

**Assessment Schedule – 2018**

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

**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
MOST (4) parts at Achievement level.	ALL (5) parts at Achievement level.	ONE part at Merit level.	TWO parts at Merit level.	ONE part at Excellence level, showing some justification.	ONE part at Excellence level, showing comprehensive justification.
<i>See Appendix for sample evidence.</i>					

**N0** = No response; no relevant evidence.

**N1** = Some Achievement level questions attempted; some relevant material.

**N2** = Some (1 or 2) parts at Achievement level.

**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><b>One</b> (a)</p>	<p>(i) belVita Breakfast Biscuits</p> <ul style="list-style-type: none"> <li>• Biscuits made with 5 wholegrains</li> <li>• Low GI certified</li> <li>• % DI (daily intake) panel.</li> </ul> <p>The % DI panel could influence Lani’s food choice because it provides important nutrient content information in an easy-to-understand format. <u>A percentage panel of recommended daily intakes is a useful tool that makes good food decisions easy.</u></p> <p>(ii) Sanitarium Reduced Sugar Up&amp;Go Liquid Breakfast</p> <ul style="list-style-type: none"> <li>• Reduced sugar</li> <li>• Sanitarium health &amp; well-being (trusted brand)</li> <li>• 98.5% fat free</li> <li>• 5 health star rating.</li> </ul> <p>This product scores 5 out of 5 on the health star rating, which will appeal to Lani because she will think it is a healthy option. <u>The more stars a product gets, the lower in saturated fat, sugar, and sodium it is. Lani will be confident it will be good for her father’s heart health.</u></p> <p>(iii) Mother Earth On-the-Go! Ready to Eat Brekkie</p> <ul style="list-style-type: none"> <li>• On-the-Go!</li> <li>• “All the protein and fibre of a bowl of toasted muesli”.</li> </ul> <p>This slogan will appeal to Lani as it tells her this product is suitable to be eaten ‘on-the-go’, which is perfect for her needs. <u>It requires no time in preparation on her busy training days when she has to be at school by 7 a.m. She can eat it on the way to training, or after training.</u></p>	<p>Identifies ONE promotional or ONE nutritional feature for EACH of the three breakfast products (not using the same feature twice).</p> <p>Describes how the feature could influence Lani’s food choice.</p>	<p>Gives reasons why the chosen promotional OR nutritional features could influence Lani’s food choice.</p>	

(b)	<p>All three breakfast products contain ingredients that are listed in bold because they can cause allergic reactions in people. <u>Some people have mild reactive symptoms, while others can suffer anaphylactic shock, which can cause death. Common allergens are milk, wheat, and other gluten-containing cereals, soy, nuts, fish, and eggs. Food manufacturers must by law identify any allergens their products may contain, so that consumers can identify and avoid products, which can harm their health.</u></p>				<p>Identifies that the bolded ingredients are allergens.</p>	<p>Gives reasons for the importance of common allergens being clearly identified on food packaging.</p>																	
(c)	<table border="1"> <tr> <td>Per 100g</td> <td>BelVita Breakfast Biscuits</td> <td>Sanitarium Reduced Sugar Up&amp;Go Liquid Breakfast</td> <td>Mother Earth On-the-Go! Ready to Eat Brekkie</td> </tr> <tr> <td>Total fat</td> <td>13.6 g</td> <td>1.5 g</td> <td>16.6 g</td> </tr> <tr> <td>Sugar</td> <td>19.2 g</td> <td>4.7 g</td> <td>25.6 g</td> </tr> <tr> <td>Calcium</td> <td>N/A</td> <td>160 mg</td> <td>N/A</td> </tr> </table>	Per 100g	BelVita Breakfast Biscuits	Sanitarium Reduced Sugar Up&Go Liquid Breakfast	Mother Earth On-the-Go! Ready to Eat Brekkie	Total fat	13.6 g	1.5 g	16.6 g	Sugar	19.2 g	4.7 g	25.6 g	Calcium	N/A	160 mg	N/A				<p>Completes the table for each product's nutrient content per 100g.</p>		
Per 100g	BelVita Breakfast Biscuits	Sanitarium Reduced Sugar Up&Go Liquid Breakfast	Mother Earth On-the-Go! Ready to Eat Brekkie																				
Total fat	13.6 g	1.5 g	16.6 g																				
Sugar	19.2 g	4.7 g	25.6 g																				
Calcium	N/A	160 mg	N/A																				
(d)	<p>Sanitarium Reduced Sugar Up&amp;Go</p>				<p>Chooses the healthiest 'on-the-go' breakfast choice for Lani.</p>																		
(e)	<p>Up&amp;Go has the lowest amount of fat – too much fat can lead to obesity. <u>Up&amp;Go is the only breakfast choice that contains calcium, which is needed for strong bones.</u>  <u>Lani wants to eat healthily, and needs to find a breakfast product she can eat 'on-the-go', which will give her a good start on her busy Mondays. By looking carefully at the packaging information, she can find out how much of each nutrient is in each product.</u>  <u>Up&amp;Go has the lowest amount of fat per 100 g (1.5 g), which is significantly lower than the amount of fat in the other two products. The New Zealand FNGs recommend choosing foods low in fat, particularly saturated fat. <b>Fat is an important</b></u></p>				<p>Describes how the amount of total fat, sugars, and / or calcium in Up&amp;Go could influence Lani to decide on this product as the healthiest option.</p>	<p>Relates the 'on-the-go' breakfast choice to Lani's scenario.                  Gives reasons for choosing Up&amp;Go over the other two breakfast products.                  Explains how the amount of total fat, sugars, and calcium in Up&amp;Go could influence Lani to decide on this product as the healthiest choice.</p>	<p>Explains how the amount of total fat, sugars, and calcium in Up&amp;Go could influence Lani to decide on this product as the healthiest choice.</p>																

