

Assessment Schedule – 2019

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>Analysis of the relationship between well-being, food choices and the determinants of health involves:</p> <ul style="list-style-type: none"> explaining how well-being is affected by food choices and the determinants of health. 	<p>In-depth analysis of the relationship between well-being, food choices and the determinants of health involves:</p> <ul style="list-style-type: none"> giving detailed examples to show how well-being is affected by food choices and the determinants of health. 	<p>Comprehensive analysis of the relationship between well-being, food choices and the determinants of health involves:</p> <ul style="list-style-type: none"> explaining in detail the interconnections between well-being, food choices and the determinants of health explaining how these interconnections affect individuals and society.

N1	N2	A3	A4	M5	M6	E7	E8
<p>Explains:</p> <ul style="list-style-type: none"> the effect of ONE determinant on the family's food choices. 	<p>Explains:</p> <ul style="list-style-type: none"> the effect of ONE determinant on the family's food choices considers the effect of ONE determinant on the family's well-being. 	<p>Explains:</p> <ul style="list-style-type: none"> the effect of ONE determinant on the whole family's food choices the effect of ONE determinant on the whole family's well-being, not just an individual. ONE dimension of well-being. 	<p>Explains:</p> <ul style="list-style-type: none"> the effect of TWO determinants on the family's food choices the effect of ONE determinant on the family's well-being TWO dimensions of well-being. With at least one example. 	<p>Explains:</p> <ul style="list-style-type: none"> the effect of TWO determinants on the family's food choices, with examples the effect of TWO determinant on the family's well-being Three dimensions of well-being, with at least two examples 	<p>Explains:</p> <ul style="list-style-type: none"> the effect of THREE determinants on the family's food choices, with examples the effect of THREE determinant on the family's well-being Three dimensions of well-being, with examples. 	<p>Explains:</p> <ul style="list-style-type: none"> the effect of interconnections between THREE determinants and the family's food choices, and well-being on the family AND New Zealand society THREE dimensions of well-being, with at least three examples. 	<p>Explains:</p> <ul style="list-style-type: none"> the effect of interconnections between THREE determinants and the family's food choices, and well-being on the family AND New Zealand society FOUR dimensions of well-being, with at least 4 examples.

N0 = No response; no relevant evidence.

Evidence

Question	Evidence	Achievement	Achievement with Merit	Achievement with Excellence
<p>(a)</p> <p>(i)</p> <p>How are the food choices made by the Rahapa family influenced by opportunities to access healthy food? Give at least one example from the scenario to support your answer.</p>	<p>Access to healthy food: The Rahapa family has ready access to healthy food because they live close to a farmers' market and have a budget that allows the purchase of food they need, and also because of Aroha's food and nutrition knowledge. This will allow the family to buy fresh fruit and vegetables, which are high in vitamins and minerals, as well as lean meat and wholegrain carbohydrates. Balanced meals can be made from these ingredients. Erana's access to healthy food is limited by what the company she works for provides free of charge. However, this food is not nutritious as it contains insufficient vegetables and is full of saturated fat, salt and sugar. This food will most likely be easy and fast to prepare, such as pizza, pies and hot chips. Meantime, Henry buys pies and energy drinks as a matter of expedience; he is limited by his transport situation and stops at a dairy store on the way to work.</p>			
<p>(ii)</p> <p>How are the food choices made by the Rahapa family influenced by their network of social support? Give at least one example from the scenario to support your answer.</p>	<p>Network of social support: The Rahapa family have their grandparents for support. This will positively affect the family's food choices because the grandparents have a farm and regularly give the Rahapa family meat and eggs. The grandparents could also share healthy recipes and various ways to use the meat and eggs in preparing food. The grandmother will encourage Aroha to make a range of dishes using these ingredients. These could include frittata, quiche and chicken-pasta dishes. She will also be able to share her favourite recipes, which could include the baking that the Rahapa family eats while visiting. Aroha will then be able to support her parents by being able to prepare a variety of different meals. This will mean the Rahapa family does not have to resort to buying takeaways or convenience foods, such as fish and chips.</p>			

