

## Assessment Schedule – 2019

### 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><b>Demonstrating understanding</b> of how packaging information influences an individual’s food choices and well-being 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><b>Demonstrating in-depth understanding</b> of how packaging information influences an individual’s food choices and well-being involves:</p> <ul style="list-style-type: none"> <li>giving reasons for why packaging information influences food choices and well-being.</li> </ul>	<p><b>Demonstrating comprehensive understanding</b> of how packaging information influences an individual’s food choices and well-being 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>

N1	N2	A3	A4	M5	M6	E7	E8
Some Achievement level questions attempted; some relevant material.	One to two (of seven) at Achievement level. Some correct answers (fewer than for A3).	Four to five (of seven) at Achievement level.	Seven (of seven) at Achievement level.	Two (of four) at Merit level.	Four (of four) at Merit level.	One (of two) at Excellence level, showing some justification.	Two (of two) at Excellence level, showing comprehensive justification.

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

**Evidence**

Question	Achievement	Achievement with Merit	Achievement with Excellence																																																		
<p><b>(a)</b> Many of the cracker and dip packets use promotional features to encourage people such as Jack to choose them. Explain HOW each feature pictured below could influence Jack to choose the product.</p>	<p><b>Describes</b> how the feature could influence Jack to purchase the product.</p>	<p><b>Gives reasons</b> why the promotional OR nutritional features could influence Jack to purchase each product.</p>																																																			
<p><b>(b)</b> Explain why some ingredients are listed in bold in the ingredient list and why this is relevant to Jack when he is planning which snacks to serve.</p>	<p><b>Identifies</b> that the bolded ingredients are allergens.</p>	<p><b>Gives reasons</b> for the importance of common allergens being clearly identified on food packaging.</p>																																																			
<p><b>(c)</b> Complete the table below by writing in the amount of total fat, sodium and fibre PER 100 g for each product.</p>	<p>Completes the chart for each product's nutrient content PER 100g.</p> <table border="1" data-bbox="730 708 1765 1118"> <thead> <tr> <th>PER 100g</th> <th>Griffin's Snax</th> <th>Arnett's Vita-Weat</th> <th>Peckish Brown Rice Crackers</th> <th>Sunbites Snack Crackers</th> <th>Huntley &amp; Palmers Cream Crackers</th> </tr> </thead> <tbody> <tr> <td>FAT, TOTAL</td> <td>27.3g</td> <td>11.2g</td> <td>12.6g</td> <td>21.8g</td> <td>4.3g</td> </tr> <tr> <td>FAT, SATURATED</td> <td>13g</td> <td>1.6g</td> <td>3.3g</td> <td>1.9g</td> <td>0.6g</td> </tr> <tr> <td>DIETARY FIBRE</td> <td>NA</td> <td>12.2g</td> <td>NA</td> <td>7.4g</td> <td>6g</td> </tr> <tr> <td>SODIUM</td> <td>810mg</td> <td>459mg</td> <td>37mg</td> <td>434mg</td> <td>190mg</td> </tr> </tbody> </table> <table border="1" data-bbox="730 1166 1789 1457"> <thead> <tr> <th>PER 100g</th> <th>Lisa's Original Hummus</th> <th>The Good Taste Co. Garlic &amp; Onion Kiwi Dip</th> <th>Old El