

Assessment Schedule – 2013**Home Economics: Demonstrate understanding of how packaging information influences an individual's food choices and well-being (90961)****Evidence Statement**

Note: Plain text denotes Achievement evidence; underlined text is for **Merit**; and **bold** is for **Excellence**.

Question	Expected Coverage	Achievement	Achievement with Merit	Achievement with Excellence
One (a) (i)	Bluebird Real Fruit Wildberry Flavoured Bar	Identifies the fruit-based snack with the highest amount of sugar per 100 g.		
(ii)	Quaker® Fibre Bar	Identifies the fruit-based snack with the lowest amount of sugar per 100 g.		
(iii)	Quaker® Fibre Bar	Identifies the fruit-based snack with the highest amount of fibre per 100 g.		
(iv)	Naked® Macadamia & Apricot Bites	Identifies the fruit-based snack with the lowest amount of fibre per 100 g.		
(b)	Quaker® Fibre Bar	Chooses the healthiest fruit-based snack option for Leon and his family.		
(c)	<p><i>Nutritional feature of Quaker® Fibre Bar, eg:</i> "25% of your Daily Fibre Need"</p> <ul style="list-style-type: none"> Fibre will keep Leon and his sister from feeling hungry for longer and can contribute to preventing constipation. <u>Leon knows from Home Economics at school that fibre is important in a diet, so he will want to buy a bar that contains plenty of fibre. Fibre will keep Leon and his sister from feeling hungry because it takes longer to digest, and it will also help them to absorb other nutrients.</u> 	<p>Identifies ONE nutritional feature on the chosen fruit-based snack packaging.</p> <p>Shows some clear understanding of how the feature could encourage Leon's choice of fruit-based snack product.</p>	Explains how the feature could encourage Leon's choice of fruit-based snack product.	

	<p>OR: DI panel on bottom of box</p> <ul style="list-style-type: none"> • This panel will tell Leon about the different nutrients in the bars, and help him choose. • <u>The panel along the bottom right-hand corner of the box will tell buyers how much of their DI requirement is in these bars for a range of nutrients, such as energy, fats, sugars, sodium and fibre, so they can make an informed choice.</u> 			
(d)	<p><i>Promotional feature of Quaker® Fibre Bar, eg:</i> Images on the box showing fresh apricots, leaves, and wheat</p> <ul style="list-style-type: none"> • The image of the bar on the box shows Leon what it looks like – he may like the wholesome look of the bar. • <u>The image of the apricots may make Leon think that there is fresh fruit in the bar, and that it will therefore contain the vitamins of fresh fruit. The wheat and leaves may also make him think that this is a 'natural' and healthy choice.</u> <p>OR: The name 'Quaker' and the image of a Quaker</p> <ul style="list-style-type: none"> • May make Leon think about 'old-fashioned goodness', ie this product is home-made and natural. • <u>The image of the Quaker has a traditional, old-fashioned look that Leon may associate with home-made and nutritious food. It may also make Leon feel he can trust this brand because Quakers are a religious group.</u> 	<p>Identifies ONE promotional feature on the chosen fruit-based snack packaging.</p> <p>Shows some clear understanding of how this feature could encourage Leon's choice of fruit-based snack product.</p>	<p>Explains how the feature could encourage Leon's choice of fruit-based snack product.</p>	

<p>(e)</p>	<p><u>High levels of sugar in food can lead to weight gain and tooth decay. If Leon and his sister put on weight they might not be able to do as well at their sport. Leon would want to choose a product that is low in sugar.</u></p> <p>Too much sugar can cause weight gain for Leon and his family. Long term, this can lead to Type 2 diabetes and heart disease, which would have a big impact on their quality of life. They could also get tooth decay, which is costly. Sugars are empty kilojoules that contain no other nutrients. Teenagers should be choosing foods and snacks low in sugar.</p>		<p>Explains how the amount of sugar in the chosen fruit-based snack product could influence Leon’s food choice, and his family’s well-being.</p>	<p>Discusses how the amount of sugar in the chosen fruit-based snack product could influence Leon’s food choice, and his family’s well-being.</p> <p>Considers factors such as:</p> <ul style="list-style-type: none"> • the effect of eating sugar on physical well-being • knowledge of the FNG’s.
<p>(f)</p>	<p>Teenagers should choose snacks that are low in fat, salt, and sugar. The Quaker Fibre Bar would be the best choice because it is the lowest in total fats and saturated fats, and is the lowest in sugar. Too many fats and sugars can lead to weight gain, which can make them feel self-conscious and lacking in self-confidence. It can also contribute to health problems such as type 2 diabetes and heart disease. The Quaker Fibre Bar is the highest in fibre, and will fill Leon and his sister up and sustain them for longer, as well as helping to absorb other nutrients. Although this bar is the highest in sodium, the amount is still quite low – only 2% of DI.</p>			<p>Justifies choice of fruit-based snack product by comparing it to the two other fruit-based snack products.</p> <p>Considers factors such as:</p> <ul style="list-style-type: none"> • Leon’s situation • packaging information • the different amounts of nutrients in the fruit-based snack products and their effect on physical well-being • knowledge of the FNG’s.

