha hinengaro -social / taha whānau -spiritual / taha wairua. 	Explains and gives some reasons for the choice of food products Sam should use for the evening meal based on: <ul style="list-style-type: none"> • packaging information • knowledge of food and nutrition • Sam's situation • the relevant dimensions of well-being: <ul style="list-style-type: none"> -physical / taha tinana -mental and emotional / taha hinengaro -social / taha whānau -spiritual / taha wairua. 	Explains and gives reasons for the choice of food products Sam should use for the evening meal based on: <ul style="list-style-type: none"> • packaging information • knowledge of food and nutrition • Sam's situation • the relevant dimensions of well-being: <ul style="list-style-type: none"> -physical / taha tinana -mental and emotional / taha hinengaro -social / taha whānau -spiritual / taha wairua. 	Shows an in-depth reasoning of the choice of food products Sam should use for the evening meal based on: <ul style="list-style-type: none"> • packaging information • knowledge of food and nutrition • Sam's situation • the relevant dimensions of well-being: <ul style="list-style-type: none"> -physical / taha tinana -mental and emotional / taha hinengaro -social / taha whānau -spiritual / taha wairua. 	Shows an in-depth and perceptive reasoning of the choice of food products Sam should use for the evening meal based on: <ul style="list-style-type: none"> • packaging information • knowledge of food and nutrition • Sam's situation • the relevant dimensions of well-being: <ul style="list-style-type: none"> -physical / taha tinana -mental and emotional / taha hinengaro -social / taha whānau -spiritual / taha wairua.

N0 = No response; no relevant evidence.

Judgement Statement

	Not Achieved	Achievement	Achievement with Merit	Achievement with Excellence
Score range	0 – 5	6 – 9	10 – 13	14 – 16

Appendix A – Part A (a)

Explain why the promotional feature “**Source of Calcium**” on the Easy Mac Cheese packaging could influence a person’s choice to buy the product.

Not Achieved	Achievement	Merit	Excellence
<p>This product is a good source of calcium.</p> <p>Calcium is good for your bones.</p> <p>or</p> <p>The person sees the word “calcium” and thinks it would be good for them.</p>	<p>Calcium is needed to build strong bones and teeth.</p> <p>Calcium is needed to increase bone mass (density) in teenagers.</p> <p>The calcium in this product may influence their food choice if they don’t like drinking milk.</p> <p>or</p> <p>It draws the buyer in and influences their choice.</p>	<p>Calcium is needed to build strong bones and teeth and will help to reduce the risk of osteoporosis (bone disease) later in life.</p> <p>or</p> <p>It draws the buyer in and influences their choice, so they pick up the product and further investigate it by reading the label.</p>	<p>Calcium is needed to build strong bones and teeth and will help to reduce the risk of osteoporosis later in life.</p> <p>It is important to have a good supply of calcium during teenage years as this is when bone mass is laid down.</p> <p>Adults need a daily supply of calcium as they don’t absorb it like they did as teenagers and this wording will encourage people to pick up this product and buy it.</p> <p>or</p> <p>It draws the buyer in and influences their choice, so they pick up the product and further investigate it by reading the label. They like what they see and buy it as they know teenagers need calcium to build strong bones.</p>

Appendix B – Part A (b)

Discuss how the amount of protein, saturated fat, carbohydrate, and salt in one serve of the “Easy Mac Cheese” could influence a person’s choice to buy the product.

Not Achieved	Achievement	Merit	Excellence
<p>Protein is an important part of our diet.</p>	<p>Protein will be supplied by the milk and cheese in the “Easy Mac Cheese”.</p> <p>or</p> <p>We need protein for growth.</p>	<p>Our body uses protein for growth, repair and / or maintenance.</p>	<p>Our body uses protein for growth, repair and maintenance. Teenagers need 3 servings of milk / milk products and 1–2 servings each day of meat and alternatives to get their daily protein requirements.</p> <p>or</p> <p>Teenagers need a daily intake of protein due to the large amount of growth they do in this time.</p> <p>or</p> <p>If the individual has an injury protein will assist in the repair of the damaged tissue.</p>
<p>Part A (b) (ii): Saturated Fat</p>			
<p>You shouldn’t eat too much fat / saturated fat.</p>	<p>Too much fat can lead to obesity and / or heart disease and / or type 2 diabetes.</p> <p>or</p> <p>This low amount of fat means you won’t gain weight.</p> <p>or</p> <p>16 % DI is appropriate for a snack as this is a low amount.</p> <p>or</p> <p>The FNGs recommend having 2 gm / 100 g of saturated fat.</p>	<p>Too much saturated fat can cause clogging / narrowing of the arteries due to the build up of cholesterol.</p> <p>or</p> <p>Too much fat can lead to obesity due to the high amount of energy it has / due to being a concentrated source of energy.</p>	<p>Saturated fat can cause clogging of the arteries due to the build up of cholesterol, which increases the risk of heart disease.</p> <p>Saturated fat is found mainly in animal products.</p> <p>or</p> <p>The FNGs recommend choosing snacks low in fat and this product meets this recommendation.</p>

