

Assessment Schedule – 2020

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>Demonstrating understanding of how packaging information influences an individual’s food choices and well-being involves:</p> <ul style="list-style-type: none"> providing an account with detailed examples. 	<p>Demonstrating in-depth understanding of how packaging information influences an individual’s food choices and well-being involves:</p> <ul style="list-style-type: none"> providing reasons and relating them to the given examples. 	<p>Demonstrating comprehensive understanding of how packaging information influences an individual’s food choices and well-being involves:</p> <ul style="list-style-type: none"> providing considered and justified recommendations and relating them to the given examples.

N1	N2	A3	A4	M5	M6	E7	E8
Some Achievement level parts attempted; some relevant material.	Three of seven parts at Achievement level.	Four of seven parts at Achievement level OR Three of seven parts at Achievement level including (c) or (e).	Five of seven parts at Achievement level.	Two of four parts at Merit level, one of which must be (c) or (e).	Three of four parts at Merit level, one of which must be (c) or (e).	One of two parts at Excellence level, showing some justification.	Two of two parts at Excellence level, showing comprehensive justification.

N0 = No response; no relevant evidence.

Evidence

Question	Achievement	Achievement with Merit	Achievement with Excellence
<p>(a) In the spaces below, choose ONE feature for each product (of the three listed), and then explain HOW it could influence Molly’s choice of product. Do not use the same feature twice.</p>	<ul style="list-style-type: none"> At least two features are listed and described. 	<ul style="list-style-type: none"> At least two features are listed and described, with reasons given as to how they could influence Molly’s choice of product. 	

<p>(b) Explain which of the three taco / tortilla products would be suitable for most people who suffer from coeliac disease.</p>	<ul style="list-style-type: none"> Identifies the gluten-free products. 	<ul style="list-style-type: none"> Explains why the gluten-free products are suitable. 	
<p>(c) Based on this nutritional information, state the best product choice for Molly's meal. Explain and justify your choice.</p>	<ul style="list-style-type: none"> Chooses the Mission Tortillas. Describes how the amounts of fat, fibre and sodium make their choice of Taco / Tortilla product the best for Molly. 	<ul style="list-style-type: none"> Gives reasons for their choice of Taco / Tortilla product by explaining the impact of fat, fibre and sodium on physical well-being. 	<ul style="list-style-type: none"> Justifies their choice of Taco / Tortilla product by comparing it to / with the other products, using their knowledge of the Food and Nutrition Guidelines and explaining the impact of fat, fibre and sodium on short-term and long-term physical well-being.
<p>(d) (i) Choose at least TWO other foods that Molly could serve with her chosen taco / tortilla product to make a balanced evening meal for her and her mother.</p> <p>(ii) Draw and label the complete meal (name all foods) according to the ideal plate model.</p>	<ul style="list-style-type: none"> TWO non-starchy vegetables are chosen. The ideal-plate chart is completed accurately. 		
<p>(e) Explain and justify the food choices in (d).</p>	<ul style="list-style-type: none"> Describes how the chosen added foods make a balanced meal. 	<ul style="list-style-type: none"> Explains the nutritional benefits of the chosen added foods and the beans. 	<ul style="list-style-type: none"> Justifies their choice of added foods and using both beans and minced beef by using their knowledge of the Food and Nutrition Guidelines and explaining the impact of relevant nutrients on short-term and long-term physical well-being.

Cut Scores

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

Appendix

Question	Sample answers / evidence
(a)	The Health Star Rating could influence Molly to choose the Taco Shells because it gives her a quick and easy way to compare similar products (Describes). Foods lower in fat, sugar and / or sodium, and more fibre, will have more stars. A four-star product could be a healthy choice (Gives reasons).
(b)	Mission Tortillas and the 12 Taco Shells are suitable for most people suffering coeliac disease because they are gluten free (Identifies). Gluten is an allergen that can cause a range of problems in the gut. Food manufacturers must, by law, identify any allergens their products may contain so that consumers can identify and avoid products that can harm their health (Gives reasons).
(c)	Mission Tortillas is selected as the best food choice for Molly's meal. Mission Tortillas have the lowest amount of total fat (i.e. 2.8g) when compared with the two other products. Taco Shells have the greatest amount of total fat at 21.5g, with Old El Paso containing 6.9g. New Zealand Food and Nutrition Guidelines recommend choosing foods that are low in fat, and in particular saturated fat. Fat is an important nutrient that supplies the body with the essential fatty acids such as omega 3 and omega 6 and the fat-soluble vitamins A, D, E and K. Fat is energy dense, which means it is easy to eat more than we need. If Molly does not choose foods that are low in fat, she could gain weight over time. This could lead to obesity and Type 2 diabetes. Mission Tortillas have 5.1g of fibre. The Taco Shells have more fibre, but their high fat content makes them unsuitable for everyday consumption. Mission Tortillas' 5.1g of fibre is the second highest and meets the recommended 5g / 100g level. Old El Paso has the least amount of fibre. Fibre is important for digestive health, keeping the bowels regular and reducing the risk of constipation. A diet that is low in fibre can contribute to bowel disease in later life. Mission Tortillas have the second-lowest amount of sodium out of the Taco / Tortilla products. They have 39mg per 100g. Old El Paso contains 400mg, which is borderline too much for an everyday food. The Taco Shells are also very low in sodium, but, again, their high fat content makes them less desirable as a choice. The New Zealand Food and Nutrition Guidelines recommends choosing foods that are low in fat, sugar and salt (i.e. sodium). Too much sodium in the diet can lead to health issues, for example high blood pressure in the short term and strokes or heart disease in the long term (Explains and Justifies).
(d) (i)	Green leafy vegetables, such as spinach or lettuce, as well as tomato, cucumber, avocado, capsicum and / or other vegetables such as zucchini or carrot grated into the beef / bean mixture.
(ii)	Ideal plate chart is accurately completed: quarter-plate starch (tortilla), quarter-plate protein (beef & beans) and half-plate their chosen vegetables.
(e)	By adding lettuce and tomato to the meal, Molly and her mother will gain some vitamins. The balanced meal will fit the ideal-plate model (Describes). Lettuce and tomato are included in the fruit and vegetables food group, from which people should have at least five serves a day. Tomatoes are rich in Vitamin C, which will help with the absorption of iron. Adding beans to the minced beef will increase the fibre and decrease the saturated fat content of this meal. (Explains). Adding fresh salad vegetables (e.g. lettuce and tomato) helps this meal fits Food and Nutrition Guidelines' #1, which is to eat a variety of foods from the four food groups each day. If a sprinkle of grated cheese is added to the tortilla, or a dollop of yoghurt on top, then it would fit the guideline perfectly. Adding beans to the minced beef increases the fibre content, which will decrease the risk of constipation. This affliction can lead to bowel disease in later life. Minced beef can be high in saturated fat, which can lead to heart disease in later life. The chilli beans are naturally low in fat, so adding them will reduce the amount of minced beef (and therefore the fat content of the meal) that Molly and her mother eat. Beans and beef are iron-rich foods. The iron in the beans is not as easily absorbed as the iron in the beef so the Vitamin C in the tomatoes will ensure as much iron as possible is absorbed. Iron is an important nutrient for females. A lack of iron could cause Molly to become tired and have difficulty concentrating. Over time it could lead to anaemia. (Comprehensively justifies).