

Assessment Schedule – 2015**Home Economics: Analyse the relationship between well-being, food choices and determinants of health (91300)****Evidence**

Expected Coverage				
The candidate discusses the three named determinants of health:				
(1) Unemployment – How much money people have to spend on food and housing affects their health and can also affect how they feel about themselves (their self-esteem), and their relationships with others.				
(2) Social support – Having family, friends, organisations, community groups, and government agencies providing assistance is an important factor for an individual's and societal well-being.				
(3) Economics – Access to enough money to adequately feed, house, and clothe people has a major effect on an individual's quality of life.				
Question		Achievement	Achievement with Merit	Achievement with Excellence
(a)	The candidate explains how EACH determinant of health (unemployment, social support, and economics) affects the Loon family's food choices. The candidate includes detailed examples.	<ul style="list-style-type: none"> Explains the effects of TWO determinants of health on the family's food choices. 	<ul style="list-style-type: none"> Explains, with detailed examples, the effects of TWO determinants of health on the family's food choices. 	
<i>See Appendix for sample evidence.</i>				
(b)	The candidate explains how the interconnections between the determinants of health, food choices, and well-being affect the family, AND New Zealand society. The candidate considers ALL the relevant dimensions of well-being, and includes detailed examples.	<ul style="list-style-type: none"> Explains how the family's well-being is impacted due to the influence of ONE determinant of health on their eating patterns (at least ONE dimension of well-being is considered in the explanation). 	<ul style="list-style-type: none"> Explains, with detailed examples, how the family's well-being is impacted due to the influence of TWO determinants of health on their eating patterns (at least TWO dimensions of well-being are considered in the explanation). 	<ul style="list-style-type: none"> Explains, with detailed examples, how the family's well-being and New Zealand society's well-being is impacted due to the interconnections between at least TWO determinants of health on their eating patterns (at least THREE dimensions of well-being considered in the explanation).
<i>See Appendix for sample evidence.</i>				

N1	N2	A3	A4	M5	M6	E7	E8
States / describes / considers an effect of ONE determinant of health on the food choices of the family.	States / describes / considers an effect of ONE determinant of health on the food choices AND well-being of the family.	Explains an effect of TWO determinants of health on the food choices of the family, AND describes the effect of ONE determinant on the well-being of the family. ONE dimension of well-being is described.	Explains an effect of TWO determinants of health on the food choices of the family, AND describes the effect of ONE determinant on the well-being of the family. ONE dimension of well-being is explained, with detailed examples given.	Explains, with detailed examples, the effects of TWO determinants of health on the food choices of the family, AND the effects of TWO determinants on the well-being of the family. TWO dimensions of well-being are explained.	Explains, with detailed examples, the effects of THREE determinants of health on the food choices of the family, AND the effects of TWO determinants on the well-being of the family. TWO dimensions of well-being are explained, with detailed examples given.	Explains, with detailed examples, how the interconnections between TWO determinants of health, food choices, and well-being affect the family, AND New Zealand society. THREE dimensions of well-being are explained.	Explains, with detailed examples, how the interconnections between THREE determinants of health, food choices, and well-being affect the family, AND New Zealand society. THREE dimensions of well-being are explained, 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 – Sample Evidence

- (a) Explains how EACH determinant affects the Loon family's food choices.
Includes detailed examples.
- (b) Explains how the interconnections between the determinants of health, food choices, and well-being affect the Loon family, AND New Zealand society.
Considers ALL the relevant dimensions of well-being, and includes detailed examples.

Achievement (Analyse)

The Loon family is having financial difficulties and does not have enough money. Their low income is causing food security issues and the family is eating a lot of cheap, fast foods and foods that are high in carbohydrates. This is also causing the family to cut back on the types of food that they would normally have. Mrs Loon is making meals that will feed the family, but using processed meat because it is cheaper than other lean meat cuts. Cheap takeaways are also high in fat and salt, but fill the children up. Not having enough money also prevents the family from having their own car, and the lack of transport makes it harder for them to source traditional foods from their country, which are available only in larger New Zealand centres. Even trying to grow their own vegetables and fruit requires resources and tools, which are hard to purchase on a limited income.

The lack of money is causing stress in the family, and this is affecting how they feel. Physically, the lack of fruit and vegetables and eating high fat foods will not be good for their health and could cause long-term weight gain. Mr Loon is already struggling with his weight, and eating high fat foods will make it hard for him to keep his weight down. Also, not being able to source traditional foods from their country and the food being expensive makes it hard for Mrs Loon to use her food preparation skills with unfamiliar foods. This could affect her self-esteem, as she is not being able to provide her family with healthy food.

It is great that Mrs Loon has got a small part-time job, but her working at the family's dinner time is affecting what food that they can purchase and prepare. Mr Loon does not have the skills to cook a nutritious meal for the family, and just wants to provide meals that are easy and cheap. Unfortunately, this food is high in fat, salt, sugar, and is nutrient-poor, so unhealthy for the family. Having only limited cooking equipment, and relying on equipment that has been donated to them, is not helping either.

The lack of employment for the Loon family could affect their feeling of belonging and self-worth, and could also affect their mental and emotional well-being. This could also affect their stress levels and make it hard for them not to worry about how they will support their children and provide the nutritious food that they need. Physically, the choice of the low cost foods that Mr Loon is giving the family, will not be providing the family with all the nutrients they need to stay healthy.

