

## Assessment Schedule – 2018

### Home Economics: Analyse the relationship between well-being, food choices and determinants of health (91300)

#### Assessment Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<p><u>Analyse</u> involves:</p> <ul style="list-style-type: none"> <li>explaining how well-being is affected by food choices and the determinants of health.</li> </ul>	<p><u>Analyse, in depth</u>, involves:</p> <ul style="list-style-type: none"> <li>giving detailed examples to show how well-being is affected by food choices and the determinants of health.</li> </ul>	<p><u>Comprehensively analyse</u> involves:</p> <ul style="list-style-type: none"> <li>explaining in detail the interconnections between well-being, food choices and the determinants of health, and how these affect individuals and society.</li> </ul>

#### Evidence

A3	A4	M5	M6	E7	E8
<p>Explains an effect of ONE determinant of health on the food choices of the family AND the well-being of the family.</p> <p>Explains ONE dimension of well-being.</p>	<p>Explains an effect of TWO determinants of health on the food choices of the family, AND the well-being of the family.</p> <p>Explains TWO dimensions of well-being, with examples given that apply to the family and the explained dimensions.</p>	<p>Explains, with detailed examples, the effects of TWO determinants of health on the food choices of the family, AND the well-being of the family.</p> <p>Explains TWO dimensions of well-being, with detailed examples given.</p> <p>Gives some details of nutrients, e.g. salt, sugar, fat.</p>	<p>Explains, with detailed examples, the effects of THREE determinants of health on the food choices of the family, AND the well-being of the family.</p> <p>Explains TWO dimensions of well-being, with detailed examples given.</p> <p>Gives some details of nutrients, e.g. salt, sugar, fat.</p>	<p>Explains, in detail, how the interconnections between TWO determinants of health, food choices, and well-being affect the family, AND New Zealand society.</p> <p>Explains, in detail, THREE dimensions of well-being, with examples given for each of the dimensions that link to the effects on the family and society.</p> <p>Makes explicit and detailed links to nutrients, e.g. saturated fat, simple carbohydrates.</p>	<p>Explains, in detail, how the interconnections between THREE determinants of health, food choices, and well-being affect the family, AND New Zealand society.</p> <p>Explains, in detail, FOUR dimensions of well-being, with examples given for each of the dimensions that link to the effects on the family and society.</p>

See **Appendix** for sample evidence.

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

**N1** = States / describes / considers an effect of ONE determinant of health on the food choices of the family.

**N2** = States / describes / considers an effect of ONE determinant of health on the food choices of the family AND the well-being of the family.

