

Assessment Schedule – 2016

Home Economics: Demonstrate understanding of how an individual, the family and society enhance each other's well-being (90960)

Assessment Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<p><u>Demonstrate understanding</u> involves:</p> <ul style="list-style-type: none"> giving an account with clear examples. 	<p><u>Demonstrate in depth understanding</u> involves:</p> <ul style="list-style-type: none"> giving reasons and relating them to the given examples. 	<p><u>Demonstrate comprehensive understanding</u> involves:</p> <ul style="list-style-type: none"> considering and justifying statements about how the well-being of an individual, the family and society are interdependent.

Evidence

N1	N2	A3	A4	M5	M6	E7	E8
ONE part attempted; some relevant material.	TWO parts attempted; some relevant material, but insufficient evidence for Achievement.	TWO parts at Achievement level.	THREE parts at Achievement level.	TWO parts at Merit level. ONE part at Achievement level.	THREE parts at Merit level.	TWO parts at Excellence level. ONE part at Achievement or Merit level.	THREE parts at Excellence level.

N0 = No response; no relevant evidence.

Cut Scores

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

Appendix

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

Detailed answers about individual nutrient need to be explained only once over the entire paper to reduce repetition.

Question	Expected Coverage (examples)	Achievement	Achievement with Merit	Achievement with Excellence
(a)	<p>The individual</p> <ul style="list-style-type: none"> • Physical well-being: <ul style="list-style-type: none"> - Individuals walk to collect the fruit and vegetables. <u>This will improve their fitness.</u> - <u>By eating more fruit with vegetables, they will be more likely to get the recommended 5+ a day.</u> - <u>And this will therefore provide them with more fibre and vitamins in their diet.</u> - Individuals may increase their fibre intake, increasing satiety, and decreasing the chance of obesity. The increase in fibre will improve bowel motions and decrease the chance of bowel cancer. • Mental and emotional well-being: <ul style="list-style-type: none"> - Individuals will feel positive about joining the co-operative. - <u>They may feel positive knowing they are eating nutritious food and managing their diet better.</u> - <u>An improved diet with sustained energy may improve their concentration.</u> - Individuals may feel more positive about themselves by making healthy food choices. The improvement in energy levels and potential achievement at school or work may help make them feel happier and increase their self-esteem. If volunteering, they will feel good giving support to others. • Social well-being: <ul style="list-style-type: none"> - Individuals will be meeting new people when collecting their fruit and vegetables. 	<p>Describes how an individual's participation in the co-operative programme improves their well-being, considering three or four dimensions.</p>	<p>Explains how an individual's participation in the co-operative programme improves their well-being, considering three or four dimensions, and relates answer to the given examples.</p>	<p>Considers and justifies how an individual's participation in the co-operative programme improves their well-being, considering three or four dimensions.</p>

	<ul style="list-style-type: none"> - <u>Individuals volunteering will work with others as a team. Feedback from the volunteers included: “It’s amazing to see the teamwork and friendships grow each week”.</u> - Volunteering will enable an individual to meet a range of other people. Feedback from volunteers included: “There are bus drivers, students, retired people working to achieve something together”. The communication, co-operation, and teamwork enable individuals to develop positive social skills. • Spiritual well-being: <ul style="list-style-type: none"> - Individuals will have an increased sense of self-worth, knowing they are eating a healthy diet. - <u>Individuals will strengthen their values about eating well.</u> - <u>Individuals develop resilience once they know they are capable of cooking nutritious fruit and vegetable-based dishes, and eating well.</u> - Individuals develop an appreciation of the importance of improving nutrition and benefits for themselves and the community, as the programme helped low-income groups, different cultures, and both younger and older people. Individuals developed a self-awareness of the contribution they made and the difference it makes in a community. 			
(b)	<p>The family</p> <ul style="list-style-type: none"> • Physical well-being: <ul style="list-style-type: none"> - Having easy access to a good <i>variety</i> of inexpensive fruit and vegetables will improve the family’s nutritional well-being. The family will be more likely to be able to meet the minimum of 5+ servings of fruit and vegetables a day. 	<p>Describes how an individual’s involvement in the co-operative could improve two or three dimensions of their family’s well-being, including relationships between family members.</p>	<p>Explains how an individual’s involvement in the co-operative could improve two or three dimensions of their family’s well-being, including relationships between family members, and relates answer to the given</p>	<p>Considers and justifies how an individual’s involvement in the co-operative could improve three or four dimensions of their family’s well-being, including relationships between family</p>