<p>Two (a)</p>	<p>Sun Rice Brown Rice</p>	<p>Chooses healthiest rice product option.</p>		
<p>(b)</p>	<p><i>“Microwave in 90 seconds.”</i> Leon would be able to cook SunRice® Medium Grain Brown Rice really quickly when he gets home from swimming club. It will also mean he won't burn it in a pot because it will be easy to cook well. <u>Because Leon's family are busy with work and sport, a rice dish that can be microwaved will save time and dishes. He will be able to organise the other ingredients for the meal, and not be stressed about cooking the rice: he will just have to pop it in the microwave when all the other food is nearly ready.</u></p>	<p>Identifies a promotional feature on chosen rice product packaging. Shows some clear understanding of how the promotional feature could encourage Leon's choice of rice product.</p>	<p>Explains how this feature could encourage choice of this product.</p>	
<p>(c)</p>	<p>Leon knows that rice is a good source of carbohydrates for energy, and the SunRice® Medium Grain Brown Rice has the highest level of carbohydrates. <u>Leon may choose the SunRice® Medium Grain Brown Rice because it has the highest level of carbohydrates, which he and his sister need in good amounts to supply energy for their bodies to function well at sport, etc. Teenagers and adults need six to eight servings a day of breads and cereals, which provide carbohydrates.</u> Leon may choose the SunRice® Medium Grain Brown Rice because it has the highest amount of carbohydrates, which he and his sister need in good amounts to supply energy for their bodies to function well at sport, etc. Rice is in the 'bread and cereals' food group, of which Leon and each member of his family need six to eight servings per day. The wholegrain rice is high in complex carbohydrates, which give sustained energy, and also contain Vitamin B for energy release.</p>	<p>Shows some clear understanding of how the amount of carbohydrates in the chosen rice product could influence Leon's food choice.</p>	<p>Explains how the amount of carbohydrates in the chosen rice product could influence Leon's food choice, and his family's well-being.</p>	<p>Discusses how the amount of carbohydrates in the chosen rice product could influence Leon's food choice, and his family's well-being. Considers factors such as:</p> <ul style="list-style-type: none"> • daily intake (DI) levels of carbohydrates • the effect of eating carbohydrates on physical well-being • knowledge of the FNG's.

<p>(d) (i)</p>	<p>Other food choices to serve with the chosen rice product, eg lean beef, broccoli, carrots.</p>	<p>Chooses at least TWO foods to serve with the chosen rice product, which are healthy options (eg lean meats, vegetables, etc).</p> <p>Draws an accurate 'Healthy Plate Model' for the meal, ie one-quarter lean meat, one-quarter rice, and one-half vegetables.</p>		
<p>(ii)</p>	<p><u>The SunRice® Medium Grain Brown Rice is a good choice for Leon because it is lower in sodium than both the other products. It also has more fibre, and contains extra vitamins and minerals because it is a wholegrain. The beef will give Leon and his family iron – this will help transport oxygen to the muscles and brains. The broccoli will give Vitamin B2, as well as some iron and calcium, and the carrots will give Vitamin A.</u></p> <p>Choosing the SunRice® Medium Grain Brown Rice will have several benefits for Leon and his family. Brown rice is wholegrain and will contain more B vitamins to help with energy release from other foods, whereas the other two products are not wholegrain rice. It is also a better source of fibre than the other two rice products with 3 g in each 100 g serving. Because it is microwaveable, Leon will be able to organise the rest of the meal and just cook the rice when his mother comes home. He will feel proud of being able to present a tasty, well-balanced meal. The lean beef will be a valuable source of iron – this is important for Leon and his sister to help their concentration and energy levels at school and sport. Leon's mother also needs plenty of iron. If Leon stir-fries the beef in a non-stick frying pan, and adds a few spices or herbs, he will keep the meal low-fat.</p> <p>The broccoli and carrots make up the vegetable</p>		<p>Partly explains and justifies choice of rice product.</p>	<p>Explains and justifies choice of rice product.</p> <p>Considers factors such as:</p> <ul style="list-style-type: none"> • cooking methods and times • Leon's situation • the different amounts of nutrients in the rice products and their effect on physical well-being • the other foods chosen to serve with the rice product.

