

Assessment Schedule – 2014

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) Stress – Can influence a person’s food choice, as it can cause a person to choose easy convenience food, or fast foods, which can be high in fat, salt, and sugar. Overeating these foods may result in obesity, heart disease, and high blood pressure.</p> <p>(2) Transport – Access to adequate transport to get to work or university can directly affect well-being.</p> <p>(3) Economics – Access to enough money to adequately feed, house, and clothe people have a major effect on an individual’s quality of life.</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 food choices.</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>	<ul style="list-style-type: none"> Explains (or describes, or considers) the impacts of TWO determinants of health on the food choices of the flatmates. 	<ul style="list-style-type: none"> Explains, with detailed examples, the impacts of TWO determinants of health on the food choices of the flatmates. 	
<p>(b)</p> <p>The candidate states / considers an interconnection between the determinants and how they affect people and society; and includes detailed examples.</p> <p><i>See Appendix B for possible responses.</i></p>	<ul style="list-style-type: none"> Explains (or describes, or considers) the impact of ONE determinant of health on the well-being of the three flatmates. At least ONE dimension of well-being is explained. 	<ul style="list-style-type: none"> Explains, with detailed examples, the impacts of TWO determinants of health on the well-being of the three flatmates. At least TWO dimensions of well-being are explained, with detailed examples given. 	<ul style="list-style-type: none"> Explains, with detailed examples, the impact of THREE determinants of health on the well-being of the three flatmates. At least THREE dimensions of well-being are explained, with detailed examples given. Explains, with detailed examples, how the interconnections between the THREE determinants of health affect the flatmates AND New Zealand society as a whole.

N1	N2	A3	A4	M5	M6	E7	E8
States / describes / considers an impact of ONE determinant of health on the food choices of the flatmates.	States / describes / considers an impact of ONE determinant of health on the food choices AND well-being of the flatmates.	Explains / describes / considers an impact of TWO determinants of health on the food choices of the flatmates, AND describes the impact of ONE determinant on the well-being of the flatmates. ONE dimension of well-being is described or given.	Explains / describes / considers an impact of TWO determinants of health on the food choices of the flatmates, AND describes the impact of ONE determinant on the well-being of the flatmates. ONE dimension of well-being is explained, with detailed examples given.	Explains, with detailed examples, the impact of TWO determinants of health on the food choices of the flatmates, AND the impact of the TWO determinants on the well-being of the flatmates. TWO dimensions of well-being are explained.	Explains, with detailed examples, the impact of THREE determinants of health on the food choices of the flatmates, AND the impact of the TWO determinants on the well-being of the flatmates. TWO dimensions of well-being are explained, with detailed examples given.	Discusses, with detailed examples, how the interconnections between TWO determinants of health relate to the food choices AND well-being of the flatmates, AND New Zealand society as a whole. THREE dimensions of well-being are discussed.	Discusses, with detailed examples, how the interconnections between THREE determinants of health relate to the food choices AND well-being of the flatmates, AND New Zealand society as a whole. THREE dimensions of well-being are discussed, with detailed examples given.

N0 = No response; no relevant evidence.

Cut Scores

	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) *Stress (not limited to these examples)*

Achievement (Analyse)

Flatmate chosen: Sanjay

Sanjay is so busy with work that this is creating stress because of the limited time he has to ensure that he makes good food choices. He often eats whatever he is given, or relies on takeaways.

Merit (Analyse in depth)

Flatmate chosen: Sanjay

Sanjay is so busy with work that he is not planning his meals, which means he is often eating takeaways, as well as bakery items from the café where he works. These foods are often high in fat, salt, and sugar, and are probably contributing to Sanjay feeling so tired. With Sanjay being a vegetarian, it is important for him to plan his meals so that he is getting all the nutrients he needs to stay healthy, eg if he is not getting enough iron, he could get anaemic.

(ii) *Transport (not limited to these examples)*

Achievement (Analyse)

Flatmate chosen: Mere

Mere has access to transport because she has a car, and this allows her to go to the supermarket to do her shopping and buy the food she requires.

Flatmate chosen: Sanjay

Sanjay has a pushbike, and this means he can get to work and also access shops to get the food he needs. However, he is limited to how much he can carry on his bike, and this may impact some of his food choices depending on how heavy items are.

Flatmate chosen: Luke

Luke relies on the bus and walking, and this will affect his access to the food choices / takeaways he has, depending on what is available in the area that he lives.

Merit (Analyse in depth)

Flatmate chosen: Mere

Mere can easily source the food that she needs and can look for specials at the supermarket to help her with her budget. Mere's car failing the warrant could limit her access to the supermarket until she can afford to get it fixed, though.

Flatmate chosen: Luke

Luke's transport issues are affecting his food choices. He is often running late, which means he doesn't have time to have breakfast at home because he needs to catch a bus at a certain time. As a result, he is buying hot chips and coke at the polytechnic, which are not healthy choices. They are high in saturated fat and salt, increasing

his weight, and adding to his financial problems, as the money he is spending on the chips and coke could be used to supply enough food for a healthy breakfast for the whole week (Weet-Bix and milk).

(iii) *Economic (not limited to these examples)*

Achievement (Analyse)

Flatmate chosen: Luke

Luke's main problem is a lack of money. This affects his food choices, as he is choosing to buy hot chips and coke because this is a cheap, easy option. As he is not planning his meals, he is relying on noodles and bread to fill him up, because these are also a cheap option. He doesn't eat breakfast because he probably has no food in the flat to do this. He could save money if he planned his meals and worked with the other flatmates.

