

## Assessment Schedule – 2013

### Home Economics: Analyse the relationship between well-being, food choices and determinants of health (91300)

#### Evidence Statement

Expected Coverage			
<p>The candidate discusses the three named determinants of health:</p> <p>(1) <b>Access to healthy food</b> – a nutritious diet is essential for good health. Inadequate food, poor quality food, and excess food can lead to a range of diseases. A lack of transport can prevent access to fresh food markets and supermarkets, as can economics (being able, or not, to afford fruit and vegetables). People on a low income (young families, the unemployed, and the elderly) are less likely to eat well.</p> <p>(2) <b>Lifestyle</b> – aspects of a person’s life that they have choice over. These are things that can be changed; such as food choices, consumption of alcohol, drugs, choices about relationships.</p> <p>(3) <b>Stress</b> – can influence a person’s food choice, as stress can cause a person to choose easy convenience food, or fast foods, which can be high in fat, salt, and sugar. Overeating of these foods can result in obesity, heart disease, and high blood pressure in the future.</p>			
Question	Achievement	Achievement with Merit	Achievement with Excellence
<p>(a) (i)–(iii)</p> <p>The candidate explains the impacts of EACH of the THREE determinants of health on people’s <b>food choices</b>.</p> <p>The candidate includes detailed examples of the impact of the determinant of health on people’s food choices.</p> <p><i>See Appendix A for possible responses.</i></p>	<p>Any TWO of:</p> <ul style="list-style-type: none"> <li>Explains (or describes, or considers) the impacts of TWO determinants of health on the Smith family’s food choices.</li> </ul>	<p>Any TWO of:</p> <ul style="list-style-type: none"> <li>Explains, with detailed examples, the impacts of TWO determinants of health on the Smith family’s food choices.</li> </ul>	
<p>(iv)</p> <p>The candidate chooses ONE of the three determinants of health from (a) to (c), explains how the determinant impacts on the Smith family’s <b>well-being</b>, includes detailed examples, and considers relevant <b>dimensions</b> of well-being.</p> <p><i>See Appendix B for possible responses.</i></p>	<ul style="list-style-type: none"> <li>Explains (or describes, or considers) the impact of the chosen determinant of health on the Smith family’s well-being.</li> <li>At least TWO dimensions of well-being are explained.</li> </ul>	<ul style="list-style-type: none"> <li>Explains, with detailed examples, the impacts of the chosen determinant of health on the Smith family’s well-being.</li> <li>At least TWO dimensions of well-being are explained, with detailed examples given.</li> </ul>	<ul style="list-style-type: none"> <li>Explains, with detailed examples, the impact of the chosen determinant of health on the Smith family’s well-being.</li> <li>At least THREE dimensions of well-being are explained, with detailed examples given.</li> </ul>

(b)	<p>The candidate states / considers an <b>interconnection</b> between the determinants and how they affect people and society; and includes detailed examples.</p> <p><i>See Appendix C for possible responses.</i></p>	<p>Explains (or describes, or considers) an interconnection (link) between at least TWO determinants of health.</p>	<p>Explains, with detailed examples, how an interconnection between TWO determinants of health affects the Smith family AND / OR New Zealand society as a whole.</p>	<p>Explains, with detailed examples, how the interconnections between the THREE determinants of health affect the Smith family AND New Zealand society as a whole.</p>
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N1	N2	A3	A4	M5	M6	E7	E8
<p>States / describes / considers an impact of ONE determinant of health on the Smith family's food choices.</p>	<p>States / describes / considers an impact of ONE determinant of health on the Smith family's food choices AND well-being.</p>	<p>Explains / describes / considers an impact of TWO determinants of health on the Smith family's food choices, AND describes the impact of the chosen determinant on their well-being.</p> <p>At least TWO dimensions of well-being are described or given.</p>	<p>Explains / describes / considers an impact of TWO determinants of health on the Smith family's food choices, AND describes the impact of the chosen determinant on their well-being.</p> <p>At least TWO dimensions of well-being are explained, with detailed examples given.</p> <p>AND / OR</p> <p>The interconnections between at least ONE determinant of health and well-being are considered.</p>	<p>Explains, with detailed examples, the impact of TWO determinants of health on the Smith family's food choices, AND the impact of the chosen determinant on their well-being.</p> <p>At least TWO dimensions of well-being are explained, with detailed examples given.</p> <p>AND / OR</p> <p>The interconnections between at least TWO determinants of health and well-being are considered.</p>	<p>Explains, with detailed examples, the impact of TWO determinants of health on the Smith family's food choices, AND the impact of the chosen determinant on their well-being.</p> <p>At least TWO dimensions of well-being are explained, with detailed examples given.</p> <p>AND</p> <p>How the interconnections between TWO determinants of health affect the Smith family AND New Zealand society as a whole are explained.</p>	<p>Discusses, with detailed examples, how the interconnections between TWO determinants of health relate to the food choices AND well-being of the Smith family AND New Zealand society as a whole.</p> <p>At least THREE dimensions of well-being are discussed, with detailed examples given.</p>	<p>Discusses, with detailed examples, how the interconnections between THREE determinants of health relate to the food choices AND well-being of the Smith family AND New Zealand society as a whole.</p> <p>At least THREE dimensions of well-being are discussed, with detailed examples given.</p>

