

Assessment Schedule – 2021

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: <ul style="list-style-type: none"> food choices 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"> explaining, with detailed examples, how well-being is affected by: <ul style="list-style-type: none"> food choices 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: <ul style="list-style-type: none"> well-being food choices determinants of health explaining how the interconnections affect individuals and society.

N1	N2	A3	A4	M5	M6	E7	E8
<p>Identifies: how the flatmates' well-being is affected by:</p> <ul style="list-style-type: none"> a determinant of health <p>OR</p> <ul style="list-style-type: none"> food choices. 	<p>Identifies: how the flatmates' well-being is affected by:</p> <ul style="list-style-type: none"> a determinant of health <p>AND</p> <ul style="list-style-type: none"> food choices. 	<p>Explains: how the flatmates' well-being is affected by:</p> <ul style="list-style-type: none"> a determinant of health <p>AND</p> <ul style="list-style-type: none"> food choices. <p>AND</p> <p>ONE dimension of well-being.</p>	<p>Explains: how the flatmates' well-being is affected by:</p> <ul style="list-style-type: none"> a determinant of health <p>AND</p> <ul style="list-style-type: none"> food choices. <p>AND</p> <p>TWO dimensions of well-being.</p>	<p>Explains: how the flatmates' well-being is affected by:</p> <ul style="list-style-type: none"> TWO determinants of health, with detailed examples <p>AND</p> <ul style="list-style-type: none"> food choices, with detailed examples. <p>AND</p> <p>THREE dimensions of well-being with detailed examples.</p>	<p>Explains: how the flatmates' well-being is affected by:</p> <ul style="list-style-type: none"> THREE determinants of health, with detailed examples <p>AND</p> <ul style="list-style-type: none"> food choices, with detailed examples. <p>AND</p> <p>THREE dimensions of well-being with detailed examples.</p>	<p>Explains: interconnections between:</p> <ul style="list-style-type: none"> THREE determinants of health the flatmates' food choices well-being. <p>AND</p> <p>the effect of food choices, determinants of health and well-being on New Zealand society.</p> <p>AND</p> <p>THREE dimensions of well-being with detailed examples.</p>	<p>Explains: interconnections between:</p> <ul style="list-style-type: none"> THREE determinants of health the flatmates' food choices well-being. <p>AND</p> <p>the effect of food choices, determinants of health and well-being on New Zealand society.</p> <p>AND</p> <p>FOUR dimensions of well-being with detailed examples.</p>

N0 = No response; no relevant evidence.

Possible evidence is not limited to the following examples. Answers are judged holistically, not solely on the basis of evidence included in the assessment schedule. Assessment judgements are based on the level of understanding shown.

Evidence

Question	Sample evidence
(a)	<ul style="list-style-type: none"> • The food delivery service provides nutritious meals five nights a week, so the flatmates have direct access to healthy food for their main meal, without needing to leave the house. These meals provide vegetables, meats, and whole grains to make balanced, nutritious meals without the flatmates having to plan meals in advance. • The meal service will provide the flatmates with inspiration and new skills. The wide variety of foods delivered will likely expand their diet. As Brooklyn begins to prepare more of these meals, he will gain skills he can use when shopping for, and creating breakfast / lunches for the flatmates. • The easy access to high-fat and sugary foods have lead Ari (and Winnie) to make poor food choices. They can choose a pie, sausage roll, or energy drinks at the bakery / dairy more easily than they can source healthy foods. • By going to the large supermarket, Brooklyn can gain better access to good vegetables. Because he can access seasonal vegetables, the flatmates are likely to experience better variety at an affordable price. • Access to the local supermarket does not give the flatmates a wide selection of foods, nor is it cost-effective.
(b)	<ul style="list-style-type: none"> • Ari is on call for work. The stress of being required to leave the house unexpectedly, and work irregular hours means he is eating at dairies and bakeries for convenience. These convenience foods such as mince pies, sausage rolls, and cream buns, are often high in saturated fat and sugar. • Winnie has a busy lifestyle. The stress of having no time to enjoy a main meal means that she is replacing her meal foods with prepackaged bars and energy drinks that are high in sugar. • Brooklyn is concerned about finding a new job. He has no routine so does not find regular mealtimes important. He is snacking on comfort food regularly, such as lollies and chips, which are high in salt, sugar and fat.

