

## Assessment Schedule – 2018

### Home Economics: Evaluate conflicting nutritional information relevant to well-being in New Zealand society (91470)

#### Assessment Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<p><u>Evaluate</u> involves:</p> <ul style="list-style-type: none"> <li>analysing the conflicting nutritional information</li> <li>drawing conclusions that relate the nutritional information to well-being.</li> </ul>	<p><u>Evaluate, in depth</u>, involves:</p> <ul style="list-style-type: none"> <li>analysing the underlying intent of the conflicting nutritional information</li> <li>drawing conclusions about the credibility of the nutritional information sources.</li> </ul>	<p><u>Evaluate comprehensively</u> involves:</p> <ul style="list-style-type: none"> <li>critically analysing the conflicting nutritional information</li> <li>drawing justified conclusions about the credibility of the nutritional information.</li> </ul>

#### Evidence

A3	A4	M5	M6	E7	E8
Analyses enough information / evidence to draw an appropriate conclusion relating to well-being.	Analyses most of the information to draw an appropriate conclusion relating to well-being.	Analyses and evaluates, in depth, some intentions / motivation of the information presented (some accurate nutritional knowledge of their own provided).  Draws a conclusion regarding the credibility of the information.	Analyses and evaluates, in depth, a broad range of intentions / motivations of the information presented (some accurate nutritional knowledge of their own provided).  Draws conclusions regarding the credibility of all the information (several tools are used).	Justifies a position about the credibility of the nutritional information, and challenges at least ONE inherent assumption. (Justification includes the use of accurate nutritional knowledge beyond what is in the resources.)	Fully justifies a position about the credibility of the nutritional information, and challenges at least TWO inherent assumptions. (Justification includes the use of accurate nutritional knowledge beyond what is in the resources.)
See <b>Appendix</b> for sample evidence.					

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

**N1** = Little evidence of discrimination between valid / invalid information.

**N2** = Demonstrates some understanding, but does not analyse (no nutritional knowledge of their own provided).

#### Cut Scores

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

## Appendix – Sample evidence

Question	Expected Coverage (examples)
(a)	<p data-bbox="293 252 1787 284"><u>Possible impacts on the well-being of New Zealand society, of the conflicting nutritional information presented in the resources:</u></p> <ul data-bbox="293 296 745 323" style="list-style-type: none"> <li data-bbox="293 296 745 323">• Resource A: <i>Fonterra</i> Website, e.g.:</li> </ul> <p data-bbox="293 336 2128 683">This web page, from New Zealand's largest dairy producer, exporter, and well-trusted brand encourages consumers to use butter, rather than margarine or other spreads made from vegetable oil. It says that nutritionists now say that butter is regarded as better than these spreads for our health because butter is more 'natural' than margarine / spreads, and therefore better for us. Encouraging the use of butter (although cleverly, the web page does not state to eat butter) is not good for the heart health of New Zealanders. Butter is high in saturated fat and this is known to contribute to higher levels of cholesterol, especially LDL ('bad') cholesterol. It also decreases HDL ('good' or 'protective') cholesterol, as well as increasing fatty deposits in arteries, which can cause heart attacks or strokes. Just because butter is 'natural' does not mean it is good for our heart. The fat on meat is also 'natural', but this is also predominately saturated fat and will affect our heart health. Fonterra have also said that butter can be eaten in 'moderation', but don't define what 'moderation' means, and so many New Zealanders might think that 'moderation' means using butter every day at most meals. This will not be good for their heart health (according to the New Zealand Heart Foundation). If butter is consumed and more heart disease occurs, there will be an increase in the need for medical care, which will put more stress on medical staff and equipment and require the government to pour more money into an already stretched health budget.</p> <ul data-bbox="293 695 898 722" style="list-style-type: none"> <li data-bbox="293 695 898 722">• Resource B: <i>Healthy Food Guide</i> Magazine, e.g.:</li> </ul> <p data-bbox="293 735 2089 895">This article provides information about why we should limit saturated fats and replace them with unsaturated fats, i.e. because it will help reduce heart disease in New Zealand. It gives positive, practical advice to New Zealanders for fat and food that will help your heart, as well as fat and food that is best avoided, or that should be used in only small amounts. For example, choose lean cuts of meat and trim visible fat off; remove skin and fat from chicken. However, not all New Zealanders read this magazine as it is an expensive extra for many, so the information will only target a small amount of New Zealand's total population.</p> <ul data-bbox="293 908 887 935" style="list-style-type: none"> <li data-bbox="293 908 887 935">• Resource C: <i>Ministry of Health</i> Publication, e.g.:</li> </ul> <p data-bbox="293 948 2128 1107">The Ministry of Health has written this handbook for New Zealand doctors. Even though the resource is five years old, it still offers valuable information. It provides dietary advice using a variety of techniques patients can use to treat or prevent heart disease. It suggests New Zealand society should follow the Heart Foundation's advice, which will help to reduce the incidence of heart disease and other lifestyle diseases like obesity and diabetes (all of which are on the rise in New Zealand). The advice is sensible, practical, and encourages eating a wide range of food from the four food groups, as well as helping to reduce sugar and salt, and avoiding fats that can be harmful, such as butter, deep-fried food, and sweet bakery products.</p> <ul data-bbox="293 1120 819 1147" style="list-style-type: none"> <li data-bbox="293 1120 819 1147">• Resource D: <i>The Australian</i> Website, e.g.:</li> </ul> <p data-bbox="293 1160 2128 1374">Following the advice of Pete Evans will generally not be helpful to New Zealand society, even though Australia and New Zealand are similar. He encourages the use of coconut oil and animal fat, both of which are very high in saturated fat and will contribute to heart disease. He says that polyunsaturated vegetable oils are toxic, but it has been found that this type of oil is actually better for your blood lipids than even the olive oil that he recommends. He also says that these oils (used in margarines / spreads) are bad for you, which is a scare tactic, as this is only true if they are converted to trans-fat (bad for heart health). In New Zealand, most of our margarines / spreads have very low levels of trans-fat. We do have trans-fat in commercial products though, so Pete Evans gives good advice about limiting biscuits and deep-fried food. New Zealanders eat a lot of these products, and so this advice should be helpful in encouraging New Zealanders to avoid these foods.</p>

