

**Assessment Schedule – 2014****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
<b>One</b> (a) (i)	Plain Pack Bread Wheatmeal Toast	Identifies the bread with the highest amount of dietary fibre per 100 g.		
(ii)	Pams® White Toast Bread	Identifies the bread with the lowest amount of dietary fibre per 100 g.		
(iii)	Sunny Crust® Multigrain Toast Bread	Identifies the bread with the highest amount of total carbohydrates per 100 g.		
(iv)	Plain Pack Bread Wheatmeal Toast	Identifies the bread with the lowest amount of total fats per 100 g.		
(b)	<ul style="list-style-type: none"> <li>• Plain Pack Bread Wheatmeal Toast</li> <li><b>or</b></li> <li>• Sunny Crust® Multigrain Toast Bread</li> </ul>	Chooses the healthiest bread for the students.	Relates Plain Pack Bread <b>or</b> Sunny Crust® choice to scenario given.	
(c)	<ul style="list-style-type: none"> <li>• <u>The students are keen to buy on a budget, and plain packaging combined with the word 'wheatmeal' will encourage them to look again at the nutrients. It may also make them think that no money is wasted on fancy packaging, and it is all spent on the quality of the bread.</u></li> </ul>		<b>Describes</b> how the name of the chosen bread could encourage students to buy it.	
(d)	<ul style="list-style-type: none"> <li>• Store in a cool dry place.</li> <li>• Freeze on the day of purchase.</li> </ul>	Identifies the method of storage from the packaging.		

(e) (i)	Wheat flour	Identifies the ingredient found in the largest amount in the chosen bread.		
(ii)	Regulator (263)	Identifies the ingredient found in the smallest amount in the chosen bread.		
(f)	<ul style="list-style-type: none"> <li>• <u>The Plain Pack Wheatmeal bread has the lowest levels of total fats and kilojoules compared to the other breads. This will help teenagers to keep their weight down.</u> <u>This bread has the highest amount of protein, which teenagers need for growing. It also has the highest level of dietary fibre compared to the other breads. Dietary fibre is really important to help keep teenagers full for longer, help keep bowels regular and to help absorb nutrients.</u> <u>The amount of sodium is very similar in all 3 breads.</u> <u>The amount of total carbohydrates in this bread is the same as the Pams® White Toast Bread and only slightly lower than the Sunny Crust® Multigrain Toast Bread. Carbohydrates provide long-lasting energy for teenagers to keep them alert and active and give them energy for sport and activities. All three breads have the same low levels of sugar – which teenagers don't need too much of.</u></li> <li>• <b>The Plain Pack bread has the lowest levels of total fats and kilojoules compared to the other breads. The FNG's state that teenagers need to choose foods low in fat, salt, and sugar – so they should be looking for the lowest fat and kilojoules.</b> <b>This bread has the highest amount of protein – and teenagers need to eat foods to maintain growth and energy, and a healthy body weight.</b> <b>This bread also has the highest amount of</b></li> </ul>		<p><b>Describes</b> how the amount of kilojoules, protein, fats, carbohydrates, and dietary fibre in the bread could influence the students to choose this product as the healthiest option.</p> <p><b>Describes</b> the impact on physical well-being of carbohydrates and dietary fibre.</p>	<p><b>Explains</b> how the amount of kilojoules, protein, fats, carbohydrates, and dietary fibre in the bread could influence the students to choose this product as the healthiest option.</p> <p><b>Explains</b> the impact on physical well-being of carbohydrates and dietary fibre.</p> <p><b>Justifies</b> their choice of product by comparing it to the other two bread products. Justification considers factors such as:</p> <ul style="list-style-type: none"> <li>• the amount of kilojoules, protein, fats, carbohydrates, and dietary fibre on the different bread packaging</li> <li>• the effects on physical well-being of carbohydrates and dietary fibre</li> <li>• knowledge of the FNGs</li> <li>• packaging information.</li> </ul> <p>(Answers may touch on other dimensions of well-being).</p>