**N0** = No response; no relevant evidence.

### Judgement Statement

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

## **Appendix A – Question Part (a), (i)–(iii)**

(i) *Eg: Access to healthy food (not limited to these examples)*

### **Achievement (Analyse)**

*The Smith family has a good income, and this allows them to be able to buy a variety of nutritious food. Rawiri has time on a Sunday to go to the supermarket. As Rawiri does not enjoy vegetables, he may not choose a wide variety, and this decreases the rest of the family's access to fresh vegetables. They have no trouble with access to transport.*

*Because the family does not plan what they are going to cook for their meals, it prevents the parents providing a variety of balanced meals for the family.*

*The family may not understand what food is important to maintain good health.*

### **Merit (Analyse in depth)**

*The Smith family has the financial ability to provide healthy food as both parents work and have good jobs – Susan as a police sergeant, and Rawiri in an engineering company. The main issue is time, and this is reducing their ability to provide healthy food for their family on a consistent basis. They have takeaways twice a week, and Rawiri often buys food that is on special, which does not necessarily mean nutritious food, as they do not spend the time planning meals for the week. Because Adam and Ashley have to make their own lunches and are teenagers, they are often running late and can't be bothered, so they just take easy convenient food to school, or none at all.*

(ii) *Eg: Lifestyle (not limited to these examples)*

### **Achievement (Analyse)**

*The family chooses not to plan their meals for the week, and this can adversely affect their food choices. The children don't get up early enough to make a proper lunch. The parents could make the lunches the night before for all of them. Susan chooses to buy takeaways, and she smokes and drinks. Rawiri has a heart problem and needs to eat more vegetables, as well as cut down on high-fat foods.*

### **Merit (Analyse in depth)**

*The family chooses not to plan their meals for the week, and this can adversely affect their food choices by not providing a wide range of fruit and vegetables to allow the family to get the nutrients required for a healthy body. Susan also chooses to buy takeaways, and she smokes and drinks – these are lifestyle choices that she could control to improve her overall health. If she chose other activities to reduce her stress such as going for a walk, or spending time with her children, her health would improve, as her stress levels would decrease.*

*Rawiri has a heart condition and needs to improve his diet and lose weight; he needs to plan his meals carefully so he can make these changes to his diet. This would benefit the overall health of the whole family.*

*The children don't get up early enough to make a proper lunch, and this affects the type of food that they take to school. As they do not have time to make sandwiches, they would tend to grab snack food like chippies, muesli bars, noodles (if hot water is available at school), and biscuits – all of which can be high in fat, salt, and / or sugar, and do not help the children with their ability to learn.*

(iii) *Eg: Stress (not limited to these examples)*

**Achievement (Analyse)**

*Because the family are busy with work and school, this can create stress because of the limited time each family member has. They don't often have time to ensure that they make good food choices. The children just grab whatever is there and often do not want to be bothered with making a packed lunch, which means they are not taking enough food to school, and this would have a direct impact on their learning ability.*

**Merit (Analyse in depth)**

*Susan's work is stressful, and she chooses to buy quick and easy takeaways for lunch. She also chooses to drink wine and smoke.*

*Her busy lifestyle, with long hours spent working, can make her tired and / or stressed. As a result, Susan does not want to spend time on, or thinking about cooking, so leaves that up to Rawiri. When Susan is working, she drinks coffee and relies on fast food, so her meals and snacks are chosen without much thought about their nutritional value. This food probably includes easy fast food like McDonald's, Subway, pies, etc. These can be high in fat, salt, and sugar.*

**Appendix B – Question Part (a) (iv)**

*Eg: Stress (not limited to these examples)*

The candidate states a positive or negative impact on the Smith family's well-being.

*Stress is causing Susan to eat fast food and convenience foods. These foods can be high in saturated fat, sugar, and / or salt. They also contain additives. Therefore, Susan, who is already stressed, is eating a diet high in fat, salt, and sugar. She is also consuming coffee and wine. Wine contains a lot of empty kilojoules, adding to her weight gain. This is having a negative effect on her physical well-being, as it means she is gaining weight and will have decreased energy levels in the short-term. A diet high in saturated fat can lead to high cholesterol and contribute to the clogging-up of the arteries causing heart disease. A diet high in salt can cause hardening of the arteries, which causes high blood pressure. Eating too much sugar can lead to weight gain, dental cavities, and Type 2 diabetes.*