(b) Underlying intentions of the different information relating to fats for healthy hearts presented in the resources, drawing conclusions about the credibility of the information, and of those presenting it:

- Resource A: *Fonterra* Website, e.g.:

The motivation of this company is to make a profit for its shareholders: New Zealand dairy farmers. They need to sell their milk, and products such as butter, which is made from their milk. Fonterra have referred to nutritionists on this web page, but have not given any indication of their qualifications. (Anyone can call themselves a nutritionist, but a dietitian has had five years of training, plus on the job experience.) The use of the sensational statements like “ultimate flavour enhances” drives the focus away from the health implications, capitalising on the trend for ‘natural foods’.

- Resource B: *Healthy Food Guide Magazine*, e.g.:

The HFG has written this article as consumers are expecting clarity on current nutrition topics. Although there is no mention of who wrote the article, it is presumed it is their own nutritionists / dietitians listed in the front of the HFG magazine. They offer readers information to stop confusion about the role of fat in our diet, and they want to clarify the science and the reason why we should limit saturated fats for our heart health. HFG uses registered dietitians and nutritionists to write its articles and has a reputation to maintain, based on providing reliable advice for readers. The HFG knows that coconut oil has been promoted in recent years, and wants to clarify that it is NOT recommended for a heart-healthy diet because it is so high in saturated fat compared to oil. The advice is realistic and achievable.

- Resource C: *Ministry of Health* Publication, e.g.:

The Ministry of Health and the New Zealand Heart Foundation want New Zealanders to be healthy and to avoid developing heart disease. They are not trying to sell or promote any product (they are government and not-for-profit organisations), but just want New Zealanders to eat a diet that will prevent lifestyle diseases, so there is no bias. They had an expert advisory group involved in writing the handbook, including doctors and other health professionals, so they will be giving good advice based on science. The Heart Foundation wants to support doctors to promote lifestyle behaviour changes in New Zealand to reduce the risk of heart disease.

- Resource D: *The Australian Website*, e.g.:

Pete Evans is trying to get publicity so that he can promote his ‘brand’, which includes a restaurant, catering firm, and the books he writes, i.e. he is trying to sell himself and his products. He calls himself a “health coach” (anyone can call themselves this), and he has “qualifications” from New York’s Institute of Integrative Nutrition. This is not a university, and he may have got this qualification in a few weeks, rather than the five years of study required to become a qualified dietitian in New Zealand.

- (c) Evaluates the various positions taken in the resources, in relation to fats for healthy hearts and well-being in New Zealand, with a conclusion drawn using reasoned arguments from the candidate's own nutritional knowledge and understanding:
- Resource B (*Healthy Food Guide Magazine*) and Resource C (*Ministry of Health Publication*) both provide information that will help to reduce the incidence of heart disease in New Zealand because they both encourage a move away from saturated fats (like butter and other whole-fat dairy products, and animal fats) to unsaturated fats and oils, and foods that contain them (like seeds, nuts, and avocado).
- The HFG article also encourages the use of oily fish that contain omega 3 oils known to help heart health. It does not say to avoid saturated fat altogether, but to use only small amounts, or in the case of dairy products, choose low-fat versions. The HFG article also tells us to eat less than 10% saturated fat, and this is the same as the WHO guidelines. The HFG discourages the consumption of processed cakes and pastries. These may also contain trans fats, which increase LDL and decrease HDL, and this then increases the risk of heart disease.
- The *Ministry of Health* handbook is providing information to doctors, who are the health professionals trying to prevent heart disease, so they will only provide expert advice based on sound science to their patients.
- The Australian Website* offering advice from Pete Evans is not as reliable, and his suggestion that we should avoid vegetable oils is in direct opposition to the Heart Foundation's advice. However, his suggestion to avoid commercial baked products is sensible, as this will reduce saturated and trans-fat intake.
- The Fonterra Website* appears to be subtly discrediting nutrition advice by saying they got it wrong in the 1970s and 1980s. However, they actually were giving the same basic advice for heart health back then, i.e. to change to oils and margarines and move away from animal fat and butter. It is not good advice to encourage the widespread use of butter, as it is known to affect heart health and this advice, together with Pete Evans' advice, may mean more New Zealanders develop heart disease, or other related lifestyle diseases, which could result in a big financial and social cost to New Zealand society.