

**Assessment Schedule – 2016**

**Home Economics: Evaluate health promoting strategies designed to address a nutritional need (91304)**

**Evidence**

Expected Coverage			
Question	Achievement	Achievement with Merit	Achievement with Excellence
<p>The candidate identifies TWO of the three <b>health-promoting strategies</b> to use.</p> <p>The candidate justifies which of their chosen strategies would be <b>more effective</b> in encouraging communities to preserve food and use leftovers to prepare nutritious, tasty meals, and to avoid food waste, including:</p> <ul style="list-style-type: none"> <li>• the effectiveness of BOTH of their chosen strategies, in relation to three determinants of health: <b>social, economic, and environmental factors</b> (physical access)</li> <li>• the limitations and benefits of BOTH of their chosen strategies</li> <li>• the attitudes and values of the people involved</li> <li>• the three <b>models of health promotion</b>.</li> </ul> <p>Uses examples from the resource booklet to support their answer.</p>	<ul style="list-style-type: none"> <li>• Makes a judgement based on the effectiveness of TWO strategies.</li> <li>• Explains the effectiveness of ONE strategy, in relation to at least TWO social, economic, OR environmental factors.</li> <li>• A judgement is made on the strategy’s effectiveness in encouraging communities to preserve food and prepare nutritious, tasty meals, and avoid food waste.</li> <li>• States a valid reason to justify the strategy in addressing a nutritional need.</li> </ul>	<ul style="list-style-type: none"> <li>• Explains, with <b>examples</b>, the effectiveness of TWO strategies, in relation to at least TWO social, economic, or environmental factors.</li> </ul>	<ul style="list-style-type: none"> <li>• Uses detailed and valid reasoning / evidence to justify the most effective resource in addressing a nutritional need across a wide range of people.</li> <li>• Draws a strong conclusion based on facts and evidence, giving clear examples.</li> <li>• Uses reference to the determinants of health.</li> <li>• Challenges the effectiveness of their two chosen strategies by comparing the benefits and limitations of each.</li> <li>• Discusses:                         <ul style="list-style-type: none"> <li>- collective or group action</li> <li>- self-empowerment or individual encouragement to improve own health</li> <li>- behaviour change to persuade individuals to adopt a healthy lifestyle.</li> </ul> </li> </ul>
<p>See <i>Appendix</i> for sample evidence.</p>			

N1	N2	A3	A4	M5	M6	E7	E8
<p>Identifies some relevant aspects of a health-promoting strategy.</p>	<p>Identifies some aspects of a health-promoting strategy.</p> <p>Provides a limited description about how the health-promoting strategy would be more effective in ensuring that New Zealanders preserve food and prepare nutritious, tasty meals, and avoid food waste.</p>	<p>Describes / explains TWO strategies.</p> <p>AND</p> <p>Makes a valid judgement based on the effectiveness of ONE of the chosen strategies in ensuring that New Zealanders preserve food and prepare nutritious, tasty meals, and avoid food waste.</p> <p>Provides a valid limitation and benefit of a strategy.</p>	<p><i>EITHER:</i> Explains, with brief examples, TWO strategies.</p> <p><i>OR:</i></p> <p>Makes a valid judgement based on the effectiveness of the TWO chosen strategies in ensuring that New Zealanders preserve food and prepare nutritious, tasty meals, and avoid food waste.</p> <p>Provides valid limitations and benefits of a strategy.</p>	<p>Explains, with supporting evidence, the effectiveness of TWO strategies, in relation to TWO of social support, economic, OR environmental factors.</p> <p>AND</p> <p>Gives valid examples / reasoning to justify the strategies in addressing a nutritional need.</p> <p>Provides valid limitations and benefits of the strategies.</p>	<p>Explains, with supporting evidence, the effectiveness of TWO strategies, in relation to social support, economic, AND environmental factors.</p> <p>AND</p> <p>Gives valid examples / reasoning to justify the strategies in addressing a nutritional need.</p> <p>Provides valid limitations and benefits of the strategies.</p>	<p>Challenges the effectiveness of TWO strategies, in relation to TWO of social support, economic, OR environmental factors – response is supported with relevant evidence.</p> <p>Uses detailed and valid reasoning / evidence to justify the most effective strategy in addressing a nutritional need across a wide range of people.</p> <p>Provides the limitations and benefits of the strategies.</p> <p>Conclusion given.</p> <p>Discusses models:</p> <ul style="list-style-type: none"> <li>• collective or group action</li> <li>• self-empowerment or individual encouragement to improve own health</li> <li>• behaviour change to persuade individuals to adopt a healthy lifestyle.</li> </ul>	<p>Challenges the effectiveness of TWO strategies, in relation to social support, economic, AND environmental factors – response is supported with relevant and detailed evidence.</p> <p>Uses detailed and valid reasoning / evidence to justify the most effective strategy in addressing a nutritional need across a wide range of people.</p> <p>Provides the limitations and benefits of the strategies.</p> <p>Conclusion given.</p> <p>Discusses ways to improve the strategies.</p> <p>Demonstrates critical thinking.</p> <p>Discusses models:</p> <ul style="list-style-type: none"> <li>• collective or group action</li> <li>• self-empowerment or individual encouragement to improve own health</li> <li>• behaviour change to persuade individuals to adopt a healthy lifestyle.</li> </ul>

