

## Assessment Schedule – 2021

### 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><i>Demonstrate <b>understanding</b> involves:</i></p> <ul style="list-style-type: none"> <li>identifying information on food packaging</li> <li>describing influences of food packaging on food choices</li> <li>describing influences of food packaging on well-being.</li> </ul>	<p><i>Demonstrate <b>in-depth understanding</b> involves:</i></p> <ul style="list-style-type: none"> <li>explaining how food packaging influences an individual’s food choices</li> <li>explaining how food choices affect well-being.</li> </ul>	<p><i>Demonstrate <b>comprehensive understanding</b> involves:</i></p> <ul style="list-style-type: none"> <li>recommending food choices based on packaging</li> <li>making reasoned arguments for why food choices and food packaging affect an individual’s well-being.</li> </ul>

N1	N2	A3	A4	M5	M6	E7	E8
Identifies <b>some</b> nutritional information on food packaging	Identifies nutritional information on food packaging	Identifies and describes nutritional information on food packaging. AND Links food packaging to food choices <b>and</b> well-being, including <b>some</b> examples from the context.	Identifies and describes nutritional information on food packaging. AND Links food packaging to food choices <b>and</b> well-being, including <b>detailed</b> examples from the context.	Explains how food packaging influences food choices.  Explains the influence of food packaging <b>and</b> food choices on well-being.  Shows <b>limited</b> understanding of Food and Nutrition Guidelines.	Explains how food packaging influences food choices.  Explains the influence of food packaging <b>and</b> food choices on well-being.  Shows understanding of Food and Nutrition Guidelines.	Explains, <b>in detail</b> , why food packaging influences food choices.  Uses food packaging and an applied context to recommend food choices. <b>Response is justified.</b>  Shows understanding of <b>a range</b> of Food and Nutrition Guidelines.	Explains, <b>in detail</b> , why food packaging influences food choices.  Uses food packaging and an applied context to recommend food choices. Provides a <b>well-reasoned justification</b> for the recommendation.  Shows <b>sound in-depth</b> understanding of a range Food and Nutrition Guidelines.

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

#### Cut Scores

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



Part	Sample evidence	Achievement	Achievement with Merit	Achievement with Excellence
(c)	<p><i>Sustagen Sport</i> or <i>Milo Xtra</i> are better choices than <i>Nesquik</i> due to the following information based on serving size.</p> <p><b>Milo</b> (as compared with Nesquik):</p> <ul style="list-style-type: none"> <li>• energy is higher (400kJ vs 190 kJ)</li> <li>• protein is higher (5.1g vs 0.5g)</li> <li>• saturated fat content is higher (1.5g vs 0.2g)</li> <li>• sugar is higher (9.8g vs 8.8g)</li> <li>• calcium is higher (170mg vs &lt;5mg).</li> </ul> <p>OR</p> <p><b>Sustagen</b> (as compared with Nesquik):</p> <ul style="list-style-type: none"> <li>• energy is higher (870kJ vs 190 kJ)</li> <li>• protein is higher (15g vs 0.5g)</li> <li>• saturated fat content is the same (0.2g)</li> <li>• sugar is higher (34.8g vs 8.8g)</li> <li>• calcium is higher (600mg vs &gt;5mg).</li> </ul> <p>Candidates should include an explanation, demonstrating understanding of:</p> <ul style="list-style-type: none"> <li>• kilojoule (kJ) intake, and how kJ intake accounts for the amount of energy the powdered drink will provide</li> <li>• calcium intake, and contribution to healthy bone development</li> <li>• sugar intake, and the immediate energy it provides</li> <li>• sugar intake, and the risk of dental cavities / obesity</li> <li>• protein function for muscle repair and maintenance</li> <li>• salt / sodium function to maintain electrolyte balance.</li> </ul>	Describes the nutritional information of a suitable breakfast drink.	Explains how one of the breakfast drinks is more suitable for the twins.	Justifies why <i>Milo Xtra</i> AND <i>Sustagen Sport</i> are better choices than <i>Nesquik</i> including consideration of nutritional information, well-being, and Food and Nutrition Guidelines.

Part	Sample evidence	Achievement	Achievement with Merit	Achievement with Excellence
(d) (i)	<p>Foods selected to increase the nutritive value of the smoothie may include:</p> <p><b>Fruit</b> (berries, deciduous, stone, tropical, citrus or melons, fresh or frozen) avoid canned due to additional sugar content: provides vitamins such as vitamin C.</p> <p><b>Leafy green vegetables</b> (kale, silverbeet, spinach, celery, broccoli etc.): provides fibre and key minerals.</p> <p><b>Cereal</b> (oats, wheetbix): to provide more fibre and bulk.</p> <p><b>Nuts / nut butter</b> (almonds, peanut butter): increases protein and provides bulk.</p> <p><b>Yoghurt</b> (plain / Greek yoghurt only): increases protein, while maintaining low sugar, increase in calcium.</p> <p>By adding two of the above foods, the smoothie can be modified for people with a range of allergies. It will be easy to digest and make the drink nutritionally balanced.</p>	Describes the function of ONE food that could be added to the smoothie.	Explains how TWO added foods make the smoothie nutritious / balanced, based on nutritional information from food packaging.	<p>Explains why TWO added foods are:</p> <ul style="list-style-type: none"> <li>• the best choices for the individuals drinking it.</li> <li>• the most appropriate to balance out the milk / breakfast powder.</li> </ul>
(ii)	<ul style="list-style-type: none"> <li>• The smoothie can benefit the twins by following <b>Food and Nutrition Guidelines</b>: <ul style="list-style-type: none"> <li>- 5-plus a day</li> <li>- reduce fat, salt and sugar intake</li> <li>- increase fibre intake</li> <li>- eat enough for growth and physical activity</li> <li>- prepare meals that are low in fat, salt and sugar</li> <li>- drink plenty each day.</li> </ul> </li> <li>• <b>Mental and emotional well-being</b> could be improved overall by a quick and easy meal. This reduces time spent stressing over meal prep and / or diet restrictions.</li> <li>• <b>Social well-being</b> could be improved by the twins preparing their meal together.</li> <li>• <b>Spiritual well-being</b> will be improved by the values that the twins have attached to a healthy lifestyle of exercise and a balanced diet.</li> </ul> <p><b>Physical well-being</b> will come from the nutritious breakfast that is being consumed.</p>	Describes parts of the smoothie and links the ingredients to an aspect of well-being.	Explains how the twins' choice of smoothie can improve their well-being, with reference to Food and Nutrition Guidelines	Discusses how the Twins' choice of smoothie (milk, breakfast powder, and added foods) can improve their well-being. The discussion is well-justified in its rational, and sound understanding of the Food and Nutrition Guidelines.