<p><b>nutrient, which supplies the body with essential fatty acids such as Omega 3 and Omega 6, and fat-soluble Vitamins A, D, E and K. Fat is energy dense however, making it easy to eat more than we need. Eating too much of certain types of fat, especially saturated fat found in processed foods, can increase the level of unhealthy cholesterol in the blood, clog arteries, and lead to heart disease. If Lani does not choose foods low in fat, over time she could gain weight, which could lead to obesity and Type 2 diabetes.</b></p> <p><u>Up&amp;Go has the least sugar per 100 g, which is significantly lower than the amount of sugar in the other two products. Lani knows from her Home Economics classes that people need to reduce their sugar intake, and that the New Zealand FNGs recommend choosing foods low in sugar. Sugars are a simple carbohydrate that provide energy, but Lani knows that excess sugars in the diet contribute to conditions such as tooth decay and weight gain in the short term, and obesity and diabetes in the long term.</u></p> <p><u>Up&amp;Go is the only breakfast choice that contains calcium. Calcium is very important during adolescence to build bone density and reduce the risk of osteoporosis in later life. If Lani chooses one of the other two breakfast products, she will be getting no calcium for breakfast, and will find it difficult to reach her RDI of 1000–1300 mg calcium per day. Adolescents like Lani need to have a calcium-rich diet while they are growing and developing, as it is an important mineral that helps strengthen teeth and form bone tissue. Calcium, along with Vitamin D and phosphorus, form our skeleton, and the more calcium Lani eats, the more dense and strong her bones will be. This will reduce her chances of getting osteoporosis in later life. Osteoporosis results in porous, brittle bones, which break easily and restrict people’s mobility.</u></p>	<p>Describes the effect of total fat, sugars, and / or calcium on physical well-being.</p>	<p>Explains the effect of total fat, sugars, and calcium on physical well-being, AND the recommendations around these from the FNGs.</p>	<p>Explains the effect of total fat, sugars, and calcium on physical well-being. (Answers may touch on other dimensions of well-being.)</p> <p>Justifies the chosen product by comparing it with the other two breakfast products, considering factors such as:</p> <ul style="list-style-type: none"> <li>• the different amounts of total fat, sugar, and calcium in the breakfast products, and their effect on physical well-being</li> <li>• knowledge of the FNGs</li> <li>• other relevant nutritional and packaging information, including the ingredients in each product, and their suitability for Lani.</li> </ul>
---	--	--	--

## Evidence

Question Two					
A3	A4	M5	M6	E7	E8
MOST (3 or 4) parts at Achievement level.	ALL (5) parts at Achievement level.	ONE part at Merit level.	TWO parts at Merit level.	ONE part at Excellence level, showing some justification.	ONE part at Excellence level, showing comprehensive justification.
See <b>Appendix</b> for sample evidence.					