Flatmate chosen: Mere

Mere is on a limited budget and needs to save money to get her car fixed. She is trying to eat a healthy diet, but is finding it expensive as she is cooking only for herself, which means there is a lot of waste. Often pies and donuts are seen as cheap takeaway foods that fill people up quickly, and they are often common morning tea and lunch options for people with physical jobs.

Merit (Analyse in depth)

Flatmate chosen: Luke

Luke's main problem is a lack of money. This affects his food choices, as he is choosing to buy hot chips, coke, bread, and noodles because these are cheap carbohydrate foods that will fill him up. He doesn't eat breakfast because he probably has no food in the flat to do this. His economic situation is partly caused by the student loan allowance from the government not being sufficient to cover his living costs, and Luke also has to cover other fixed costs like rent, power, university fees, etc. The only place he can save money is on food costs. He could save money if he planned his meals and worked with the other flatmates.

Flatmate chosen: Mere

Mere is earning a weekly wage, but has to be careful and budget her money to cover her weekly costs, as well as pay for repairs on her car. She is trying to eat a healthy diet, and often makes her own lunch to take to work, but is finding it expensive as she is cooking only for herself, which means there is a lot of waste. It is often cheaper to buy food in larger quantities and Mere understands the importance of eating healthy foods for well-being.

Appendix B – Question Part (b)

Eg: Interconnections of stress, transport, and economic situations (not limited to these examples).

Achievement (Analyse)

The flatmates are all financially insecure, and the lack of money for them to live comfortably and buy healthy food is causing stress for them all. Mere is more concerned with eating nutritious foods, as she is into multisports and understands that food is an important aspect of doing well. Sanjay is working two jobs to try to save enough money to enrol in a chefing course, and his lack of time is causing the most stress and preventing him from eating nutritious foods. As the flatmates are not planning their meals, they are not eating nutritious foods, and this is affecting their health. Both Sanjay and Luke are feeling tired and unmotivated, and Luke is putting on weight. If the flatmates worked together and shared their transport, they would all have access to buying food at a supermarket, and not have to rely on the available shops in the area, or eat the cakes that Sanjay is bringing home from work.

Merit (Analyse, in depth)

As above, and gives detailed examples.

The flatmates all have individual problems related to not having enough money to adequately provide themselves with healthy food all of the time, as they are not working together. This in turn is causing stress, which is caused by not having enough time to eat properly. All of the flatmates are busy due to workload issues, and not eating properly can lead to health issues. They are eating too many takeaways because they are an easy option, but these foods are often high in fat, salt, and sugar, and can contribute to obesity, heart disease, and Type 2 diabetes. Both Sanjay and Luke are feeling tired, and need to cut down on fast foods, and include more vegetables, fruits, and wholegrain cereals into their diets to help with Sanjay's lack of energy, which could be caused by not enough iron. Sanjay needs to take care to plan his meals so that he can ensure he has enough iron, Vitamin B12, and other nutrients that are important for a vegetarian. Luke's lack of motivation could be caused by a lack of fruit and vegetables and Vitamin B. Luke could source this from wholegrain cereals, and fruit and vegetables. Eating takeaway foods can also affect the flatmates' 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 flatmates' food choices have also been affected by not ensuring they have time to make a breakfast that will fulfill their physical needs and give them 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 in their courses.

Excellence (Comprehensively analyse)

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

The three determinants are slightly different for all three flatmates, but lack of money is a concern for all of them.

Transport is a concern for Luke, but he can take the bus, or he could walk to polytechnic, which is only 3 kms away, and save himself \$6.00 a day. This would also help him with his fitness, which in turn would help him with his motivation and financial concerns. Mere has now got a temporary issue with transport as she needs to get a warrant for her car. Sanjay has a bike, which he can use to get to work and it is also good for his physical well-being as it provides exercise for him.

Stress is an issue for all of the flatmates caused by a lack of money, study / work commitments, and transport issues.

A lack of money, time, and adequate transport are causing stress, and this stress is leading to an increase in Luke and Sanjay'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 because of the stress and time constraints that the flatmates need to deal with, as well as the type of food they have access to. This affects their physical well-being, including a lack of iron, which may lead to anaemia, learning difficulties, and an overconsumption of fast foods, like McDonald's or fish and chips, which are easy and quick, but are nutrient-poor. Overconsumption 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). The flatmates need to address their diets and plan meals, so that they can eat a variety of healthy low-fat, low-sugar, and low-salt meals. Stress is an issue for all of the flatmates, and they can deal with this by working together and supporting each other. If they don't, it could lead to any of the flatmates getting depressed, drinking too much alcohol, or turning to drugs, and this will affect their ability to cope with their day-to-day lives (mental and emotional well-being). It may make them depressed and unable to cope with work / study and at the flat.

The flatmates could pool their resources and either do a flat shop once a week, using Mere's car for transport, or shop online. This way, they could all save money and eat nutritious meals, which would help them with their physical and mental and emotional well-being. It will also help them form better relationships with each other (social well-being) and help them feel better about themselves.

If the flatmates do not make changes to their food choices, it could lead to long-term effects for both society and them as individuals. 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 the flatmates could cause more pressure on society, especially if they cannot get jobs. The flatmates could suffer from mental illness (depression) stress, addiction, drop out of courses, and rely on the government for sickness or unemployment benefits.