	<p>portion of healthy plate, and provide vitamins such as Vitamin A for healthy skin, as well as B2 for energy release, and iron and calcium for bones and teeth. The vegetables could be stir-fried with the beef, or steamed to retain vitamins.</p>			
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<p>Three (a)</p>	<p>Moosies</p>	<p>Chooses healthiest frozen dessert product option.</p>		
<p>(b)</p>	<p><i>Promotional feature of Moosies® Mik Freeze, eg:</i> <u>Achievement</u> The picture of the dancing cows</p> <ul style="list-style-type: none"> • The cows are all happy and make it look like it is fun to eat these milk freezes. <p>OR: “FREE Moosies® Mate inside”</p> <ul style="list-style-type: none"> • Leon might think it would be fun to see what the Moosies® Mate is, so would want to buy this product. <p><u>Merit</u> “NEW BIGGER 85 g SIZE”</p> <ul style="list-style-type: none"> • Leon might feel that his family are getting better value than in the past by buying the Moosies®. Because his mum is the only income earner he could be aware of helping her to save money. <p>OR: “The totally cool flavoured milk freeze”</p> <ul style="list-style-type: none"> • This statement may appeal to Leon and persuade him to buy the Moosies®, as they are portrayed as a trendy, popular choice. Leon or his sister might like to have foods that their friends eat. <p>OR: National Heart Foundation Approved Tick</p> <ul style="list-style-type: none"> • The heart tick may encourage Leon to buy Moosies® because he knows that it means the product is guaranteed to have low levels of fat, salt, and sugar compared to other similar products. 	<p>Identifies a promotional feature from the chosen frozen dessert product’s packaging.</p> <p>Shows some clear understanding of how the promotional feature could encourage Leon’s choice of frozen dessert product.</p>	<p>Explains how a promotional feature could encourage Leon’s choice of frozen dessert product.</p>	

<p>(c) (i)</p>	<p><i>Protein, eg:</i> Leon and his sister are still growing, so it is important that they have protein every day. Milk products are a good source of protein. <u>Milk products are a good source of protein. Leon and his sister play a lot of sport, and protein will help them develop strong muscles and repair tissues that are damaged.</u></p>	<p>Shows some clear understanding of how the amount of protein OR calcium in the chosen frozen dessert product could influence Leon's food choice.</p>	<p>Explains how the amount of protein AND calcium in the chosen frozen dessert product could influence Leon's food choice, and his family's well-being.</p>	<p>Discusses how the amount of protein AND calcium in the chosen frozen dessert product could influence Leon's food choice, and his family's well-being. Considers factors such as:</p> <ul style="list-style-type: none"> • daily intake (DI) levels of protein and calcium • the effect of eating protein and calcium on physical well-being • knowledge of the FNG's.
<p>(ii)</p>	<p><i>Calcium, eg:</i> Leon and his sister need three servings a day of milk and dairy products to give them calcium for strong bones and teeth. Their mum needs two serves a day to keep her bones strong. <u>Leon will want to choose the frozen dessert product that is highest in calcium because his mother says it is important in making the choice. He and his sister are still developing bone mass and need three servings a day of milk and dairy products to help prevent osteoporosis when they are older. Leon's mother also needs to eat two servings of calcium a day.</u></p>			

<p>(d)</p>	<p><u>The Moosies® have more protein in each serving compared to the other two frozen dessert products. This will be important for growth and tissue repair. The Moosies® also have the lowest amount of fats and saturated fats – much lower than the Tip Top™ Trumpets. The Moosies® have more calcium than the other two frozen dessert products – the Tip Top™ Trumpets packet doesn't say how much calcium they contain.</u></p> <p>The Moosies® have the highest amount of protein of all three frozen dessert products – this is important for growing teenagers, as well as for tissue repair, and cell maintenance for adults. The Moosies® also have the highest amount of calcium per serving – 17% of DI – and will contribute to the required three daily serves of milk and dairy products. Leon's mother will be pleased that Leon has listened to her advice and read labelling to choose a product with good levels of calcium and protein. Because this product has no preservatives or artificial colours, Leon will realise it is the most 'natural' choice of all three products. Even though it has the biggest serving size, the Moosies® are still the lowest in fat and saturated fat per serving – only 2.2 g of total fat per serving will help with maintaining a healthy weight. The Moosies® have higher sodium amounts than the other two products, but it is still a small percentage of DI, so is not worrying.</p>		<p>Partly justifies choice of dessert product.</p>	<p>Justifies choice of frozen dessert product by comparing it to the two other frozen dessert products.</p> <p>Considers factors such as:</p> <ul style="list-style-type: none"> • Leon's situation • packaging information • the different amounts of nutrients in the frozen dessert products and their effect on physical well-being • knowledge of the FNG's.
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N1	N2	A3	A4	M5	M6	E7	E8
Some Achievement level questions attempted. Some relevant material.	Some parts at Achievement level. Some correct answers (less than for A3).	MOST parts at Achievement level.	ALL parts at Achievement level. OR ONE part at Merit level and at least half of the remaining parts at Achievement level.	TWO parts at Merit level (in-depth answers).	THREE parts at Merit level (in-depth answers).	ONE part at Excellence level (comprehensive answers).	TWO parts at Excellence level (comprehensive answers).

N0 = No response; no relevant evidence.

Judgement Statement

	Not Achieved	Achievement	Achievement with Merit	Achievement with Excellence
Score range	0 – 7	8 – 12	13 – 18	19 – 24