

Assessment Schedule – 2018

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.

Cut Scores

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

Evidence

<p style="text-align: center;">A3</p> <p>Describes how Manaia, her classmates, and their families' participation in the 'Make a Meal in May' fundraiser for Kaibosh, could improve three or four dimensions of their well-being.</p> <p>Considers the effect on relationships between family members, as well as their nutritional knowledge and / or cooking skills.</p> <p>Gives some examples.</p>	<p style="text-align: center;">A4</p> <p>Describes how Manaia, her classmates, and their families' participation in the 'Make a Meal in May' fundraiser for Kaibosh, could improve three or four dimensions of their well-being.</p> <p>Considers the effect on relationships between family members, as well as their nutritional knowledge and / or cooking skills.</p> <p>Gives some examples.</p>	<p style="text-align: center;">M5</p> <p>Explains how Manaia, her classmates, and their families' participation in the 'Make a Meal in May' fundraiser for Kaibosh, could improve three or four dimensions of their well-being.</p> <p>Considers how relationships between family members could improve, as well as their nutritional knowledge and cooking skills.</p> <p>Gives reasons and relates some of them to the examples.</p>	<p style="text-align: center;">M6</p> <p>Explains, in detail, how Manaia, her classmates, and their families' participation in the 'Make a Meal in May' fundraiser for Kaibosh, could improve three or four dimensions of their well-being.</p> <p>Considers how relationships between family members could improve, as well as their nutritional knowledge and cooking skills.</p> <p>Gives reasons and relates them to the examples.</p>	<p style="text-align: center;">E7</p> <p>Considers and justifies how Manaia, her classmates, and their families' participation in the 'Make a Meal in May' fundraiser for Kaibosh, could improve three or four dimensions of their well-being.</p> <p>Considers how relationships between family members could improve, as well as their nutritional knowledge and cooking skills.</p> <p>Gives reasons and relates some of them to the examples.</p>	<p style="text-align: center;">E8</p> <p>Considers and justifies, how Manaia, her classmates, and their families' participation in the 'Make a Meal in May' fundraiser for Kaibosh, could improve three or four dimensions of their well-being.</p> <p>Considers how relationships between family members could improve, as well as their nutritional knowledge and cooking skills.</p> <p>Gives reasons and relates them to the examples.</p>
<p>OR</p> <p>Describes how the individuals, families, and various organisations who volunteer for Kaibosh, participate in the 'Make a Meal in May' fundraiser, and donate or receive food from Kaibosh, are all linked and depend on each other to improve their community's short-term and long-term well-being.</p> <p>Considers how working together influences three or four dimensions of well-being for this community in New Zealand society.</p> <p>Gives some examples.</p>	<p>AND</p> <p>Describes how the individuals, families, and various organisations who volunteer for Kaibosh, participate in the 'Make a Meal in May' fundraiser, and donate or receive food from Kaibosh, are all linked and depend on each other to improve their community's short-term and long-term well-being.</p> <p>Considers how working together influences three or four dimensions of well-being for this community in New Zealand society.</p> <p>Gives clear examples.</p>	<p>OR</p> <p>Explains how the individuals, families, and various organisations who volunteer for Kaibosh, participate in the 'Make a Meal in May' fundraiser, and donate or receive food from Kaibosh, are all linked and depend on each other to improve their community's short-term and long-term well-being.</p> <p>Considers how working together influences three or four dimensions of well-being for this community in New Zealand society.</p> <p>Gives reasons and relates some of them to the examples.</p>	<p>AND</p> <p>Explains, in detail, how the individuals, families, and various organisations who volunteer for Kaibosh, participate in the 'Make a Meal in May' fundraiser, and donate or receive food from Kaibosh, are all linked and depend on each other to improve their community's short-term and long-term well-being.</p> <p>Considers how working together influences three or four dimensions of well-being for this community in New Zealand society.</p> <p>Gives reasons and relates them to the examples.</p>	<p>AND</p> <p>Considers and justifies how the individuals, families, and various organisations who volunteer for Kaibosh, participate in the 'Make a Meal in May' fundraiser, and donate or receive food from Kaibosh, are all linked and depend on each other to improve their community's short-term and long-term well-being.</p> <p>Considers how working together influences three or four dimensions of well-being for this community in New Zealand society.</p> <p>Gives reasons and relates some of them to the examples.</p> <p>Makes some connections to interdependence.</p>	<p>AND</p> <p>Considers and justifies, demonstrating insight, how the individuals, families, and various organisations who volunteer for Kaibosh, participate in the 'Make a Meal in May' fundraiser, and donate or receive food from Kaibosh, are all linked and depend on each other to improve their community's short-term and long-term well-being.</p> <p>Considers how working together influences three or four dimensions of well-being for this community in New Zealand society.</p> <p>Gives reasons and relates them to the examples.</p> <p>Makes clear connections to interdependence.</p>

See **Appendix** for sample evidence.

N0 = No response; no relevant evidence.

N1 = ONE part attempted; little relevant material.

N2 = ONE part attempted; some relevant material, but insufficient evidence.