	<p><b>Fibre of the three breads. It is 'Wheatmeal' so contains extra grains to increase the fibre content. Dietary fibre is really important to help keep teenagers full for longer, help keep bowels regular and to help absorb nutrients.</b></p> <p><b>Fibre will also help prevent bowel cancer.</b></p> <p><b>Sunny Crust® Multigrain Toast Bread provides long-lasting energy for the class members to participate well in their sports and feel energised at school.</b></p>			
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<p><b>Two</b> (a) (i)</p>	<ul style="list-style-type: none"> <li>• “Lite ‘N Trim”</li> <li>• Happy men</li> <li>• “Chesdale®” name.</li> </ul>	<p>Identifies a promotional feature on the Chesdale® Lite ‘N Trim Cheese Slices.</p>		
<p>(ii)</p>	<ul style="list-style-type: none"> <li>• <u>“Lite ‘N Trim” will make the students think they will stay light in weight and trim by eating this product, especially if they are trying to keep to a healthy weight.</u></li> <li>• <u>Happy Men (Ches and Dale) make buyers feel positive about the product from the happy looking characters.</u></li> <li>• <u>“Chesdale®” is a trusted and traditional New Zealand brand – buyers will feel good to be buying New Zealand made and will have confidence in it.</u></li> </ul>		<p><b>Describes</b> how the chosen promotional feature could encourage the students to purchase this product.</p>	
<p>(b) (i)</p>	<ul style="list-style-type: none"> <li>• “Super Slim”</li> <li>• Healthy sandwich “serving suggestion”</li> <li>• Good source of calcium.</li> </ul>	<p>Identifies a promotional feature on Bega® Super Slim Cheese Slices.</p>		
<p>(ii)</p>	<ul style="list-style-type: none"> <li>• <u>“Super Slim” will relate to the students who have been studying the FNGs and know it is important to maintain a healthy weight – this feature will make them think that this cheese is more slimming than others – or has less fat.</u></li> <li>• <u>The healthy sandwich serving suggestion looks appealing, and will give students an idea for a healthy lunch using the cheese slices. It will show them how to include other food groups with the cheese.</u></li> </ul>		<p><b>Describes</b> how the chosen promotional feature could encourage the students to purchase this product.</p>	
<p>(c)</p>	<p>Bega® Super Slim</p>	<p>Chooses the healthiest cheese product.</p>		
<p>(d) (i)</p>	<p>12 slices</p>	<p>Identifies number of servings in this product.</p>		
<p>(ii)</p>	<p>1 slice (21g)</p>	<p>Identifies size of each serving in this product.</p>		

<p>(e)</p>	<ul style="list-style-type: none"> <li>• <u>The Bega® Super Slim Cheese Slices are the healthiest choice because they are the lowest in kilojoules, the lowest in total fats and saturated fats, lowest in sugar and the highest in protein and calcium. The protein will be important for the students, because they are still growing and to help them build muscles with the exercise they are doing. The calcium will help them to build strong bones and teeth, and prevent osteoporosis when they are older.</u></li> <li>• <b>The Bega® Super Slim cheese slices are the healthiest choice. They are the lowest in kilojoules per 100g – this will mean less weight gain for students by eating this product. Both products are low-fat versions, but the Bega® Super Slim slices have 8.8% fat and the Chesdale® Lite ‘N Trim Cheese Slices are nearly twice as much at 15% fat. The low total fats will also help students maintain a healthy weight, and the lower saturated fats will be better to prevent cholesterol build up as students get older. The higher levels of calcium (829mg per 100g) will be important to students to help maintain healthy bones and prevent osteoporosis when they are older. Two slices of this cheese will provide a serving of milk and dairy – and low-fat versions are best, so they are a good choice. Teenagers need 3 servings a day of milk and dairy foods such as cheese. The Bega® Super Slim slices are also higher in protein – and teenagers need protein for growing and tissue and muscle repair – this will help them in recovery from exercise. The Chesdale® Lite ‘N Trim Cheese Slices are made in New Zealand, so will be easier to send back if there is a problem, but the Bega® Super Slim slices are a much healthier option.</b></li> </ul>		<p><b>Describes</b> how the amount of kilojoules, protein, total fats, saturated fats, and calcium in the cheese slices could influence the students to choose this product as the healthiest option.</p> <p><b>Describes</b> the impact on physical well-being of protein and calcium.</p>	<p><b>Explains</b> how the amount of kilojoules, protein, total fats, saturated fats, and calcium in the cheese slices could influence the students to choose this product as the healthiest option.</p> <p><b>Explains</b> the impact on physical well-being of protein and calcium.</p> <p><b>Justifies</b> their choice of product by comparing it to the other cheese product. Justification considers factors such as:</p> <ul style="list-style-type: none"> <li>• the amount of kilojoules, protein, total fats, saturated fats, and calcium on the different cheese packaging</li> <li>• the effects on physical well-being of protein and calcium</li> <li>• knowledge of the FNGs</li> <li>• packaging information.</li> </ul> <p>(Answers may touch on other dimensions of well-being).</p>
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<b>Three</b> (a)	The Simpsons™ Rice Snacks Mr Munchies BBQ Flavour	Chooses the healthiest snack product.		
(b) (i)	<ul style="list-style-type: none"> <li>• Bonus Mega Stickers</li> <li>• The Simpsons™</li> <li>• Bright colours</li> <li>• Steak image</li> <li>• 8 Snack Packs</li> <li>• Guaranteed Quality.</li> </ul>	Identifies ONE promotional feature.	Identifies TWO promotional features.	
(ii)	<p>“Bonus Mega Stickers”, eg:</p> <ul style="list-style-type: none"> <li>• Students might want to collect the stickers.</li> <li>• <u>The Simpsons is a popular television programme and students might be encouraged to choose this product so they can collect the stickers. They might have younger siblings who would want to collect them.</u></li> </ul>	Shows some / clear understanding of how this feature could influence the students’ food choice.	<b>Describes</b> how the feature could influence the students’ food choice.	
(c) (i)	<ul style="list-style-type: none"> <li>• Gluten free</li> <li>• Trans fat free</li> <li>• Baked not fried.</li> </ul>	Identifies ONE nutritional feature.	Identifies TWO nutritional features.	
(ii)	<p>“Baked not fried”, eg:</p> <ul style="list-style-type: none"> <li>• If the snacks are baked, they will be less fatty than fried ones.</li> <li>• <u>Students are looking for healthy snacks and will understand that baking uses less fat than frying – so will see these as a healthier choice.</u></li> </ul>	Shows some / clear understanding of how this feature could influence the students’ food choice.	<b>Describes</b> how the feature could influence the students’ food choice.	
(d)	<ul style="list-style-type: none"> <li>• The Simpsons™ Rice Snacks Mr Munchies BBQ Flavour would not be suitable for a student(s) to eat if they suffered from a dairy allergy, because the package says: “May contain traces of milk” and milk is a dairy food.</li> </ul>	Identifies that this product would not be suitable for a student(s) IF they suffered from a dairy allergy, from the wording on the packaging information.		