	<ul style="list-style-type: none"> - <u>Having recipes with the fruit and vegetable packs will extend the variety of meals the family eats, and improve their overall nutrient intake. This may also make them less likely to be eating nutrient-poor, energy-rich foods (takeaways, ready-to-eat meals like frozen pizza), which can lead to obesity, and related conditions such as diabetes.</u> - The fruits and vegetables provide fibre, which will help prevent bowel cancer, and also Vitamins A and C, which will help to improve overall nutrition. The antioxidants from the different coloured fruits and vegetables will help the family members' immune systems, and this could reduce time off school and work from illness. • Mental and emotional well-being: <ul style="list-style-type: none"> - Being able to afford the fruit and vegetables will make them feel positive that they can provide for the family. - The family may learn about the benefits of eating more fruits and vegetables. - <u>The family may develop a sense of pride about the meals they are now able to provide, as they can afford and easily access the fruit and vegetables. The resource states 31% said it saves them money.</u> - <u>Knowing their diet is less energy-dense and more nutrient-dense, could empower the family to be more health conscious.</u> - <u>Being well nourished may give the family more energy to work, learn, and play, e.g. better school results and a greater participation in sports.</u> - The family may feel pride in being health conscious as a result of having well-nourished family members. This, in turn, will reinforce the new eating patterns and a positive attitude towards a healthy 		<p>examples.</p>	<p>members.</p>
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	<p>lifestyle.</p> <ul style="list-style-type: none"> - The family develops connections through karakia mō te kai. - Saving money can help relieve families of the worry about how to eat well on a budget, with the fruit and vegetable packs only being \$10 a week. <ul style="list-style-type: none"> • Social well-being: <ul style="list-style-type: none"> - Family members' conversations can be improved by talking about the new fruits and vegetables, and recipes. - <u>The increased interaction between the family members (and the extended family) to share recipes and cooking skills can improve family bonding, e.g. ways of cooking broccoli in a stir-fry or quiche.</u> - <u>Nutrition may become more important for the whole family and they may all benefit by being able to eat well. The time spent sharing a meal can provide the opportunity to develop positive family relationships.</u> - The family may communicate and enjoy time together sharing the planning, preparing, cooking, and eating of meals. This may create a sense of pride for the family, as well as provide a lifestyle model for extended family members. • Spiritual well-being: <ul style="list-style-type: none"> - Values are reflected in their participation, e.g. signing up and eating new fruits and vegetables. - <u>Traditional food-related values are being developed and may be passed from generation to generation, e.g. skills and recipes.</u> - The family members develop respect, an appreciation of family values, and a healthy lifestyle. Through increasing consumption 			
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	<p>of fruit and vegetables and making connections with the land, family members may enhance their appreciation of cultural heritage and tipuna.</p>			
<p>(c)</p>	<p>Society</p> <ul style="list-style-type: none"> • The co-operative provides fresh fruit and vegetables cheaply to people, including those on low incomes in the community. This will help improve the health of many families. • People assisting with this co-operative will gain a sense of pride. • Buying from the co-operative may also improve the knowledge of individuals and families about when fruits and vegetables are in season, and what are the best buys. • <u>Buying from the co-operative builds connections within the community such as the delivery person and the buyer.</u> • <u>Individuals and families will learn to value the contribution that others make in relation to the co-op.</u> • <u>Families will broaden their understanding of how large groups in the community work together, and they might feel very proud of what their community is doing.</u> • <u>The co-operative provides a very valuable service to the Porirua community, helping people to stay healthy by eating fresh fruit and vegetables each week, and improving their nutritional knowledge.</u> • <u>May increase participation in voluntary organisations such as the Salvation Army.</u> • The Porirua Fruit & Vegetable Co-op is inclusive and supportive of different cultural and socio economic groups. The co-op has enabled 50% or more people meet the 5+ guidelines a day. The joint venture has proven to increase consumption of fruit and 	<p>Describes how the cooperation shown in the co-operative works to improve the short-term and long-term well-being of a community, considering how working together affects three or four dimensions of the well-being of an individual, the family, and / or society.</p>	<p>Explains how the cooperation shown in the co-operative works to improve the well-being of a community, considering how working together affects three or four dimensions of the well-being of an individual, the family, and society, and relates answer to the given examples.</p>	<p>Considers and justifies how the cooperation shown in the co-operative works to improve the well-being of a community, considering how working together affects three or four dimensions of the well-being of an individual, the family, and society.</p> <p>Clear connections to show co-operation.</p>

	<p>vegetables through the education and skill development of individuals and families improving their nutrition and well-being.</p> <ul style="list-style-type: none"> • Regional Public Health has provided organisational support, as well as nutritional and recipe information with the ideas and resources from the Canterbury District Health Board. Other groups involved such as the Salvation Army, Wesley Community Action, and Corrina School, all cooperated and reached out to families and individuals in the Porirua community, using a range of communication methods, e.g. Facebook “Just Cook”. • Short-term and long-term benefits for individuals, families, and society are the improvements in health through diet, employment, less costs to employers due to employee illness, and reduced hospital and ACC costs to the taxpayer. The programme is proactive in being preventative of dietary illness such as diabetes, heart disease, and bowel cancer, and reduces medical and productivity costs for the government. • The idea that this co-operative will become self-supporting so that Regional Public Health reduces its input, as the voluntary members and their families appreciate the benefits, will encourage the Porirua community to provide this service for themselves. 			
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