Appendix – Sample Evidence

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

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

Question	Expected Coverage (examples)
(a)	<p>Explains and justifies how Manaia, her classmates, and their families’ participation in the ‘Make A Meal in May’ fundraiser for Kaibosh could improve ALL dimensions of their well-being, considering how participation could improve relationships between family members, as well as their nutritional knowledge and cooking skills, and giving examples that link to the resources:</p> <ul style="list-style-type: none"> • Physical well-being, e.g.: <ul style="list-style-type: none"> - Manaia, her classmates, and their families will benefit physically from participation in the ‘Make A Meal in May’ fundraiser for Kaibosh because they are applying their nutritional knowledge from school (i.e. the ‘ideal plate model’). <u>Their families and friends who are involved in the meal can learn from them. They are role modelling a balanced meal with ¼ protein, ¼ starchy carbohydrate CHO, and ½ colourful vegetables.</u> The meal will be fresh and home-cooked, which means it will be lower in fat and salt than a takeaway meal. It will provide essential nutrients such as protein for growth and repair of body cells, fibre for regular bowel function, and vitamins such as Vitamin C to aid iron absorption. • Mental and emotional well-being, e.g.: <ul style="list-style-type: none"> - Manaia and her classmates will benefit mentally and emotionally from participation in the ‘Make A Meal in May’ fundraiser for Kaibosh because they will feel positive about putting into practice the things they are learning at school by making healthy meals for their families. This will make them feel happy <u>and proud of themselves, as they are sharing their knowledge, and doing something for their families and friends.</u> Their families will also benefit, as they will be happy cooking together and enjoying their meals with each other, <u>while possibly also learning about ways to plan healthier meals for themselves.</u> This may make them feel good about themselves and confident that they are able to look after themselves and their families. - <u>They will strengthen their knowledge about eating well. They will develop an appreciation of the importance of sharing meals and having a nutritious evening meal, as well as developing an appreciation of the importance of improving nutrition and benefits for themselves.</u> This may encourage them to make healthier choices at other times. - Manaia’s mother and sisters enjoyed helping with the meal, <u>and Manaia’s mother felt proud of Manaia for organising it.</u> - When Manaia’s mother praises her, she feels valued and knows she is making an important contribution, which raises her self-esteem. • Social well-being, e.g.: <ul style="list-style-type: none"> - Manaia, her classmates, and their families will benefit socially from participation in the ‘Make A Meal in May’ fundraiser for Kaibosh because they will be enjoying each other’s company as they work together both at school, with their families, and as they plan and make the meal. <u>Participation may strengthen relationships between Manaia’s family as they prepare the meal because when Manaia’s mother and younger sisters join in to help, Manaia is sharing her knowledge and skills with them.</u> The family may communicate more and enjoy the time they spend together sharing the planning, preparing, cooking, and eating of the fundraiser meal. This may create a sense of pride for the family, as well as provide a lifestyle model for extended family members. They may cook meals together more frequently and eat together more often as a result. • Spiritual well-being, e.g.: <ul style="list-style-type: none"> - Manaia, her classmates, and their families will benefit spiritually from participation in the ‘Make A Meal in May’ fundraiser for Kaibosh because they will have a sense of self-worth, knowing that they are doing something that is helping other people. <u>They may develop an appreciation of the importance of community and helping others, and feel like they are contributing to people in need in their community.</u> <u>Traditional food-related values of home-cooking and sharing food with others are being developed, and may be passed from generation to generation.</u> They may develop strong family values of

	<p>community, respect, and care for others through their involvement in fundraising for Kaibosh. It may instil a lifelong desire to help others in some of them. The family members may develop a healthier respect for, and an appreciation of, family values and a healthier lifestyle. By sharing knowledge and passing down of traditional cooking skills through generations, family members may enhance their appreciation of cultural heritage and tīpuna.</p>
<p>(b)</p>	<p>Explains and justifies how the individuals, families, and various organisations who volunteer for Kaibosh, participate in the ‘Make a Meal in May’ fundraiser, and donate food or receive food from Kaibosh, are all linked and depend on each other to improve their community’s short-term and long-term well-being, considering how working together influences well-being for this community in New Zealand society, and giving examples from the resource booklet, e.g.:</p> <p>Kaibosh provides fresh fruit and vegetables free of charge to people, including those on low incomes in the community. This will help to improve the health of many families. Volunteering at Kaibosh may improve the knowledge of individuals and families about what fruits and vegetables are in season. People and companies donating food will gain a sense of pride and contributing to a good cause.</p> <p><u>Kaibosh provides a busy and useful place to interact with friends, family, and other people from the community. Volunteers learn how to cooperate and take responsibility in a team, sorting and packing produce. The whole group has a common purpose to help others and will create a strong bond as a result. Kaibosh builds connections within the community such as the food pick-up person and the donor, the delivery person, and the recipient. Kaibosh provides a very valuable service to the Wellington community, helping people to stay healthy by eating fresh fruit and vegetables each week, and enabling their food budget to go further. People who enjoy volunteering at Kaibosh may increase participation in other voluntary organisations such as the Salvation Army or the Wellington City Mission.</u></p> <p>Kaibosh supports the community, but depends on support from individuals, families, and businesses in the community. If families such as Manaia’s did not support and participate in activities such as the ‘Make a Meal in May’ fundraiser, Kaibosh would receive less fundraising money, and would not be able to help as many people. If individuals such as the 160 volunteers who sort the donated food at Kaibosh did not give their time, then Kaibosh would have to pay people to do this, which would mean they have fewer resources to help others. If the companies such as the supermarkets who currently donate their surplus food to Kaibosh did not do this, then Kaibosh would not have the food to provide to those in need in the community.</p> <p>The short-term and long-term well-being benefits for individuals, families, and society of being involved in Kaibosh are improvements in public health through diet, which should result in less costs to employers due to employee illness, and reduced medical costs to the taxpayer. The healthy, nutritious food provided supports low-income families and others in need to have a more balanced diet, and should help with the prevention of dietary illness such as diabetes, heart disease, and bowel cancer. Another benefit for low-income families and others in need who receive free food from Kaibosh is that the money they would have spent on food can now go towards other things, e.g. transport costs, heating their homes adequately, or family outings. Society should also feel the benefit of reduced food wastage (e.g. 138 269 kg food rescued that could have gone to landfill), and 107 637 kg carbon emission reduction that resulted from Kaibosh rescuing the food and using it to help others in the community.</p>