

Assessment Schedule – 2017

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>Demonstrate understanding 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>Demonstrate in depth understanding involves:</p> <ul style="list-style-type: none"> giving reasons for why packaging information influences food choices and well-being. 	<p>Demonstrate comprehensive understanding involves:</p> <ul style="list-style-type: none"> considering and justifying recommendations based on packaging information that influences food choices and well-being.

Cut Scores

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

Evidence

Question One					
A3	A4	M5	M6	E7	E8
<p>MOST answers at Achievement level, including: (b) (i) 7 out of 9 (5 out of 8 parts at Achievement level).</p>	<p>MOST answers at Achievement level, including: (b) (i) 7 out of 9 (6 out of 8 parts at Achievement level).</p>	<p>THREE answers at Merit level.</p>	<p>FOUR answers at Merit level.</p>	<p>TWO answers at Excellence level.</p>	<p>THREE answers at Excellence level.</p>
<p>See <i>Appendix</i> for sample answer material.</p>					

N0 = No response; no relevant evidence.

N1 = One–three parts at Achievement level; some relevant material.

N2 = Four parts at Achievement level, including 6 out of 9 for (b) (i).

Appendix – sample evidence

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>Explains how and why the nutritional and promotional features from the snack bars could influence Tahlia’s food choice, e.g.</p> <p>(i) Tasti Made Simple Wholefood Bars Health Star Rating</p> <ul style="list-style-type: none"> • Health star rating indicates that the snack bar has some health benefits. • 3 ½ stars may influence Tahlia <u>to question the health benefits of this product and to search for a snack bar with a higher rating, or decide it’s not really a good choice.</u> • Tahlia may realise the health star rating is voluntary and some perfectly good bars may not have a rating. She would need to look on the nutritional panel for accurate information, e.g. the bar contains 46.6 % sugar (nearly half). • Her family value healthy food choices and may use the star rating as a guide. <p>(ii) Mother Earth Fruit Sticks EnviroSchools</p> <ul style="list-style-type: none"> • The bear supports the idea of the enviroschools and by buying this product, Tahlia is helping the enviroschools programme and the environment. • <u>By buying this product, Tahlia is having a positive effect on the environment.</u> • The ‘Proud to Support EnviroSchools’ and the image of the bear imply that the ingredients are natural, and therefore likely to be healthy. Also, they imply that the packaging is environmentally friendly. Tahlia’s family may have strong beliefs about looking after the environment. <p>(iii) Mother Earth Fruit Sticks No Artificial Colours or Flavours</p> <ul style="list-style-type: none"> • Tahlia may not want to eat snack bars with artificial ingredients. • <u>She may consider this to be a lot healthier than other sorts of snack bars.</u> • She may consider this to be a lot healthier than other sorts of snack bars, even though it is still high in sugar and contains ingredients that have “E” numbers. • The message implies the snack bar is a healthy choice and contains whole, ‘real’, natural ingredients, which are good for 	<p>Describes how.</p>	<p>Explains why. Shows some reasoning.</p>	<p>Shows understanding of the implied message.</p>

Tahlia's and her family's health and well-being.

(b)	(i) Writes the amount of total fat, sugar, and fibre (per 100 g) for EACH snack bar.	7 out of 9 correct. (Units must be given.)		
	(ii) Underlines the ingredients that contain fat for EACH snack bar's ingredients list.	Allows for two missing from each snack bar. Some nuts / seeds MUST be identified.		
	(iii) Circles the ingredients that contribute to the sugar content for EACH snack bar's ingredients list.	Allows for up to two missing from each snack bar.		

Per 100 grams	Tasti Made Simple Wholefood Bars	Nice & Natural Protein Nut Bars	Mother Earth Fruit Sticks
Protein	7.7g	25.5g	4.5g
Total fat	14.7g	34.3g	3.0g
Sugar	46.6g	6.6g	25.6g
Fibre	8.8g	12.9g	3.4g
Ingredients	Dates, roasted cashews, cocoa powder, coconut, natural coconut flavour.	Peanuts, soy protein crisps [soy protein isolate, tapioca starch, soy lecithin, salt], glucose syrup, chicory fibre, superseeds [sunflower seeds, pumpkin seeds, chia seeds], dried cranberries, dried goji berries, sunflower oil, quinoa crisps, glycerine, natural flavour, citric acid, soy lecithin, caramelised sugar syrup, stevia.	Wheat flour, raspberry filling [fruit: concentrated apple puree, raspberry puree], glucose syrup, humectant [glycerol], sugar, gelling agent [pectin], wheat fibre, firming agent [calcium lactate], natural flavour, acidity regulator [citric acid], fruit and vegetable concentrates [black carrot, blackcurrant], maltodextrin, golden syrup, invert sugar, brown sugar, sugar, desiccated coconut, [coconut, colour stabiliser, 223, (sulphites)], dietary fibre [inulin], raising agents (450, 500), butter [cream (milk), salt], sunflower oil, emulsifier (471), natural flavour, salt, wheat bran, wheatgerm, natural colour [annatto].