The Loon family have received help from a support group when they first arrived, where the whole family received a basic orientation about the Kiwi way of life. In their new city, they have also been supported by other people trying to help them settle into their new country such as their neighbours, who share the vegetables and fruit from their garden, and who have tried to help Mr Loon create his own garden. They have also received support from the local social centre, where they share traditional foods from their country and socialise with others, which will help them feel welcome. However, having friends and family around provides important support structures for families, and the lack of these can affect a family's mental and emotional well-being, and sense of belonging.

Merit (Analyse in depth)

As above, with detailed examples.

The Loon family is having financial difficulties and does not have enough money to pay the bills. This is causing the family to cut back on the types of food that they would normally have. Mr Loon is buying cheap takeaways, which are high in fat and salt, but fill the children up. Food high in saturated fat like sausages, chips, and pizza are occasional foods, and provide lots of complex carbohydrates to help fill the family up, but are high in fat, and if eaten too often, can cause people to gain weight. These meals do not follow the healthy plate model or FNGs, as they are lacking in vegetables. Vegetables are rich in the vitamins and minerals that are important for the family to maintain good general health.

The Loons' lack of money is also causing stress in the family, and is affecting their mental and emotional state. Mrs Loon may feel concerned that she is not able to provide the right food for her family's well-being and this could affect her spiritual well-being. Mr Loon may feel frustrated because he is unemployed and can't support his family, which could affect his self-esteem, and mental and emotional state.

Mr Loon and the children are also gaining weight, and the children are feeling tired and not doing well at school. With Mr Loon showing the early signs of Type 2 diabetes, his food choices will be making his condition worse, and he could die earlier from this disease. This could have a negative effect on his physical well-being, as he 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 clogged 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.

A lack of transport (due to the Loons mostly being unemployed and having a limited income), is also affecting the food that they can purchase, as they are forced to buy food from the local shops because they can't get to other main centres.

After moving to a new country, the Loon family have fewer people / family / friends who can support them. This affects their food choices, as they no longer have easy access to their own cultural foods. Support from their local centre will provide a good level of help and familiarity for the Loon family, and a place where they will not feel so different because they will be around people with the same beliefs and values.

The help given by the support group when the Loon family first moved to their new city will help them to make new friends. This support is important for their mental, emotional, and spiritual well-being, as it will make them feel a part of the community into which they have moved. This will help with the overall health of the family and therefore the community. If the family eats a variety of food that is low in salt, sugar, and fat, and high in fibre, vegetables, and fruit, it will improve their health and prevent illness, and preventing them from missing a day of school through illness.

Eating takeaway foods can also affect the family's mental and emotional well-being because they are not getting the essential nutrients they need (e.g. iron), which may cause them to be tired and depressed. The family's food choices have also been affected by not ensuring that they fulfill their physical needs and have a variety of food each day. This could also affect the children's 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)

At least THREE dimensions of well-being are discussed, with detailed examples.

The economic welfare of the family is directly related to employment for the Loon family. Even though Mrs Loon has a small job and is earning some money, it is still not enough to support the family completely. Not having enough money is directly connected to unemployment. Unemployment has a negative effect on all the family members. This increases the stress level of the whole family having to go without familiar food and other things that they would normally have. In addition, because the Loons have to rely on the benefit and the small income Mrs Loon gets from her cleaning job, their sense of independence and values is affected, which could affect their spiritual well-being. This could also affect their physical well-being, as their food choices are now limited, and the family is relying on takeaways and high carbohydrate food to live on.

A lack of money, mainly contributed by unemployment, is causing stress, and this lack of money is increasing the consumption of takeaways and money-saving meals / snacks made from processed ingredients. These foods are often high in fat, salt, and sugar, which can lead to health problems.

The foods the family is choosing because of a lack of money, as well as what they have access to and like, are often lacking in vital nutrients. This could affect the family's physical well-being, causing them to be lacking in iron, which could lead to anaemia, or causing the children to have learning difficulties because of their over-consumption of fast foods like pizzas or fish and chips, which may well be cheaper, but are certainly more nutrient-poor. 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). The family needs to address their diets and plan meals so that they can eat a variety of healthy, low-fat, low-sugar, and low-salt meals.

Social support is really important for the family to feel that they belong to a community / society that care about their welfare. The Loons have received help from a support group when they first arrived in New Zealand, and it is also important that they continue to join the monthly get-together with other refugees, as this gives them an outing to look forward to and could improve their emotional well-being. Support from local agencies could help the family get on their feet and provide them with knowledge, and joining a club or group could help the family make friends and contacts, which may help Mr Loon to find a job in the future and it could help improve his self-esteem.

If the family continues without making changes to their food choices, it could lead to long-term effects for both them as individuals and society. It is important for the family to receive ongoing support from agencies because if the family can't survive on the money they receive, it could have adverse effects on society as well, because it could lead to bad health, both physical, and mental and emotional, for the family. 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 the 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 take off work due to their mental and physical illnesses / diseases, and the impacts on families and children, which can impact on society (cost of support agencies, schools). Long-term unemployment could cause more pressure on society, especially if they cannot get jobs. The family could suffer from mental illness (depression), stress, addiction, and rely on the government for sickness or unemployment benefits.