**N0** = No response; no relevant evidence.

**N1** = Some Achievement level questions attempted; some relevant material.

**N2** = Some (1 or 2) parts at Achievement level.

## 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)	Per serve	Fantastic 2 Minute Noodles	Indomie Instant Noodles	Maggi 2 Minute Noodles	Completes the table for each product's nutrient content per serve.		
	Saturated fat	6.5 g	7.3 g	<1.0 g			
	Dietary fibre	N/A	N/A	2.6 g			
	Sodium	1920 mg	820 mg	930 mg			
(b)	Maggi 2 Minute Noodles				Chooses the healthiest instant noodle choice for Lani's family.		

<p>(c)</p>	<p><u>Maggi 2 Minute Noodles are the lowest in saturated fat by a large amount – they have less than 1 g compared with 6.5 g in the Fantastic 2 Minute Noodles, and 7.3 g in the Indomie Instant Noodles. Lani knows that the New Zealand FNGs recommend choosing low fat (especially saturated fat) products, so the Maggi noodles meet that guideline. She also knows that excess fat in the diet contributes to health issues such as weight gain.</u></p> <p><b>Saturated fat is also related to health issues such as high cholesterol and heart disease. Fat does provide an important source of energy and essential fatty acids, as well as fat-soluble vitamins. However, saturated fat in particular, is associated with more negative health issues than unsaturated fat, so choosing a product lower in this is a healthy choice.</b></p> <p><u>Maggi 2 Minute Noodles have the highest amount of fibre, which helps to reduce the risk of constipation. The New Zealand FNGs recommend that we choose high fibre foods where possible. Fibre helps to lower the GI of the noodles and means that the noodles will be more filling, keeping Lani’s family sustained for a longer period of time. This will be helpful in reducing the risk of late evening snacking on treat foods such as biscuits. Fibre is an important part of a healthy digestive system, helping to remove waste products from the body and prevent constipation in the short term, and bowel disease in the long term.</u></p> <p><u>Lani and her brother need to be eating filling foods that are going to give them sustained energy due to the number of activities they are involved in. According to the New Zealand FNGs, adolescents need at least six serves of breads and cereals each day (preferably wholegrain) to provide the carbohydrates needed to supply fuel for energy. Maggi 2 Minute Noodles are the healthiest choice, as they contain invisible wholegrain, which gives them 2.6 g fibre per serve, while the other two noodle products contain no fibre.</u></p> <p><u>Lani’s father has been told by his doctor that he needs to lose his weight in order to avoid developing heart disease. Lani knows that products high in fat (especially saturated fat) are not helpful, and can increase the risk of weight gain and heart</u></p>	<p>Describes how the amount of saturated fat, dietary fibre, and / or sodium in the Maggi 2 Minute Noodles could influence Lani to decide on this product as the healthiest choice.</p>	<p>Relates the instant noodle choice to Lani’s family’s scenario.</p> <p>Gives reasons for choosing Maggi 2 Minute Noodles over the other two noodle products.</p> <p>Explains how the amount of saturated fat, dietary fibre, and sodium in the Maggi 2 Minute Noodles could influence Lani to decide on this product as the healthiest choice.</p>	<p>Explains how the amount of saturated fat, dietary fibre, and sodium in the Maggi 2 Minute Noodles could influence Lani to decide on this product as the healthiest choice.</p>
		<p>Describes the effect of saturated fat, dietary fibre, and / or sodium on physical well-being.</p>	<p>Explains the effect of saturated fat, dietary fibre, and sodium on physical well-being, AND the recommendations around these from the FNGs.</p>	<p>Explains the effect of saturated fat, dietary fibre, and sodium on physical well-being.</p> <p>(Answers may touch on other dimensions of well-being.)</p> <p>Justifies the chosen product by comparing it with the other two noodle products, considering factors such as:</p> <ul style="list-style-type: none"> <li>• the different amounts of saturated fat, dietary fibre, and sodium in the noodle products, and their effect on physical well-being</li> <li>• knowledge of the FNGs</li> <li>• other relevant nutritional and packaging information, including the ingredients in each product, and their suitability for Lani’s family.</li> </ul>

