

Assessment Schedule – 2021

Home Economics: Evaluate conflicting nutritional information relevant to well-being in New Zealand society (91470)

Assessment Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<p>Evaluating conflicting nutritional information relevant to well-being in New Zealand society involves:</p> <ul style="list-style-type: none"> commenting on the credibility of the information identifying potential impacts that nutritional information has on the well-being of its audience. 	<p>Evaluating, in depth, conflicting nutritional information relevant to well-being in New Zealand society involves:</p> <ul style="list-style-type: none"> explaining how credible the nutritional information is explaining how the information impacts on well-being explaining the underlying intent of the information. 	<p>Evaluating, comprehensively, conflicting nutritional information relevant to well-being in New Zealand society involves:</p> <ul style="list-style-type: none"> justifying how and why the information is, or is not, credible connecting the credibility and intent of the nutritional information to make justified conclusions about the impact of the information on well-being in New Zealand society.

N1	N2	A3	A4	M5	M6	E7	E8
Attempts to analyse the information but shows little evidence of relevant information.	<p>Demonstrates some understanding by analysing ONE piece of information.</p> <p>No nutritional knowledge of their own provided.</p>	<p>Analyses TWO pieces of information provided and draws a conclusion relating to well-being.</p> <p>Some nutritional knowledge of their own provided.</p>	<p>Analyses most of the information provided to draw a conclusion relating to well-being.</p>	<p>Explains the credibility, intent, and impacts on well-being across all of the information presented.</p>	<p>Explains in depth, the credibility, intent, and impacts on well-being across all of the information presented.</p>	<p>Justifies a position about the dietary advice and well-being, and challenges at least ONE message.</p> <p>Draws on their own nutritional knowledge, and clearly shows the underlying impact on societal well-being with reference to the sources.</p>	<p>Justifies a position about the dietary advice and well-being, and challenges at least TWO messages.</p> <p>Draws on their own nutritional knowledge, and clearly shows the underlying impact on societal well-being with reference to the sources.</p>

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

Evidence

Part	Sample Evidence
(a), (b) and (c)	<p><i>Answers must refer to New Zealand Society.</i></p> <p>Resource A:</p> <p><i>Credibility of the information and source:</i> This is credible, unbiased information produced by the Harvard School of Public Health. who provide factual, research-based articles for free for anyone to access online. The facts provided are referenced and based on a “meta-analysis” of several studies.</p> <p><i>Underlying intentions:</i> This article wishes to educate the public about the benefits of whole grains. They are not linked to the food industry, and are not trying to sell a product.</p> <p><i>Possible impacts:</i> This article explains the connection between whole grains and better health. New Zealanders reading it may be pleased to learn that they can reduce their risk of cardiovascular disease, type 2 diabetes, and constipation simply by increasing their consumption of whole grains. Learning to be discerning when it comes to carbohydrates, and to replace refined grains with whole grains, will improve the health of New Zealanders.</p> <p>Resource B:</p> <p><i>Credibility of the information and source:</i> While the information is based on fact, and readers can click on links for further information, the dietitian who wrote the article has worked for <i>Sanitarium</i> for 14 years, so is an employee rather than an independent expert. Despite this, the dietitians are qualified professionals, and <i>Sanitarium</i> is a well-known and trusted NZ company.</p> <p><i>Underlying intentions:</i> This information is presented as unbiased and factual. However, <i>Sanitarium</i> is a food company that makes many food products. There is a “PRODUCTS” tab at the top of the website. While the article doesn’t name or recommend any product, the company may hope readers will browse, and potentially purchase, its products after reading the article with an understanding that this is a ‘health food company’.</p> <p><i>Possible impacts:</i> This article gives easy-to-understand advice that unrefined carbohydrates are an important part of a diet that supports maintaining a healthy body weight. It gives specific food examples, which would make it easy for New Zealanders to identify the difference between refined and whole grain foods. New Zealanders who follow this advice could change their health for the better.</p> <p>Resource C:</p> <p><i>Credibility of the information and source:</i> This information is not credible. It implies that the blend of whey protein, green tea, carnitine, choline, and prebiotic fibre support daily nutrition. This is not able to be checked. This is written by the food manufacturer to sell this product. They are giving only information that promotes the product’s benefits, while overlooking possible downsides or risks.</p> <p><i>Underlying intentions:</i> The manufacturers of this product wish to increase their profit by influencing people to buy their product.</p> <p><i>Possible impacts:</i> New Zealanders may see this product as an easy solution, as it can be ordered online and used as a meal replacement. This goes against Ministry of Health advice to eat a balanced diet with a variety of foods from the four food groups, and could lead to nutrient deficiencies, as powders such as these are supplements, not whole foods, and do not have the correct balance of macro and micro-nutrients.</p>

Part	Sample Evidence
(d)	<p>Carbohydrates are one of the macronutrients that we need to provide fuel for energy. The NZ Food and Nutrition Guidelines recommend at least six serves of grain foods each day, and carbohydrates are a key nutrient from this food group. The Guidelines recommend as many whole grain serves as possible. Many people consume processed carbohydrate foods, such as white bread and low-grain products. This can lead to consuming excess energy, which can turn into excess weight. This is a reason why people are looking for a 'quick fix' and they are being easily convinced by those promoting the Low Carb, High Fat diets without fully understanding that they could get similar and more sustainable results by reducing sugar and simple carb intake, and increasing intake of grain foods and high-fibre complex carbohydrates.</p> <p>Resource C suggests a snack replacement that is low carb. It is clear in Resource C that nzmuscle.co.nz want people to purchase their snack replacement powder and therefore make money. Selling the snack replacements is also going against the mainstream guidelines from the Ministry of Health (MoH) as it is not a 'whole' food with nutrients being artificially added, rather than people eating whole foods to get a wider variety of nutrients in a meal. Snack replacement powders may result in people losing their cooking skills and also the social benefits of preparing and sharing food together.</p> <p>The other two resources are not advocating for the removal of any one particular food group or nutrient, and this is more in line with the current MoH guidelines. Resource A is clearly credible, as it is a resource from the Harvard School of Public Health. Harvard is a well-regarded educational institution, and all of the facts stated are clearly referenced. They do not recommend or endorse any products; their purpose is education not profit. Resource B quotes an accredited practising dietitian in their article. Dietitians are university qualified professionals with a focus on nutrition. Resource A is providing information only and not trying to sell anything. Whilst Resource B is not obviously trying to sell anything, we must be aware that they are a food-manufacturing company, and education is their secondary purpose after selling their products. They are both reliable and credible, offering balanced, factual information that follows the MoH guidelines. These two resources are more likely to have a positive impact on the well-being of New Zealanders. If people follow the advice they are giving, then it is less likely that people would be developing diet-related health disorders such as obesity and heart disease.</p> <p>Because Resource A is not linked with any commercial concerns or products to market, it would be the most credible in relation to information about carbohydrates.</p>