Note coconut contains both fat and sugar (6g/100g)

<p>(c)</p>	<p>(i) Explains why having enough protein is important for Tahlia and her family, e.g.:</p> <ul style="list-style-type: none"> • Tahlia and her brother are growing teenagers and protein is required for growth. • The family are active and protein helps to repair cells that become damaged. • Protein is sustaining, meaning the family will not feel hungry too soon after eating one of these bars. 	<p>Gives ONE reason.</p>	<p>Explains why.</p>	<p>Shows some critical thinking.</p>
	<p>(ii) Justifies HOW and WHY the Nice & Natural Protein Nut Bars are the best choice for Tahlia and her family members to eat before games and sports practice.</p> <p>Considers the effect of eating fat and sugar on physical well-being, and the <i>Food and Nutrition Guidelines</i> (FNGs) for active teenagers, e.g.:</p> <ul style="list-style-type: none"> • The Nice & Natural Protein Nut Bar is the healthiest choice because it has the lowest sugar content of all three bars. Too much sugar can contribute to weight gain because it is a simple form of energy, and is stored if it is not used as energy. It also contributes to tooth decay. • The other bars will affect her well-being because the other bars are high in sugar. • The higher fat content is mostly from the nuts. This fat is unsaturated and is a better fat for Tahlia and her family. • The FNGs recommend choosing snacks low in sugar and fat. • <u>Sugar is a carbohydrate, which is a macronutrient. Macronutrients provide the energy in food.</u> • <u>High levels of sugar in food can lead to weight gain and tooth decay. If Tahlia and her family put on weight they might not be able to do as well at their sport.</u> • <u>Tahlia would want to choose a product that is low in sugar like Nice & Natural Protein Nut Bars, which have less than three grams of sugar per bar.</u> • <u>Tahlia and her family need fat for insulation, which is a concentrated form of energy. Fat carries fat soluble vitamins (A, D, E, and K) that are essential for good health.</u> • <u>If Tahlia and her family eat too much fat, they may gain weight.</u> • <u>If Tahlia and her family eat too much saturated fat, they may develop heart disease later in life.</u> • Too much sugar can cause weight gain for Tahlia and her family. • In the long-term, this can lead to type 2 diabetes and heart disease, which would have a big impact on Tahlia and her family's quality of 	<p>Gives ONE reason why it is better than the other snack bars.</p> <p>Links to well-being in a simple way, e.g. energy.</p>	<p>Links sugar and fat to short-term and some long-term effects.</p> <p>Explains the links between high sugar consumption and weight gain, and dental health, for Tahlia and her family.</p> <p>Links to FNGs.</p>	<p>Shows some critical thinking.</p> <p>Long-term effects such as cost of healthcare associated with high sugar and fat consumption, emphasising the impact of saturated vs unsaturated fat.</p> <p>Links to family.</p>

	<p>life.</p> <ul style="list-style-type: none">• Tahlia and her family could also get tooth decay, which is costly to repair.• Sugars are empty kilojoules that contain no other nutrients.• Adults, teenagers, and children should be choosing foods and snacks low in sugar and fat.• The fat in this bar will help Tahlia and her family store the essential fat soluble vitamins such as Vitamin A. Vitamin A assists in a healthy immune system and good eyesight.• However, too much fat may lead to obesity if too much is consumed.• Too much saturated fat raises blood cholesterol, which increases Tahlia and her family's risk of developing heart disease later in life.• Even though this bar is high in fat, only 1.9 g is saturated fat and the rest (9.4 g of the 11.3 g) is unsaturated. Monounsaturated fats lower blood cholesterol, and peanuts contain these fats.			
--	--	--	--	--

Evidence

Question Two					
A3	A4	M5	M6	E7	E8
4 out of 6 answers at Achievement level.	5 out of 6 answers at Achievement level.	THREE answers at Merit level.	FOUR answers at Merit level.	TWO answers at Excellence level.	THREE answers at Excellence level.
See Appendix for sample answer material.					

N0 = No response; no relevant evidence.

N1 = One–two parts at Achievement level; some relevant material.

N2 = Three parts at Achievement level, including up to 2 out of 6 parts.