**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 – 2	3 – 4	5 – 6	7 – 8

**Appendix – Sample Evidence***E.g.: Strategy A (not limited to these examples)*

This strategy is based on educating families about the importance of preserving food and using leftovers to prepare nutritious and tasty meals, and to avoid food waste. The use of social media will encourage members of the community to get tips on food preservation and leftover food recipes that they can use in their homes to prepare nutritious and tasty meals for their families. The information is free, so people from different economic backgrounds have access to it. People do not have to travel to get the information – they can access it anytime. The strategy helps people to know where, when, why, and how to seek help, and in doing so, encourages independence – it empowers people to do something to improve their health. It does not take into account that some families may not have access to the Internet, so they will not be able to access the recipes and tips on how to use leftovers to prepare nutritious and tasty food, and to avoid food waste.

*E.g.: Strategy B (not limited to these examples)*

This strategy is based on the community collectively working together to encourage families to preserve food and use leftovers to prepare nutritious and tasty meals, and to avoid food waste. The strategy provides two ways to encourage families to preserve food and to use leftovers in meal preparation. People get preserves at the end of the cooking session to enjoy with their families. They have the social support from the Home Economics and Hospitality students in their community, local chefs, and other members of the community who are willing to share their cooking skills and recipes. Even families from low socio-economic backgrounds are able to attend and gain skills, as well as some preserves to enjoy with their families. Cooking demonstrations are held at the local church, so they are easily accessible, and people do not have to travel long distances to get there. This strategy helps people to acquire knowledge about the importance of using leftovers and preserving food to avoid food waste. The strategy does not take into account that some families may not be able to attend the cooking sessions due to work or other commitments.

*E.g.: Strategy C (not limited to these examples)*

This strategy is based on people in the community putting together information on leaflets and recipe cards about food preservation and using leftovers to prepare nutritious and tasty meals. The leaflets and recipe cards are dropped in letterboxes, so everybody in the community has access to them. People have access to free information. This strategy is based on empowering individuals by giving them information that will give them more of an opportunity to make better decisions about what they eat. It is up to individual families to use the information from the leaflets and recipe cards to preserve food and to use leftover food to prepare nutritious and tasty meals. It is a passive approach in which people are told what they need to know. This strategy raises awareness quickly about the issue of preserving food and using leftovers to prepare nutritious and tasty meals for families, and to avoid food waste. The information can reach many people because it is an inexpensive strategy.

**Strategy B** is the best option for the students. It is a collective strategy and requires people to work together – it takes into account some of the determinants like money, social support, and employment, by trying to make cooking skills and preserves accessible to most.

**Strategy A** is a self-empowerment strategy that relies on the people trying to help themselves.

**Strategy C** is mainly a behavioural strategy and relies on people using and applying the knowledge given to them. This raises awareness in the community quickly, but many of the determinants that are contributing to the issue are not addressed.