Part A (b) (iii): Carbohydrates (carbs)			
<p>Carbs are good for you. or Carbs can be either sugar or starch.</p>	<p>Carbs give you energy. or Carbs come from the “Breads and Cereals” food group. or Pasta is a good source of carbs.</p>	<p>The carbs in pasta will give you sustained (long-lasting) energy. or The carbs in pasta will keep you fuller for longer. or Carbs come from the “breads and cereals” food group and teenagers need six or more servings from this group.</p>	<p>The complex carbs in pasta will give you sustained (long-lasting) energy and will keep you going during the day. or The carbs from pasta are low GI, so the energy will be released over a longer period of time. or Carbs / pasta are part of the “breads and cereals” food group and teenagers need six or more servings from this group to give them enough energy to get through the day.</p>
Part A (b) (iv): Salt			
<p>Salt is unhealthy / not good for you.</p>	<p>Too much salt can dehydrate you. or Too much salt can lead to heart disease. or The FNGs say to choose snacks low in salt.</p>	<p>Too much salt can lead to high blood pressure (hypertension), which increases the risk of heart disease or stroke. or Salt increases blood pressure / causes hypertension, so products low in salt should be chosen.</p>	<p>Too much salt can lead to high blood pressure (hypertension), which increases the risk of heart disease or stroke. A small amount of salt / sodium is needed each day to help with fluid balance.</p>

Appendix C – Part A (c)

Identify and describe the overall nutritional disadvantages of Easy Mac Cheese and suggest ways these could be overcome.

Not Achieved	Achievement	Merit	Excellence
<p>A disadvantage of this meal is that it is high in salt.</p> <p>or</p> <p>It is low in fibre.</p> <p>or</p> <p>It does not contain any vegetables.</p>	<p>A disadvantage of this meal is that it is high in salt as it contains 24 % of your DI.</p> <p>or</p> <p>It is low in fibre because the pasta isn't wholegrain pasta.</p> <p>or</p> <p>It does not contain any vegetables and we're meant to eat a variety of food every day.</p>	<p>A disadvantage of this meal is that it is high in salt and the FNGs recommend we choose snacks low in salt.</p> <p>or</p> <p>It is high in salt. This problem could be overcome by using only half of the flavour sachet.</p> <p>or</p> <p>It is low in fibre, which is needed for a healthy digestive system / to stay regular.</p> <p>or</p> <p>We should be eating 5+ a day, so this snack could have some extra vegetables added, which would provide extra vitamins and minerals.</p>	<p>This product is high in salt and the FNGs recommend that we eat products low in salt. Too much salt can cause the hardening of arteries, which leads to high blood pressure (hypertension). This problem could be overcome by using only half of the flavour sachet.</p> <p>or</p> <p>It is low in fibre, which is needed for a healthy digestive system and to help prevent bowel cancer.</p> <p>or</p> <p>We should be eating 5+ a day, so this snack could have some extra vegetables added such as broccoli and carrots (salad), which would provide extra vitamins and minerals for a healthier immune system.</p>

Appendix D – Part B

Explain and justify the food products chosen for dinner.

Not Achieved	Achievement	Merit	Excellence
<p>These products are quick and easy to cook.</p> <p>The packaging on the chicken says it will cook in minutes.</p>	<p>Using the rice will give Sam energy.</p> <p>These products are quick and easy to cook as Sam doesn't have much time before his Mum has to go to a meeting.</p> <p>or</p> <p>Sam is tired and hungry and doesn't want to make a complicated meal that will take ages.</p> <p>The chicken is cut thinly so this is why the packet says it will cook really quickly.</p>	<p>Using the rice will give Sam sustained energy.</p> <p>Sam has come home hungry and tired after his basketball training and he knows that the carbs in the rice will help replace the energy he's used.</p> <p>While the rice is cooking, Sam will prepare the rest of his stir-fry, meaning his meal can be eaten by the whole family before his Mum has to go to a meeting.</p> <p>or</p> <p>The packaging on the chicken says it will cook in minutes and because the chicken has been cut thinly then Sam knows this is true. Sam wants to include the chicken in his meal as he knows it will provide protein for his family.</p>	<p>Using the rice will give Sam sustained energy, which will replace the energy he used up during his basketball practice.</p> <p>Sam has come home hungry and tired after his basketball training and he knows that the complex carbs in the rice will help replace the energy he's used.</p> <p>While the rice is cooking, Sam will prepare the rest of his stir-fry, meaning his meal can be eaten by the whole family before his Mum has to go to a meeting.</p> <p>or</p> <p>The packaging on the chicken says it will cook in minutes and because the chicken has been cut thinly then Sam knows this is true. Sam wants to include the chicken in his meal as he knows it will provide protein for his family.</p> <p>or</p> <p>The Watties® Super Mix vegies are a good source of vitamins, which are needed in small amounts every day. The antioxidants in this mix will help boost the body's immune system, or will help fight disease.</p>