Appendix – sample evidence

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
Two (a)	Explains how and why the promotional and nutritional features from the Killer Sauce for Spag Bol could influence their mum to buy it: (i) Just add meat: <ul style="list-style-type: none"> Image suggests convenience or time saving. Makes it appear simple and quick to make. <u>Tahlia and her family need a quick, easy-to-make meal. They can also use a range of meat, not just the mince that is suggested. The image of a steak appeals to those who like to eat meat. The knife and fork suggest that it will be ready to eat quickly. Tahlia's mother knows her family need a lot of protein to grow and be active.</u> The image suggests it may take a long time to get this meal ready, without the 'ready made' sauce. 	Describes how.	Explains why. Shows some reasoning.	Shows understanding of the implied message.
	(ii) 10 tonnes weight and tomatoes: <ul style="list-style-type: none"> Fun image that draws attention to the sauce. <u>Looks like a lot of weight, implying a lot of tomatoes are in the sauce, and that there is a lot of sauce.</u> <u>Implies real tomatoes are used, more natural, less additives / flavours / preservatives, etc.</u> Amusing image captures the consumer's attention. The longer someone looks at the product, the more likely they are to buy. 			

	<ul style="list-style-type: none"> • Amusing image plays with emotions, which can draw the consumer in. This sets the product apart from other, more traditional packaging. • <u>Discusses nutrients found in tomatoes and the effects on physical well-being.</u> • <u>Links to FNGs.</u> 			
	<p>(iii) Feeds 4 hungry mouths:</p> <ul style="list-style-type: none"> • Feeds and fills up the family. Suggests the quantity is generous and possibly value for money. • <u>Tahlia is from a family of four, who are all active, and need sufficient food to stay active.</u> • Carries on with the amusing and casual way the information is given on this package. It is a personal touch, which links Tahlia and her family more closely to the sauce. 			
(b)	<p>(i) Ticks the amount of beef mince that is more appropriate to meet the family's needs:</p> <ul style="list-style-type: none"> • 500 grams. 	Identifies correct answer.		
	<p>(ii) Discusses the effect of eating iron on Tahlia's and Jake's physical well-being.</p> <p>Considers age and gender, and nutrients that support iron absorption, substances that reduce iron absorption, and the type of iron:</p> <ul style="list-style-type: none"> • Iron is important because it helps to carry oxygen around the body. • If Tahlia and Jake are low in iron, they will feel tired and lack concentration at school. • <u>Teenage girls like Tahlia need more iron because they are growing and menstruating (losing blood).</u> • <u>Jake also needs more iron because he is growing, but not quite as much as Tahlia.</u> • <u>Iron is used to make red blood cells, which carry oxygen to body cells. Body cells use oxygen to release energy.</u> • <u>Deficiency – anemia / anemic.</u> • Iron can be in the form of 'haem' or 'non-haem'. Haem iron is in mince and is in an easily-absorbed form. Non-haem iron is in plant food and is not easily absorbed. Having food high in Vitamin C helps iron absorption from non-haem sources. 	Explains iron's function and one effect of low iron.	Explains age and gender needs, along with iron's function in more detail.	Explains haem and non-haem iron forms clearly, with links to Vitamin C.

<p>(c)</p>	<p>(i) Draws and labels the complete meal as an 'ideal plate model', indicating the portion sizes of the ingredients, as well as identifying a suitable drink:</p> <ul style="list-style-type: none"> • Plate has $\frac{1}{4}$ meat (may have removed some of the meat and replaced it with kidney, or similar beans), $\frac{1}{4}$ pasta (may have wholemeal spaghetti), $\frac{1}{2}$ plate suitable vege, including a quick prep vegetable, e.g. frozen beans, or a quick coleslaw or salad. MUST be quick to make. • Drink: Water, milk, or diluted orange juice. 	<p>Draws and labels correct portion sizes of the ingredients, and identifies a suitable drink.</p>		
	<p>(ii) Justifies the chosen meal by explaining the benefits of the additional food placed on the plate, and the choice of drink. Considers FNGs, preparation and cooking time, and additional nutrients:</p> <ul style="list-style-type: none"> • Vegetables chosen can be justified as being quick to prepare and cook. • <u>Adding vegetables will assist in them having the three servings as suggested in the FNGs. Vegetables are also low in fat, sugar, and salt, and contain fibre.</u> • Adding a quick-to-prepare vegetable justifies time, budget, and convenience, e.g. frozen peas are quick, cheap, and high in fibre. They are also easy to add into the mince and sauce. • Green vegetables contain micronutrients such as folate and carotene. Folate helps to create new cells, so is particularly important for growing teenagers like Tahlia and Jake. Carotene converts to Vitamin A, and is particularly important for maintaining good eyesight, growth, and a strong immune system. This is important for Tahlia, Jake, and their parents. 	<p>Describes a basic short-term effect. Relates to timing.</p>	<p>Explains reasons related to the short-term impact of a low-fibre diet, and to at least one of the FNGs.</p>	<p>Justifies the concern for the long-term effects of not having sufficient fibre. Links their additional food to time, budget, and convenience, and other FNGs.</p>