<p>(e)</p>	<ul style="list-style-type: none"> <li>• <u>The Simpsons™ Rice Snacks are the best choice because they are the lowest in kilojoules, total fats, saturated fats, and sodium. Too many fats will cause weight gain in students, and saturated fats will add to the risk of heart disease when they are older. Students would want to choose snacks low in sodium because sodium can lead to high blood pressure and heart disease.</u></li> <li>• <b>In learning about the FNGs, students know they need to choose foods low in salt and fat (especially saturated fats).</b>  <b>Most New Zealanders have too much sodium in their diet. It is strongly connected to high blood pressure. Sodium causes the body to hold fluid, which gives the heart more to pump. High blood pressure can lead to heart problems and stroke.</b>  <b>Saturated fat is found mainly in animal foods, such as meat, cheese, butter, cream, and fats. They can increase cholesterol levels in the blood and lead to hardening of the arteries and heart disease. Too many fats can also lead to weight gain. This product has less than half the fat of the Bluebird Grain Waves® and one third of the Solay™ Potato Crisps. The other packets have claims about “80 % less saturated fat” and “70 % less saturated fat”, but it doesn’t say less than what. The Simpsons™ Rice Snacks are the lowest in total fat and saturated fats, and contain rice bran oil, which is a natural antioxidant and helps prevent cancer.</b></li> </ul>		<p><b>Describes</b> how the amount of kilojoules, total fats, saturated fats, and sodium in the snack product could influence the students to choose this product as the healthiest option.</p> <p><b>Describes</b> the impact on physical well-being of total fats, saturated fats, and sodium.</p>	<p><b>Explains</b> how the amount of kilojoules, total fats, saturated fats, and sodium in the snack product could influence the students to choose this product as the healthiest option.</p> <p><b>Explains</b> the impact on physical well-being of total fats, saturated fats, and sodium.</p> <p><b>Justifies</b> their choice of product by comparing it to the other two snack products. Justification considers factors such as:</p> <ul style="list-style-type: none"> <li>• the amount of kilojoules, total fats, saturated fats, and sodium on the different snack packaging</li> <li>• the effects on physical well-being of protein and calcium</li> <li>• knowledge of the FNGs</li> <li>• packaging information.</li> </ul> <p>(Answers may touch on other dimensions of well-being).</p>
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<b>N1</b>	<b>N2</b>	<b>A3</b>	<b>A4</b>	<b>M5</b>	<b>M6</b>	<b>E7</b>	<b>E8</b>
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. (Q1 – 6 of 8). (Q2 – 3 of 5). (Q3 – 4 of 6).	ALL parts at Achievement level.	ONE part at Merit level (in-depth answers).	TWO parts at Merit level (in-depth answers).	ONE part at Excellence level AND ONE part at Achievement level (comprehensive answers).	ONE part at Excellence level AND ONE part at Merit level (comprehensive answers).

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

### Cut Scores

	<b>Not Achieved</b>	<b>Achievement</b>	<b>Achievement with Merit</b>	<b>Achievement with Excellence</b>
<b>Score range</b>	0 – 6	7 – 12	13 – 18	19 – 24