Paso Chunky Salsa</th> </tr> </thead> <tbody> <tr> <td>FAT, TOTAL</td> <td>11.5g</td> <td>36.2g</td> <td>0.2g</td> </tr> <tr> <td>FAT, SATURATED</td> <td>1.4g</td> <td>11.4g</td> <td>&lt;1g</td> </tr> <tr> <td>DIETARY FIBRE</td> <td>-</td> <td>-</td> <td>1.3g</td> </tr> <tr> <td>SODIUM</td> <td>533mg</td> <td>470mg</td> <td>333mg</td> </tr> </tbody> </table>			PER 100g	Griffin's Snax	Arnett's Vita-Weat	Peckish Brown Rice Crackers	Sunbites Snack Crackers	Huntley & Palmers Cream Crackers	FAT, TOTAL	27.3g	11.2g	12.6g	21.8g	4.3g	FAT, SATURATED	13g	1.6g	3.3g	1.9g	0.6g	DIETARY FIBRE	NA	12.2g	NA	7.4g	6g	SODIUM	810mg	459mg	37mg	434mg	190mg	PER 100g	Lisa's Original Hummus	The Good Taste Co. Garlic & Onion Kiwi Dip	Old El Paso Chunky Salsa	FAT, TOTAL	11.5g	36.2g	0.2g	FAT, SATURATED	1.4g	11.4g	<1g	DIETARY FIBRE	-	-	1.3g	SODIUM	533mg	470mg	333mg
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Question	Achievement	Achievement with Merit	Achievement with Excellence
<p><b>(d)</b> Use the nutritional information on the packaging to decide on the best choice of cracker and dip for Jack and his friends.</p>	<p>Chooses the best choice for Jack, namely Cream Crackers &amp; Salsa dip.</p>		
<p><b>(e)</b> Explain and justify your choice of products by comparing their nutritional content with the other cracker and dip products.</p>	<p><b>Describes</b> the importance of choosing a cracker &amp; dip that have no traces of egg in them.</p> <p><b>Describes</b> how the amount of fat, saturated fat and/or sodium in the Cream Crackers &amp; Salsa could influence Jack to choose this product.</p> <p><b>Describes</b> the impact on physical well-being of fat, saturated fat and/or sodium.</p>	<p><b>Describes</b> the importance of choosing a cracker &amp; dip that have no traces of egg in them.</p> <p><b>Explains</b> how the amount of fat, saturated fat and sodium in Cream Crackers &amp; Salsa could influence Jack to choose these products as the healthiest option. Relates Cream Crackers &amp; Salsa choice to the scenario given.</p> <p><b>Gives</b> reasons for choosing Cream Crackers over the other 5 crackers, and the Salsa over the other 2 dips.</p> <p><b>Explains</b> the impact on physical well-being of fat, saturated fat and sodium.</p>	<p><b>Describes</b> the importance of choosing a cracker &amp; dip that have no traces of egg in them.</p> <p><b>Explains comprehensively</b> how the amount of fat, saturated fat and sodium in Cream Crackers &amp; Salsa could influence Jack to choose this product as the healthiest option. Relates Cream Crackers &amp; Salsa choice to the scenario given.</p> <p><b>Gives</b> reasons for choosing Cream Crackers over the other 5 crackers, and the Salsa over the other 2 dips.</p> <p><b>Explains comprehensively</b> the impact on physical well-being of fat, saturated fat and sodium.</p> <p><b>Justifies</b> their choice of product by comparing it to the other 5 cracker products, and the other 2 dip products. Justification considers factors such as:</p> <ul style="list-style-type: none"> <li>• the amount of fat, saturated fat, and sodium on the different cracker/dip product packaging</li> <li>• the effects on physical well-being of fat, saturated fat and sodium</li> <li>• knowledge of the FNGs.</li> </ul> <p>(Answers may touch on other dimensions of well-being.)</p>