Question	Evidence	Achievement	Achievement with Merit	Achievement with Excellence
<p>(b) How do the Rahapa family members' food choices affect well-being positively or negatively? Refer to dimensions of well-being.</p>	<p>The Rahapa family's access to healthy food will have a positive impact on its well-being as family members will eat fresh fruit and vegetables, as well as prepare the majority of meals from scratch. This means that the family will be able to control the amount of fat, sugar and salt contained in its food. They have access to fruit and vegetables from the farmers' market. This will impact the family's well-being by encouraging its members to eat more vegetables. This will ensure the parents and children consume sufficient fibre needed for good bowel health. It will also mean that the family learns to value the inclusion of vegetables in its meals. The food provided at Erana's workplace is energy-dense and this could potentially lead to weight gain, heart disease, high cholesterol and hypertension (high blood pressure). A diet that is high in salt can cause hardening of the arteries, which also causes high blood pressure, heart attacks and strokes. Aroha is providing the family with evening meals that meet the New Zealand Food and Nutrition Guidelines (FNGs). She is positively impacting the family's well-being by providing it with a variety of nutrients, as well as strengthening the social bond with her brother as the pair works together to improve the family's health. This will continue to have a positive impact on the food choices and health of the Rahapa family. Regular visits to the children's grandparents will positively affect Aroha and Linton's well-being as they learn how to care for animals and prepare healthy and balanced meals. Additionally, visiting the grandparents means that Aroha and Linton will be able to spend quality time with close relatives who love them. Aroha and Linton can use these new skills when they cook for their parents, in the process gaining a sense of achievement because they are helping to improve their health.</p>			

Question	Evidence	Achievement	Achievement with Merit	Achievement with Excellence
<p>(c) Explain how access to healthy food, social support and at least one other determinant of health affect the Rahapa family's well-being. In your answer, consider interconnections between the dimensions of well-being, determinants of health and food choices.</p>	<p>Erana's long hours at work (especially the overtime hours) are stress factors for the Rahapa family. Erana's overtime hours will likely mean she is not always at home during meal-preparation times. As a result, Erana could feel stressed about organising family meals, and be more likely to make poor food choices. These might include regularly eating fast foods and ready-to-eat meals that are often high in fat, sugar and salt. These foods would be readily available on her way home from work. Because Aroha is supporting her family by making some of the meals from the good range of foods available at home, the impact of Erana's stress on the family's food choice is reduced. This will make it more likely that the family eats balanced meals that include a variety of nutrients. The family will then have an appropriate level of energy for activities, and the children will get nutrients that benefit their physical well-being.</p> <p>The family's income means it can afford to buy a variety of fruit and vegetables from the farmers' market. Even if one of the parents is using the car, a lack of transport will not prevent the family from going to that market. However, lack of transport could make it more difficult to visit the supermarket to buy the weekly groceries. Aroha's food and nutrition knowledge ensures this food is made into meals that meet the FNGs for the family. Aroha uses her knowledge to help her family make better-informed choices. That Linton wants to help her means the pair is also making meal preparation a social experience. The children's self-esteem will be positively affected as they work together to make healthy dinners for the family. This not only means that Aroha and Linton are supporting the family on a daily basis, but are also helping them to understand the value of making good food choices and developing healthy habits. The families' values around healthy eating and meal choices will be positively affected as a result. If Aroha was uncertain about any aspect of meal preparation, she could ring her grandmother for advice about the foods she has given the family.</p>			

<p>D) Discuss the ways that food choices made by the families such as the Rahapa family can have an impact on New Zealand society. Relate your answer to the scenario in the resource booklet.</p>	<p>If other families in similar situations swap their unhealthy habits (e.g. buying pies and energy drinks, or otherwise eating fat- and salt-laden cafeteria food) and focus on meals that meet the FNGs, it could lead to long-term benefits for these families and society. Food and nutrition knowledge could give individuals the confidence to ask their bosses to make some positive changes to the food the company provides for its workers. If enough people feel the same way, this could have an impact not only on what is being served at Erana’s workplace but also at other large companies, schools, universities and bigger institutions. More widely, we know that community and public-health agencies’ costs for education, treatment and management of physical and emotional illnesses that result from excess intake of fat, sugar and salt, as well as stress, continue to rise. Government-funded public health will require a greater proportion of funding from the taxes paid by all employed New Zealanders in the future, and in particular as the incidence of long-term health issues related to high fat, sugar and salt intake increases. Shifting more funding to the health sector for healthy-eating programmes, and the treatment of diet-related illnesses, means less funding is available for other important areas (e.g. transport, education and housing). Nutrient-related diseases cost society vast amounts of money each year. Hospitals need to have larger beds and expensive equipment to deal with larger people. There are also associated costs in the time people have off work due to their mental and physical illnesses / diseases, and this impacts on families and children, which can in turn impact on society (e.g. cost of support agencies, schools). Long-term unemployment could cause more pressure on society, especially if those with diet-related illnesses cannot find work. Parents are vital to families and serve as long-term role models for good health. By making changes in what is available to people and putting healthy nutritious food that is low in fat, salt and sugar as the main option all of these things can be undone.</p>
--	---

Cut Scores

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