

Assessment Schedule – 2016

Home Economics: Demonstrate understanding of how packaging information influences an individual’s food choices and well-being (90961)

Assessment Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<p><u>Demonstrate understanding (U)</u> involves:</p> <ul style="list-style-type: none"> giving an account with clear examples of how packaging information influences food choices and well-being. 	<p><u>Demonstrate in depth understanding (D)</u> involves:</p> <ul style="list-style-type: none"> giving reasons for why packaging information influences food choices and well-being. 	<p><u>Demonstrate comprehensive understanding (C)</u> involves:</p> <ul style="list-style-type: none"> considering and justifying recommendations based on packaging information that influences food choices and well-being.

Evidence

*Note: For sample answer material, see **Appendix**.*

N1	N2	A3	A4	M5	M6	E7	E8
Question One							
Some Achievement level questions attempted; some relevant material.	Some parts at Achievement level.	At least THREE parts at Achievement level.	FOUR parts at Achievement level.	TWO parts at Merit level, AND TWO parts at Achievement level.	THREE parts at Merit level.	ONE part at Excellence level, AND ONE part at Merit level.	ONE part at Excellence level, AND TWO parts at Merit level. Other parts at Achievement level or higher.
Question Two							
Some Achievement level questions attempted; some relevant material.	Some parts at Achievement level.	THREE parts at achievement level.	FOUR parts at Achievement level.	TWO parts at Merit level, AND TWO parts at Achievement level.	THREE parts at Merit level.	ONE part at Excellence level, AND ONE part at Merit level.	TWO parts at Excellence level, AND TWO parts at Merit level. Other parts at Achievement level or higher.

N0 = No response; no relevant evidence.

Cut Scores

Not Achieved	Achievement	Achievement with Merit	Achievement with Excellence
0 – 4	5 – 8	9 – 12	13 – 16

Appendix

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

Question	Expected Coverage (examples)				Achievement	Achievement with Merit	Achievement with Excellence				
<p>One (a)</p>	<p>Per 100g</p>	<p>Uno Smooth Peach Mango</p>	<p>Fresh'n Fruity Autumn Duet</p>	<p>De Winkel</p>	<p>1 or 2 minor errors accepted.</p>	<p>Correctly answers 12 out of 12, using correct units.</p>	<p>Correctly answers 12 out of 12, using correct units.</p>				
								<p>Sugar (g)</p>	<p>12.2</p>	<p>11.6</p>	<p>0.8</p>
								<p>Calcium (mg)</p>	<p>120</p>	<p>183</p>	<p>155</p>
								<p>Protein (g)</p>	<p>4.1</p>	<p>4.1</p>	<p>5.6</p>
								<p>Energy (kJ)</p>	<p>407</p>	<p>389</p>	<p>173</p>
<p>(b)</p>	<ul style="list-style-type: none"> The Uno Smooth yoghurt has the most sugar (carbohydrate) content. <u>Sugar is a (simple) carbohydrate that provides energy.</u> 				<p>Describes what nutrient has provided the most energy.</p>	<p>Explains the main source of energy in Uno, e.g.:</p> <ol style="list-style-type: none"> the highest amount of sugar (carb) AND links the sugar (carb) with energy. 					

(c) (i)	<ul style="list-style-type: none"> The contrasting colours draw your attention to the nutrients that support your immunity. Makes you think this yoghurt has more to offer than other yoghurts because those who eat it will get sick less often. 	<p>Describes how using colour and font can draw attention to the listed information.</p> <p>The ticks imply positive messages.</p>	<p>Explains why it will support immunity, resulting in fewer colds and other illnesses.</p>	
(ii)	<ul style="list-style-type: none"> %DI is used to give additional nutritional information that is easy to see; is based on RDI (Recommended Daily Intake) for adults. Shows the energy in the product is 7% of the RDI OR Implies the product is low in energy. 	<p>Highlights the energy content.</p>	<p>Shows the energy in the product is 7% of the RDI</p> <p>OR</p> <p>This shows the product is low in energy.</p>	
(iii)	<ul style="list-style-type: none"> Cartoon character will appeal to Lance. It would encourage Lance to buy it as this cartoon style appeals to teenagers, so he thinks it is relevant to him 	<p>Describes the link to children.</p>	<p>Anchor has deliberately targeted parents and children.</p>	
(iv)	<ul style="list-style-type: none"> Picture and message draws attention to this issue. “Help the Bees” indicates by purchasing this yoghurt that the bees are being helped, as they are at risk. Our food supply depends on bees. Lance will feel good about doing his bit to look after the bees. 	<p>Describes how it conveys the message.</p>	<p>Explains why it is part of the packaging information</p> <p>OR</p> <p>“Feel good” factor.</p>	
(d)	<ul style="list-style-type: none"> De Winkle OR Fresh’n Fruity Autumn Duet 	<p>Chooses the healthiest choice of yoghurt, as it may have the least sugar, the most protein, or the most calcium.</p>		
(e)	<ul style="list-style-type: none"> High levels of sugar in food can lead to weight gain and tooth decay. If Lance and his sister put on weight, they might not be able to do as well at their sport. The FNGs tell us to choose products low in sugar. 	<p>Makes only one correct link regarding the amount of sugar in the selected product.</p>	<p>Explains the links between high sugar consumption and weight gain, and / or dental health for Lance and his family.</p>	
(f)	<ul style="list-style-type: none"> De Winkel has over a gram more protein than the other two yoghurts, which have a similar amount. Protein is needed for growth and repair of body tissue, which is important for Lance 		<p>Some use of specific data from the food labels to explain why one is better than the other.</p>	<p>Looks for interrelationships between protein, calcium, and Vitamin D (added).</p> <p>Long-term impacts of good</p>

