

## Assessment Schedule – 2020

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

N1	N2	A3	A4	M5	M6	E7	E8
<p><b>Identifies:</b></p> <ul style="list-style-type: none"> <li>the effect of ONE determinant on the family's food choices</li> </ul>	<p><b>Describes / Explains:</b></p> <ul style="list-style-type: none"> <li>the effect of ONE determinant on the family's food choices</li> </ul> <p><b>Considers:</b></p> <ul style="list-style-type: none"> <li>the effect of ONE determinant on the family's well-being</li> </ul>	<p><b>Explains:</b></p> <ul style="list-style-type: none"> <li>the effect of ONE determinant on the family's food choices</li> </ul> <p><b>Explains:</b></p> <ul style="list-style-type: none"> <li>the effect of ONE determinant on the family's well-being</li> <li>TWO dimensions of well-being with reference to food choices including an appropriate example for each</li> </ul>	<p><b>Explains:</b></p> <ul style="list-style-type: none"> <li>the effect of ONE determinant on the family's food choices</li> </ul> <p><b>Explains:</b></p> <ul style="list-style-type: none"> <li>the effect of ONE determinant on the family's well-being</li> <li>TWO dimensions of well-being with reference to food choices including an appropriate example for each</li> <li>the significance of the family's food choices.</li> </ul>	<p><b>Explains:</b></p> <ul style="list-style-type: none"> <li>the effect of TWO determinants on the family's food choices, with detailed examples</li> </ul> <p><b>Explains:</b></p> <ul style="list-style-type: none"> <li>the effect of TWO determinants on the family's well-being</li> <li>THREE dimensions of well-being in detail with reference to food choices including an appropriate example for each</li> <li>The positive and negative effects of the family's well-being.</li> </ul>	<p><b>Explains:</b></p> <ul style="list-style-type: none"> <li>the effect of THREE determinants on the family's food choices, with detailed examples</li> </ul> <p><b>Explains:</b></p> <ul style="list-style-type: none"> <li>the effect of THREE determinants on the family's well-being</li> <li>THREE dimensions of well-being in detail with reference to food choices including an appropriate example for each</li> <li>the function of nutrients in the food.</li> </ul>	<p><b>Explains:</b></p> <ul style="list-style-type: none"> <li>the interconnections between THREE determinants and the family's food choices, and well-being on the family AND New Zealand society</li> </ul> <p><b>Explains:</b></p> <ul style="list-style-type: none"> <li>THREE dimensions of well-being, with three detailed examples.</li> </ul>	<p><b>Explains:</b></p> <ul style="list-style-type: none"> <li>the interconnections between THREE determinants and the family's food choices, and well-being on the family AND New Zealand society</li> </ul> <p><b>Explains:</b></p> <ul style="list-style-type: none"> <li>FOUR dimensions of well-being, with four detailed examples.</li> </ul>

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

**Evidence**

Question	Achievement	Achievement with Merit	Achievement with Excellence
<p>(a) How are the King family's food choices influenced by opportunities to access healthy food?</p>	<ul style="list-style-type: none"> <li>• Daycare provides healthy food (e.g. fruit for snacks and lunches), which means the twins have good access to healthy food for three days of the week.</li>   <li>• The twins' access to healthy food is reduced when at the aunt's house.</li>   <li>• The family have good access to vegetables from the local community garden.</li>   <li>• Peter has good access to a supermarket close to his place of work.</li> </ul>	<ul style="list-style-type: none"> <li>• Daycare provides healthy food for snacks and lunches, meaning the twins have good access to healthy food (e.g. orange segments, carrot sticks and spaghetti bolognaise).</li>   <li>• Daycare may also provide foods such as sandwiches that are filled with meat, salad ingredients and / or yoghurt. The twins will be familiar with eating a variety of foods, which might mean they ask their parents for these.</li>   <li>• At the aunt's house the twins have access to foods that are less than ideal. They are likely to ask for these foods (e.g. ice cream, crisps, biscuits, lollies) as they know their aunt will usually provide them.</li>   <li>• They have good access to vegetables from the local community garden, which means they are more likely to eat a variety of seasonal vegetables (e.g. salads in summer).</li>   <li>• Peter's proximity and access to the supermarket means he is able to buy a range of foods (e.g. a selection of apples, yoghurt).</li> </ul>	

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<p>(b) How are the King family's food choices influenced by their position on the social gradient?</p>	<ul style="list-style-type: none"> <li>• The King family's income impacts on its food choices. The family needs to spend wisely when selecting food.</li> <li>• The family is likely to buy cheaper cuts of meat, or foods that might be on special.</li> <li>• The family relies on vegetables that teenager Tui buys for \$10.</li> </ul>	<ul style="list-style-type: none"> <li>• The family will be able to select from a range of items at the supermarket and buy the cheapest or the one that has the best value for money (e.g. the cheapest cereal).</li> <li>• Compare prices and buy the brand that is on special (e.g. yoghurt).</li> <li>• The cheaper or on-special foods might be cuts of meat lower in cost and higher in fat (e.g. mince, sausages, cheap steak).</li> <li>• The family will buy the budget brands of an item (e.g. flour, sugar, milk).</li> <li>• The family will most likely rely on the vegetables that 16-year-old daughter Tui can get from the community garden. Because they are in season, they are more affordable. This may mean that the family tries vegetables that are unfamiliar to them, such as eggplant.</li> </ul>	