Question	Achievement	Achievement with Merit	Achievement with Excellence
<p><b>(f)</b> Using the Healthy Heart model in the Resource booklet (Resource C, page 12), choose at least TWO foods from other food groups that could be served with the crackers and dip to make a balanced snack that fits the Healthy Heart model, and improves the protein, calcium and vitamin content of the snack.</p>	<p>A suitable food from Milk &amp; Milk Products, and / or Meats &amp; Alternatives are chosen. At least one suitable Vegetable/Fruit is chosen.</p>		
<p><b>(g)</b> Explain and justify the nutritional benefits to Jack and his friends of the added ingredients.</p>	<p><b>Describes</b> the impact on physical well-being of the added nutrients (protein, calcium &amp; vitamins).</p>	<p><b>Explains</b> the impact on physical well-being of the added nutrients (protein, calcium &amp; vitamins) <b>AND</b> their knowledge of the Four Food Groups.</p>	<p><b>Explains and comprehensively justifies</b> the choices made by considering factors such as:</p> <ul style="list-style-type: none"> <li>• the effects the added nutrients (protein, calcium &amp; vitamins) and the impact on physical well-being of these</li> <li>• knowledge of the Four Food Groups</li> <li>• Jack’s situation.</li> </ul> <p>(Answers may touch on other dimensions of well-being).</p>

**Cut Scores**

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

## **Appendices**

**Possible evidence is not limited to these examples. Answers are judged holistically, not solely on the basis of evidence included in the schedule. Assessment judgements are based on the level of understanding shown rather than knowledge of individual lexical items.**

### **Question (a) Example of a possible Merit answer:**

- The word 'Superfood' attracts attention and makes you think that this product might be good for you. Because it is a superfood, it may have more health benefits.
- The words '100% Kiwi baked' may influence Jack to buy this product as he knows it is made in NZ. He may be wanting to support NZ companies.
- This 4.5 Health Star Rating may influence Jack to choose this product as he knows this means it is a healthy choice of cracker. The rating compares similar products so a 4.5 out of 5 rating is quite high for crackers, and this indicates that they are lower in saturated fat, sugar and sodium.
- This symbol may influence Jack to choose this product as it tells him that the salsa does not contain a lot of energy. It only provides 1% of the recommended daily intake of energy, so it may be low in fat and sugar.
- This 'Gluten Free' statement may influence Jack to choose this product as it contains no gluten. This could be important if one of his friends has a gluten allergy.
- This picture looks good with fresh vegetables in it beside the dip. This might influence Jack to choose it as he knows vegetables are good for you. He knows that tomatoes and peppers contain vitamins such as Vitamin C, which are important for good health.
- The statement 'No Artificial Flavours' may influence Jack to buy these crackers as he knows that it is best to select natural ingredients. Artificial flavours may not be good for people.

### **Question (b) Example of a possible Merit answer:**

The ingredients listed in bold are the ones that people who have food allergies need to know about, so they can avoid the product (e.g. Jack's friend who is allergic to egg). This is important because people with food allergies may have a range of symptoms if they eat food with those ingredients in them. These symptoms could be mild reactive symptoms, but, for some people, the reaction could be more extreme and potentially deadly (e.g. anaphylactic shock). Food manufacturers are required by law to identify any allergens their products might contain, so that consumers can identify these and avoid products that could be harmful to their health.

### **Question (c) Example of a possible Achievement answer:**

See tables in Achievement column in Evidence section.

**Question (d) Example of a possible Achievement answer:**

See Achievement column in Evidence section.

**Question (e) Example of a possible Excellence answer:**

The Cream Crackers are the best choice of cracker for Jack and his friends because the Snax and the Vita-Weat crackers both have warnings that they might contain traces of egg, which one of Jack's friends is allergic to. If he chooses the Snax or Vita-Weat crackers then his friend cannot eat them.

The Salsa is the best choice of dip. The Hummus label notes that it 'may contain traces of egg,' which means that Jack cannot choose this as his friend is allergic to egg.

The Cream Crackers have the lowest amount of total fat (4.3g) and saturated fat (0.6g) per 100g, compared with the other products. Some of the other crackers have very high amounts of fat and saturated fat in them. Snax is the highest with 27.3 g total fat and 13g saturated fat per 100g.

The Salsa has the lowest amount of total fat (less than 1g) and saturated fat (also less than 1g). The Garlic & Onion dip has a high amount of fat in it per 100g (36.2g) and also saturated fat (11.4g).