Question	Sample evidence
(c)	<p><i>Positive effects</i></p> <ul style="list-style-type: none"> • Access to vegetables in the <i>Easy Food</i> service means getting much-needed vitamins and nutrition. The variety of vegetables, lean meat, and whole grain carbohydrates will ensure a range of key nutrients (physical). • Access to vegetables as part of the <i>Easy Food</i> service will mean the flatmates gain Vitamin C, required to help immunity, absorb iron, and as an antioxidant (physical). • The flatmates will experience a range of new foods and cooking techniques together (social). • Eating convenience foods to get through the workday could act as a way to connect with colleagues because food is bought and consumed communally. Also, foods that are high in fat, sugar, and salt can be linked to fun times / social occasions (social). • Brooklyn will gain new culinary skills and have more awareness of appropriate foods and recipes (mental / emotional). • Brooklyn will feel good about preparing meals for the flat. He will gain a sense of pride preparing food for his friends because he is helping them eat and maintain healthy food choices (mental / emotional). • The changes in attitudes and values towards food will make the flatmates happier due to the new healthy diet. It will encourage them to make better choices when they are choosing breakfast and lunch foods (spiritual). • By preparing their own food, the flatmates will feel more connected to their meals and their choices, compared to eating ready-made meals on the go (spiritual). <p><i>Negative effects</i></p> <ul style="list-style-type: none"> • A choice of high-sugar snacks will cause Brooklyn's teeth to decay (physical). • Because Winnie skips meals, she is not getting adequate nutrition. Her poor diet may have resulted in a vitamin and mineral deficiency (physical). • Ari's regular consumption of high-fat, high-sugar, and high-salt foods will be difficult to burn off and is likely to increase the chance of obesity (physical). • Brooklyn uses junk food to comfort himself while he searches for a new job. He could develop a taste for sweet foods, which could lead him to consume this type of food regularly (mental / emotional).

Question	Sample evidence
(d)	<p><i>Stress / access to food</i></p> <ul style="list-style-type: none"> • Each of the flatmates are stressed due to work, or lack of work. This impacts on the foods they choose. The meal delivery service <i>Easy Food</i> helps to reduce the stress of having to find time to source foods, but also not being able to access healthy food. This, along with the social support from one another, means that these determinants together can have a positive impact on their well-being. • Stress can stem from financial worry. Having enough money to purchase the <i>Easy Food</i> delivery box means the flatmates are likely to increase their consumption of vitamins and fibre from vegetables, which is important to help bowel function, reduce the incidence of bowel cancer, and build immunity through vitamin C (physical). • Stress affects each of the flatmates differently, but it has influenced each of them to turn to foods that are cheap and convenient. These taste good, are high in fat, sugar, and salt, and are quick to access and to make. (mental / emotional). Deciding to change their habits together means less stress for the flatmates, as they will be able to support each other to make the changes. Brooklyn shopping and cooking alleviates the time stress for the other two flatmates who live busy lives. The mealtimes will allow them to continue this support and talk about their days together (social). • Changing eating habits together means that the flatmates are more likely to succeed in a long-term goal of healthy food choices. They can rely on each other and the <i>Easy Food</i> service to gain new cooking skills and knowledge about food and nutrition to support their other meal choices. Brooklyn will feel like he is supporting his flatmates to form healthier habits and better values around healthy eating. • If the flatmates continue to be able to afford the <i>Easy Food</i> service and support each other to make permanent changes to their eating habits, this will likely enable them to deal with the stress in their lives better. <p><i>Other responses can include:</i></p> <p><i>Social support</i></p> <ul style="list-style-type: none"> • Working together to improve health • Learning new skills • Supporting each other to make changes <p><i>Work</i></p> <ul style="list-style-type: none"> • Long irregular hours leading Ari to consume convenience foods • Winnie skipping meals rather than stopping work to eat • Workplace culture normalising skipping meals and eating convenience foods. <p><i>Unemployment</i></p> <ul style="list-style-type: none"> • Reduced income • Boredom eating • Lack of purpose <p><i>Transport</i></p> <ul style="list-style-type: none"> • Limited access to healthy food at local supermarket • Meal delivery service solves transport issues • Bus can be taken to larger supermarket, but there is a limit on time and how much can be carried home.

Question	Sample evidence
(e)	<ul style="list-style-type: none"> • Collectively, the flatmates have sufficient money to buy a variety of healthy foods to provide for themselves. This has a benefit for all of us in New Zealand because it means that families don't need to rely on the wider community and government for support. • 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 and education. • Having budget-friendly meal delivery services available encourages families to eat more vegetables and other healthy food. This reduces the number of people with lifestyle diseases associated with low vegetable intakes, e.g., bowel cancer. It also encourages people to learn new cooking techniques and try different foods. • When meal delivery services provide good food choices, they influence the purchasers, who then influence their friends and family. Food delivery services also give people an opportunity to get healthy food at a reasonable cost. This helps create habits that they will carry with them for their whole life, in turn, influencing their children and wider family. Good food choices provided by families can help to reduce the healthcare costs associated with lifestyle diseases, e.g., obesity and Type 2 diabetes.

Cut Scores

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