	<p>and Ella, as they are teenagers and going through periods of growth.</p> <ul style="list-style-type: none"> • <u>Calcium is needed to build, maintain, and repair bones and teeth. Not enough calcium can lead to osteoporosis later in life for Lance and his family.</u> Teenagers and children like Lance and Ella are building the bone density required for adulthood. • The FNGs recommend three servings of milk and milk products a day, however De Winkel is the low-sugar option, and the FNGs recommend choosing food low in sugar. <u>Other vitamins may be mentioned with their role in physical well-being, or explained.</u> 		<p>Explains the impact on physical well-being. May also discuss some other added vitamins and their role.</p>	<p>amounts of calcium, etc, explained. Makes clear links to the scenario. FNGs mentioned in a relevant way.</p>
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<p>Two (a) (i)</p>	<ul style="list-style-type: none"> • Picture is bright and colourful, and shows what is in the packet; it looks fresh and healthy. • <u>Looks unprocessed and home-made, which is appealing to Lance because he knows about healthy food choices. Looks like it is high in vitamins and minerals, due to the implied vegetable and chicken content.</u> 	<p>Colourful, fresh, and appears to have a lot of vegetables.</p>	<p>Reasons why this appeals to Lance.</p>	
<p>(ii)</p>	<ul style="list-style-type: none"> • The 'Gluten Free' message would encourage them to buy it because Ella is unable to eat gluten, as she has Coeliac Disease. • <u>If Ella was to eat a product containing gluten, she would feel unwell, which would affect her physical well-being, e.g. tummy pain.</u> 	<p>Links this to Ella and her Coeliac Disease.</p>	<p>Further explanation about Coeliac Disease and food containing gluten OR The children only need to prepare one meal as this product is suitable for both of them.</p>	
<p>(iii)</p>	<ul style="list-style-type: none"> • Lance and Ella may understand that it is healthier to eat food that has minimal processing, and that the fewer food additives we eat, the healthier we may be. • <u>Implies it is made like a home-made Thai chicken, and this is desirable because this implies it is made with fresh ingredients. This may make the meal seem more nutritious and less manufactured.</u> 	<p>Makes the link between preservatives and health.</p>	<p>Explains reasons why eating food containing preservatives is considered unhealthy. May lead to long-term health problems.</p>	
<p>(iv)</p>	<ul style="list-style-type: none"> • It is a New Zealand product made by people who care about the food they make. • Hawke's Bay is known for fresh produce and could make <u>Lance think that they are local ingredients, and that product is better than other brands.</u> 	<p>Makes links between local, fresh, and possibly healthy.</p>	<p>Explains reasons why locally produced food may imply it is healthier and better quality.</p>	

(b) (i)	<ul style="list-style-type: none"> • 2.9 g per serving. 	Correctly answers.		
(ii)	<ul style="list-style-type: none"> • 10%. 	Correctly answers.		
(iii)	<ul style="list-style-type: none"> • Fibre provides a feeling of fullness, <u>which could prevent Ella and Lance from overeating and putting on weight.</u> • Fibre helps the body to get rid of waste and prevents constipation, <u>which could reduce the risk of developing bowel cancer later in life.</u> 	Basic short-term effect given.	Reasons related to the impact of a low-fibre diet given.	
(c) (i)	<ul style="list-style-type: none"> • Lance could add more carrot and beans or some other vegetables, such as capsicum, mushrooms, and sliced cabbage. He could also choose to use a frozen vegetable or mix, or a green salad on the side, etc. 	Clear about what vegetable is to be added (must NOT use a starchy one).		
(ii)	<ul style="list-style-type: none"> • <u>By adding a green leafy salad, more Vitamin C will be added to the meal, which will assist in Lance and Ella's immunity. The Vitamin C will help their bodies absorb iron, which will help with energy release. This is an important factor, as the children are active, and they want to perform at the best of their ability.</u> • <u>FNGs recommend three servings of vegetables per day.</u> • <u>Cooking by steaming, microwaving, or boiling in a small amount of water for a short time, until the vegetable is al dente; or a salad that is raw and freshly prepared – all to retain nutrients.</u> • The water-soluble vitamins are easily lost during the cooking process, e.g. frozen vegetables are frozen just after harvest to retain nutrients. They are inexpensive and cook quickly, and can be kept for a long period of time. • It is the night of the week when Lance and Ella do not cook, so this may keep the meal preparation to a minimum. 		<p>Links (gives reasons) to the vegetables with appropriate nutrient information.</p> <p>Different coloured vegetables and their role mentioned.</p> <p>Reasons their chosen cooking / preparation methods given.</p> <p>FNGs mentioned.</p>	<p>Justifies their choices with a comprehensive answer, relating to all factors.</p> <p>Makes clear links to the scenario.</p>

<p>(d)</p>	<ul style="list-style-type: none"> • The meal has a very small portion of chicken and this is not enough for Ella and Lance. A portion is approximately 100 g (palm of your hand) and the chicken in this meal is 45 g. <u>This is not enough because they are growing teenagers and they need enough protein to develop new tissue, such as muscle and bone.</u> They are also sporty and will need protein for muscle repair. • It is recommended teenagers get two servings of meat, or alternatives, each day. <u>As this meal only provides half a serving from this food group, it is important that the children get their remaining servings from other meals during the day, e.g. they may have had a boiled egg for breakfast (1 serving), and had a slice of ham in a filled roll for lunch (half a serving).</u> 	<p>Palm of your hand size, or range from 75 g to 120 g, is acceptable.</p> <p>Two serves a day.</p>	<p>Reasons for having enough protein given.</p>	<p>Justifies the need for more protein, considering all factors.</p>
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