The NZ Food and Nutrition Guidelines (FNG) recommend choosing snack foods low in fat, particularly saturated fat. Too much fat in the diet can contribute to people putting on weight.

Some fat is needed in the diet as it supplies the body with essential fatty acids and also fat-soluble vitamins ADEK. Fat is energy-dense, however, making it easy to eat more than we need. This can lead, in the long term, to obesity and heart disease. Too much saturated fat can increase blood cholesterol which increases the risk of heart disease.

The Cream Crackers are the second lowest in sodium overall, but they still have a reasonably low amount with 190mg. The Salsa has the lowest sodium of all 3 dips, with 430mg per 100g. The NZ FNG recommend choosing snack foods low in salt (sodium). We are recommended to have foods with less than 450mg sodium per 100g, so this meets that recommendation. The other crackers have higher levels of sodium. Snax have the most, with 810mg per 100g. The brown rice crackers have the lowest amount of sodium, but they have more fat and saturated fat than the Cream Crackers. Excess sodium in the diet can lead to high blood pressure in the short term and can contribute to heart disease in the long term.

The NZ FNG also recommend that we choose snack foods low in fat, salt and sugar, and high in fibre. The Cream Crackers meet that guideline as they have less than 10g fat & sugar per 100g, and they do provide a small amount of fibre. Not the most, but at least there is some. The Salsa meets that guideline as it has significantly less than 10g fat and sugar (3.9g) per 100g, and it also is the only dip to contain any fibre in it (1.9g). Fibre helps maintain a healthy digestive system.

**Question (f) Example of a possible Achievement answer:**

Foods chosen should include one food from Milk & Milk Products (to provide calcium and protein), one from Meats and Alternatives (to provide protein) AND at least one vegetable (to provide vitamins). *Examples of typical responses may include:*

- Milk & Milk Products: cheese, milk.
- Meat & Alternatives: ham, salmon, nuts, boiled egg.
- Vegetables suitable for dipping (e.g. red pepper, carrot, celery, broccoli, cauliflower, fruit such as banana, grapes).

**Question (g) Example of a possible Excellence answer:**

By adding cheese to the platter, Jack and his friends are provided with some protein and calcium. As they are teenagers, and still growing, both of these nutrients are necessary for their growth. Protein aids growth and repair of all body tissues. Calcium is important for strong bones and teeth. A lack of calcium in the body in the long term can lead to osteoporosis later in life. It is important for teenagers to get enough calcium into the structure of their bones when they are still growing. Once the bones have stopped growing, no more calcium can be 'packed away' in them.

Cheese is from the Milk and Milk Products food group, from which teenagers should have 3 serves each day.

By adding nuts such as almonds to the platter, Jack and his friends are provided with protein, as well as some healthy oils. Almonds are also a source of calcium. Nuts are a Meat Alternative. Teenagers need 2 serves from this food group each day.

Adding vegetables to the platter will provide Jack and his friends with some vitamins and fibre. If Jack adds 3 different coloured vegetables (e.g. carrots, broccoli and red pepper) then this is contributing towards the 3 serves per day a teenager needs from the Fruits & Vegetables food group. By adding these vegetables, Jack and his friends are getting plenty of Vitamin C. This helps support a healthy immune system and also helps the absorption of iron. A lack of Vitamin C can lead to scurvy. Different coloured vegetables provide a range of antioxidants. A green vegetable, such as broccoli, also contributes some calcium. Vegetables such as these also provide fibre for the teenagers. A lack of fibre in the short term can lead to constipation, and in the long term, can result in bowel cancer.

By serving these vegetables raw, as 'dippers', we are retaining as much of the vitamin and mineral content as possible as they are not being destroyed by the heat of cooking.

This platter meets the NZ FNG recommendations for snack products, as there is a variety of foods from the four food groups, and they are all low in fat, salt and sugar, and also provide fibre.