#### Cut Scores

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

## Appendix – Sample Evidence

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

Question	Expected Coverage (not limited to these examples)
	<p>Three named determinants of health:</p> <ol style="list-style-type: none"> <li>(1) <b>Stress</b> – a state of mental-emotional strain, resulting from demanding circumstances, can have a negative impact on well-being.</li> <li>(2) <b>Access to healthy food</b> – a nutritious diet is essential to good health. A shortage of food, or a lack of a variety, as well as an excess of food, can lead to a range of diseases.</li> <li>(3) <b>Social gradient</b> – a continuum based on people’s socio-economic status. Research shows that people higher on the social gradient have better health than those lower down because they have better access to warm, insulated, and uncrowded housing; reliable transport; and the ability to buy food that provides a variety of nutrients.</li> </ol>
(a)	<p>How EACH of the three determinants of health positively and / or negatively affects the Hayes family’s food choices and their well-being, including at least ONE detailed example for each determinant:</p> <ul style="list-style-type: none"> <li>• Stress, e.g.: <ul style="list-style-type: none"> <li>- John and Mere are under a lot of stress due to work commitments. Both work long hours and John is regularly overseas, putting extra pressure on Mere, who works shifts as an emergency doctor. Stress can have a negative impact on food choices and well-being. Due to stress and pressure, it is easier for the family to buy takeaways for dinner, and for the twins to buy breakfast and lunch. An over-consumption of highly-processed, fast food is having a negative impact on the physical well-being of the family.</li> <li>- <u>John and Mere are under a lot of stress due to work commitments. Both work long hours and John is regularly overseas, putting extra pressure on Mere. Stress can have a negative impact on food choices and well-being. During the week, the family is often too tired to cook dinner, and John likes to pick up takeaways for the family when he is going to be home. The twins are often running late in the mornings, and buy an energy drink and pie for breakfast, as the family has run out of fresh fruit, milk, and bread. Mere has noticed that the twins are lacking energy and starting to gain weight, despite playing basketball. She and John are exhausted. Takeaways are often high in salt and fat, and an over-consumption of highly-processed, fast foods such as takeaways and pies, can lead to unwanted weight gain. Mere has noticed that John is putting on weight. The stress they are under has led to poor food choices and may have caused an over-consumption of foods that lack nutritional value. A diet high in salt can cause hardening of the arteries, which can also increase blood pressure, and the risk of heart attacks and strokes. If the family is stressed for a long period of time, it can affect their mental and spiritual health.</u></li> </ul> </li> <li>• Access to healthy food, e.g.: <ul style="list-style-type: none"> <li>- The Hayes family struggles to access healthy food due to a lack of time because of work, school, and sports commitments, as well as poor meal planning. When the twins are running late, or they have run out of fresh fruit, milk, or bread, they sometimes take biscuits or chips for lunch, or buy lunch from the school canteen. This will have a negative impact on their physical well-being. Long term, poor food choices can cause weight gain, type 2 diabetes, and heart disease.</li> <li>- <u>Due to a lack of time and organisation the family prioritises work, school, and sports commitments before accessing nutritious food. The twins resort to using their pocket money most days to buy breakfast and lunch due to a lack of fresh food / ingredients in their cupboards at home to make a healthy breakfast / lunch. The twins can purchase more nutrient-rich foods for breakfast, but they often resort to an energy drink and pie for breakfast. The foods they choose such as energy drinks, pies, and 2 minute noodles do not follow the ‘ideal plate model’, or the New Zealand Food and Nutrition Guidelines (FNGs), as they are lacking in vegetables, and are often high in saturated fat, simple carbohydrates, and salt.</u></li> </ul> <p>OR:</p> <ul style="list-style-type: none"> <li>- The twins have access to healthy food when they visit their grandparents after basketball training. They get a home-cooked meal, often made with vegetables from the grandparents’ garden. These meals provide them with nutrient-rich food, unlike the other foods that the family regularly consumes, and this is likely to improve their physical well-being.</li> <li>- <u>The twins have access to healthy food when they visit their grandparents after basketball training. They get a home-cooked meal, often made with vegetables from the grandparents’ garden. These meals provide them with nutrient-rich food, unlike the other foods that the family regularly</u></li> </ul> </li> </ul>

consumes. The home-cooked meals are more likely to follow the 'ideal plate model' and / or the New Zealand Food and Nutrition Guidelines (FNGs), and are likely to improve the twins' physical well-being. Regular interaction with their grandparents is also likely to improve their mental and emotional, and social well-being. In the long term, it may also positively impact upon their spiritual well-being, as they become more aware of alternatives available to their family's busy and stressed lifestyle.

- Social gradient, e.g.:

- The Hayes family should be able to access healthy food because both parents have well-paid jobs, and are therefore on the higher end of the social gradient and should be in control of their circumstances. The family can afford to buy nutrient-rich food and access transport to buy the food they wish. John and Mere are also likely to be aware of the impact of food choices on their health and well-being, particularly Mere, because she is a doctor. The access to nutrient-rich food is likely to have a positive effect on their physical and mental well-being.
- The family live in a wealthy suburb in Wellington. John and Mere both have well-paid jobs. The Hayes family will therefore be on the higher end of the social gradient. This should have a positive impact on the family's well-being, as they are more likely to be in control of their circumstances. Physically they are more likely to be in good health (free from illness) as they can access nutrient-rich food all year round if they choose to. The family can afford regular visits to the doctor and dentist. They are more likely to have reliable transport such as a car each that they can use to go to and from the supermarket, fruit and vegetable shop, butcher, etc. They are more likely to be able to afford food with a higher nutrient quality such as wholemeal bread rather than white bread, lean meats rather than cheap cuts of meat that have lots of fat, etc. Despite having the knowledge, busy work commitments have resulted in the family choosing to buy energy-dense / nutrient poor food. This negatively impacts on the family's physical, as well as the mental and emotional well-being. Mere has noticed that the twins are lacking energy and are struggling to concentrate. John and the twins have started to gain weight. If this continues, it may negatively impact on the twins' self-esteem, and their social well-being as well as their spiritual well-being.

(b) How the interconnections between the three determinants of health (stress, access to healthy food, and social gradient) will affect the Hayes family, AND New Zealand society:

*Stress can affect all members of the Hayes family. Those who are stressed often have relationship difficulties due to the mental and emotional effects, and this can result in becoming withdrawn, which affects their social well-being.*

*Stress increases your chances of developing hypertension (high blood pressure), which can cause heart attacks and strokes. John is more prone to developing hypertension due to being a middle-aged male. Stress can also cause poor food choices, which can result in feeling sluggish, unmotivated, etc. Poor food choices also increase your risk of developing hypertension.*

*The Hayes family is fortunate, as they fall in the higher end of the social gradient. People who fall in the lower end of the social gradient are more likely to face difficulties accessing healthy food. The Hayes family is only struggling to access healthy food due to poor meal planning skills and time. The family can afford to access healthy food, as they probably live near a supermarket, fruit and vegetable shop, or butcher, and / or they have a car to transport groceries home. John and Mere's lack of time and meal planning skills may add to the stress / pressure they are feeling. Knowing that they are not providing their children with healthy food may make them feel guilty and even more stressed. Eating highly-processed, convenience foods may be more convenient, but long term, it will cause a lot of damage to the family's health, and will contribute to the low energy levels and lack of concentration that they are experiencing. Meal planning is a vital skill New Zealanders need to learn. Parents can teach this skill to their children, who can then teach their children in the future. Meal planning allows you to ensure that you have enough food to last you the week, and usually encourages you to eat nutrient-rich balanced meals. This positively impacts all dimensions of well-being, etc.*

*If the Hayes family continues without making changes to their food choices, it could lead to long-term negative consequences for both the family and society. John may end up taking time off work because he is not well, which might lead to a loss of income and more stress for the family. John's increased risk of hypertension could result in him living a shorter life, and his children are at risk of developing diet-related diseases.*

*Diet-related diseases put a large financial strain on our national health budget. Community and public health agencies' costs for education, treatment, and the management of physical and emotional illnesses, resulting from an excess intake of fat, sugar, or salt (highly processed foods) is high.*

*Government-funded public health will require a greater proportion of funding from the taxes paid by all employed New Zealanders in the future, as the incidence of long-term health issues related to diet continue to rise. Shifting more funding to the health sector for healthy eating programmes, and the treatment of diet-related illnesses, means less funding will be available for other important areas such as transport, education, and housing.*

*Nutrient-related diseases cost society vast amounts of money per year. Hospitals are having to employ more doctors and nurses to deal with patients who have lifestyle diseases, rather than focusing on patients with other health issues.*

*There are also associated costs with the time people have off work due to their mental and physical illnesses / diseases, and this impacts on families and children, which can impact on society (cost of support agencies, health care, etc). Long-term unemployment could cause more pressure on society, especially if those with diet-related illnesses cannot get jobs. Parents are vital to families, and serve as long-term role models for good health. The Hayes family and other families in similar situations need to make an effort to provide nutritious food to their children to prevent stress-related, and nutrition problems that are in our society today. Eating healthily has a positive effect on all the four dimensions of well-being. It provides the necessary nutrients that the body needs to create new cells, clean toxins, and to just function properly.*