	<p><u>disease. Therefore, this product is a healthy choice, as it has the lowest amount of saturated fat.</u></p> <p><u>The health star rating and RDI panel on the packaging confirms that the Maggi 2 Minute Noodles are the healthiest choice for Lani’s family. The health star rating on the packaging is 3.5 out of 5 stars, which is a good score. The RDI panel shows that the product is low in fat, sugar, and sodium. Products with less than 400 mg sodium per 100 g are considered acceptable. <b>This level of sodium should not worsen Lani’s father’s heart disease.</b></u></p>			
(d)	<p>(i) Foods chosen should include one serve of protein food, e.g. beef schnitzel, chicken breast, egg, or other alternative</p> <p>AND</p> <p>1–3 serves of vegetables, e.g: cauliflower, carrot, corn, broccoli, spinach, peas, courgette, frozen mixed vegetables, salad vegetables.</p>	<p>Identifies at least TWO other suitable foods that could be served with the noodles to make a balanced meal that fits the ‘ideal plate model’, and improves the protein, iron, and vitamin content of the meal.</p>		
	<p>(ii) The ‘ideal plate model’ should show:</p> <ul style="list-style-type: none"> <li>• ¼ protein (meat or alternative)</li> <li>• ¼ starch (Maggi 2 Minute Noodles)</li> <li>• ½ vegetables.</li> </ul> <p>Cooking methods should be low fat and retain nutrients, e.g.:</p> <ul style="list-style-type: none"> <li>• Meat – grilled, stir-fried, using a non-stick pan with no oil added.</li> <li>• Vegetables – not peeled to retain nutrients and fibre; stir-fried, steamed, microwaved, or quickly boiled in a minimum of water.</li> </ul>	<p>Draws and labels the complete meal as an ‘ideal plate model’, indicating the correct portion sizes of the ingredients, and identifies the methods of preparation and cooking for the meal’s main ingredients.</p>		

<p>(e)</p>	<p><u>Adding protein (beef schnitzel, chicken breast, egg, or other alternative) to this meal is important for the teenagers, who are still growing and developing. Adding vegetables to this meal increases their intake of vitamins like Vitamin C, which helps with iron absorption.</u></p> <p><u>Adding protein (beef schnitzel, chicken breast, egg, or other alternative) to this meal adds a serving from the “Meats and Alternatives” food group, which teenagers are recommended to have two serves from per day. This adds important protein to the family’s meal, which is necessary for growth repair and the maintenance of all body cells. As Lani is still growing and active, protein is a very important nutrient for her. Iron is also contained in beef, chicken, eggs, and other alternatives, and Lani needs iron to maintain her energy levels. A lack of iron in the short term can lead to fatigue, and in the long term, to anaemia.</u></p> <p><u>Adding two vegetables to this meal adds two servings from the “Fruit and Vegetables” food group, from which teenagers are recommended to have five serves per day (three of which should be vegetables). This also means that the meal meets the ‘ideal dinner plate model’, where half the plate is vegetables. This adds important fibre and vitamins to the family’s meal. Fibre is needed to reduce the risk of constipation in the short term, and bowel disease in the long term. Vitamin C, found in many vegetables, helps in the absorption of iron and also helps to protect against illness by supporting the immune system.</u></p> <p><b>The meat and vegetables will add lots of flavour to the noodles, so they could be prepared without the flavour sachet, which would significantly reduce the sodium content of the meal. A scattering of herbs could be added for extra flavour.</b></p> <p><b>This meal could be cooked as a stir-fry, which is a quick cooking method using minimal fat. This helps to retain the nutrients, particularly the vitamins from the vegetables.</b></p>	<p>Describes the nutritional benefits to Lani’s family of serving the other foods identified with the noodles (e.g. from protein and vegetables), and also the methods of preparation and cooking used.</p>	<p>Explains the nutritional benefits to Lani’s family of serving the other foods identified with the noodles (e.g. from protein and vegetables), and also the methods of preparation and cooking used, AND the recommendations around these from the FNGs.</p>	<p>Explains the nutritional benefits to Lani’s family of serving the other foods identified with the noodles (e.g. from protein and vegetables), and also the methods of preparation and cooking used.</p> <p>Justifies the choices made, considering factors such as:</p> <ul style="list-style-type: none"> <li>• the effects of specific nutrients and their role in physical well-being (particularly protein, fibre, vitamins such as C, and minerals such as iron)</li> <li>• the methods of preparation and cooking to keep the meal low fat and to retain nutrients</li> <li>• knowledge of the FNGs</li> <li>• Lani’s family situation.</li> </ul>
------------	---	---	--	---