*Stress can also affect a person's mental and emotional well-being because it can make them moody and tired. Drinking too much wine on a regular basis can lead to addiction. This could also affect her work and she may not be working efficiently, adding extra pressure at work.*

*Because she is not at home a lot, she does not get to spend quality time with her family, and when she is home, she is tired, and the children may not want to spend time with her as stress can make people angry and impatient. This could affect their social well-being.*

*Susan could start to feel bad about her weight gain, and this could cause depression and lead to addiction because she feels unhappy about her body, and disappointed in herself because she is not eating a healthy, balanced diet. This could adversely affect all areas of her well-being.*

## Appendix C – Question Part (b)

*Eg: Interconnections of lifestyle determinants, stress, and access to healthy food (not limited to these examples).*

### **Achievement (Analyse)**

*The Smith family is financially secure and can afford to buy what they need in order to live a comfortable life. They have access to good-quality food. The lifestyle choices that they make affect what they are choosing to buy, like takeaways twice a week. Not planning their meals is not providing nutritious meals for the whole family, and even though they can afford to buy a variety of food, Rawiri (who does the shopping) does not like vegetables. This means that the family may not eat enough fruit and / or vegetables, and therefore are not getting enough nutrients such as vitamins and minerals. Because Susan is stressed, she does not care, or have the time to worry about the nutrition in the food the family are eating.*

### **Merit (Analyse, in depth)**

As above, and gives detailed examples.

*Susan and Rawiri become stressed about providing meals for their family due to a lack of time; therefore, cheap takeaways are an easy option. However, these foods are often high in fat, salt, and sugar, and can contribute to obesity, heart disease, and Type 2 diabetes. Both Susan and Rawiri have health issues, and need to cut down on fast foods, and include more vegetables, fruits, and wholegrain cereals, into their diets to help with Rawiri's heart problem, and Susan's need to include more fibre. She could source this from wholegrain cereals, and fruit and vegetables. Being worried about their health could cause stress, and may lead to addiction to alcohol, drugs, or smoking.*

*Eating takeaway foods can also affect the family's mental and emotional well-being because they are not getting the essential nutrients they need (eg iron), which causes them to be tired and depressed. The children's food choices have also been affected by not ensuring that they have time to make a balanced lunch that will fulfill their physical needs as growing teenagers, who need a variety of food each day. This also could affect their ability to learn, as if they do not have enough food, their attention span in class will be affected, and they will not do as well academically. This could also place stress on them, and they could feel bad about themselves if they are not doing well at school.*

**Excellence (Comprehensively analyse)**

As above, and gives interconnections between the THREE determinants of health.

*A lack of time and lifestyle determinants are causing stress, and this stress is leading to an increase in the family's consumption of quick, time-saving meals and takeaways, and snacks made from processed ingredients. These foods are often high in fat, salt, and sugar, which can lead to health problems.*

*The foods they are choosing are often lacking in vital nutrients. This is caused by stress and time constraints that the family needs to deal with, as they can afford to access a variety of food. This affects the family's physical well-being, including a lack of iron leading to anaemia, and the children having learning difficulties, or an over-consumption of fast foods, like McDonald's or fish and chips, which are easy and quick, but are nutrient-poor foods. Over-consumption of these foods increases the chances of people developing health-related diseases like obesity (too much sugar, fat, carbohydrates), which can lead to heart disease, Type 2 diabetes (obesity and too much sugar), and high blood pressure (too much salt from processed foods and fast foods). Susan and Rawiri need to address their diets and plan meals so that the family can eat a variety of healthy low-fat, low-sugar, and low-salt meals. Stress is an issue for Susan, and she deals with this by drinking and smoking. The drinking can lead to addiction, and this will affect her mental and emotional well-being. It can make her depressed and unable to cope at work and at home. This in turn will affect the family's home life, and affect their cohesiveness and day-to-day functioning, which will lead to more stress amongst all family members. It can also affect Susan's spiritual well-being as her behaviour will be having a negative effect on her children, and she may know she needs to be a better role model for her children.*

*Community and public health agencies' costs for education, treatment, and the management of physical and emotional illnesses, resulting from excess intake of fat, sugar, or salt, alcohol, and stress, continue to rise. Government-funded public health will require a greater proportion of funding from the taxes paid by all employed New Zealanders, as the incidence of long-term health issues related to high fat, sugar, or salt intake, continues to rise. Shifting more funding to the health sector for healthy eating programmes and treatment of diet-related illnesses, means less funding is available for other important areas such as transport, education, and housing.*

*Nutrient-related diseases cost society vast amounts of money per year. Hospitals need to have larger beds and expensive equipment to deal with larger people. They also need more staff to move obese people.*

*There are also associated costs in the time people have off work due to their mental and physical illnesses / diseases, and impacts on families and children, which can impact on society (cost of support agencies, schools). Loss of education opportunities for Adam and Ashley can cause more pressure on society, especially if they cannot get jobs.*