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<p>(c) How do the King family's food choices affect their well-being, positively and / or negatively? In your answer consider ALL the dimensions of well-being.</p>	<ul style="list-style-type: none"> <li>• High-sugar foods from their aunt may cause the twins' teeth to decay. (physical)</li> <li>• Able to afford a variety of foods needed for good health. (physical)</li> <li>• Access to vegetables will mean they eat more, getting needed vitamins. (physical)</li> <li>• Cheaper cuts of meat still contain key nutrients (e.g. protein, iron). (physical)</li> <li>• Twins experiencing a range of foods at daycare. (social)</li> <li>• Access to supermarket means a variety of foods are available so Peter and Kara can prepare healthy meals they value. (spiritual)</li> <li>• Aunt teaching the twins poor food habits. (mental / emotional)</li> <li>• Tui will feel good about the vegetables she is bringing home. (mental / emotional)</li> </ul>	<ul style="list-style-type: none"> <li>• Regularly eating foods that are high in fat, sugar and salt (e.g. crisps) increases the probability of obesity. (physical).</li> <li>• Most family meals use a variety of healthy foods, including seasonal vegetables. (physical)</li> <li>• Access to vegetables means the family will get key vitamins (e.g. vitamin C to aid immunity, iron absorption). (physical)</li> <li>• Foods high in fat, sugar and salt may be at key social occasions and help the twins to connect with their aunt. (social)</li> <li>• These same foods are linked to fun times and so are included in social occasions. (social)</li> <li>• The family will be used to eating meals together. (social)</li> <li>• Tui may influence her family to try new vegetables. (social)</li> <li>• The value of healthy meals will become a habit that the children continue when they are responsible for their own meals. (spiritual)</li> <li>• Family will feel a connection to growing their own food. (spiritual)</li> <li>• Twins could also develop a taste for sweet foods so it may seem normal to consume this type of food on a regular basis. They may see this type of food as a treat they should have daily. This may result in extra energy, which, if unused, may lead to weight gain. (physical / mental / emotional)</li> <li>• Children will learn how to shop wisely but still eat nutritious food. (spiritual / mental and emotional)</li> </ul>	

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<p>(d) Discuss how access to healthy food, social gradient and at least one other determinant of health affect the King family's well-being.</p>		<p>For M6 candidates refer to another determinant explaining food choice and well-being.</p> <p>Social support from:</p> <ul style="list-style-type: none"> <li>• daycare provides a secure and safe environment for the twins, giving them nutritious food</li> <li>• aunt provides care for the twins but encourages them to eat poorer-quality foods</li> <li>• community garden including the people involved.</li> </ul> <p>Early life impact from:</p> <ul style="list-style-type: none"> <li>• family meals will teach the children good food habits for life</li> <li>• daycare will reinforce the importance of good food</li> <li>• aunt's food choices may give the twins a taste for poorer-quality foods</li> <li>• access to a range of fresh, seasonal vegetables means twins will be familiar with them, and the health benefits they provide.</li> </ul> <p>Political</p> <ul style="list-style-type: none"> <li>• government subsidy for early childcare means that the twins will have the same access to this environment as other children in New Zealand.</li> </ul>	<ul style="list-style-type: none"> <li>• Sufficient money, easy access to vegetables and social support from the community garden means the family is likely to consume vegetables on a regular basis, improving its consumption of vitamins and fibre. Fibre is needed for helping the bowel to function properly (i.e. reduce the incidence of bowel cancer), while vitamins (i.e. vitamin C) can help building immunity. (physical)</li> <li>• The family relies on social support within the community. Both the daycare and aunt provide social support. The government subsidises the cost of daycare, which is expected to provide a variety of healthy foods. Aunt is helping the family and does not have the same rules about access to healthy food as the daycare. She probably feeds the children food they will like and be happy to eat. (mental /emotional) She wants to be a 'loved' aunt, whereas daycare will not have the same long-term connection with the family. (social)</li> <li>• If Kara and Peter earned more money, then they could choose if they wanted to put the twins in daycare all week. If they did this, it would improve the twins' access to healthy food. However, they may value the close connection and social support provided by aunt, so are happy for the access to healthy food to be less than ideal on these days. (social / spiritual).</li> </ul>

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<p>(e) Discuss the ways that the food choices made by families such as the King family can have an impact on New Zealand society. Relate your answer to the scenario in the resource booklet.</p>			<ul style="list-style-type: none"> <li>• When families such as the King family have sufficient money to buy a variety of healthy foods, it is easier for them to provide for their family. This would be beneficial to New Zealand because it means that families would not need to rely on community and government support.</li> <li>• A reduction in the costs of providing food or benefits means that this money can be spent in other ways in the community (e.g. healthcare, education).</li> <li>• Community gardens where people can buy a range of vegetables affordably encourage more of this food type to be eaten. This would reduce the incidence of lifestyle diseases linked to low vegetable intake (e.g. bowel cancer). Projects like this also encourage people to connect in the community, even if just to talk about possible recipes or different ways to grow food.</li> <li>• The good food choices provided by the daycare can influence children who, in turn, can influence their families. It provides a way for families to see how they can provide healthy food at a reasonable cost. It also sets up habits with the children that may have an impact on them as they grow up. Good food choices provided by families can help to reduce the healthcare costs associated with lifestyle diseases (e.g. obesity, type 2 diabetes).</li> </ul>

### Cut Scores

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