

Assessment Schedule – 2022

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

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

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 | Achievement | Achievement with Merit | Achievement with Excellence |
|--|--|---|--|--|
| <p>(a)</p> <p>(i)</p> <p>(ii)</p> <p>(iii)</p> | <p>Promotional or nutritional features of:</p> <p>Anchor organic milk</p> <p>A – The product states “Organic” meaning it has been made under organic conditions. These conditions may mean only natural fertilisers and pesticides have been used to grow the product.</p> <p>B – “Carbon zero” means that this product should bio-degrade more easily. It shows that Anchor are trying to reduce their carbon footprint by supporting emissions reduction projects, and buying carbon credits. The bottle is still plastic, which is unlikely to be biodegradable with a zero carbon footprint. It will need to go through a recycling process if it is to be sustainable.</p> <p>Pams regular soy milk</p> <p>A – “Lactose free” means this product would be okay for Nathan’s sister Theresa to drink as she is lactose intolerant.</p> <p>B – A 5-star health rating indicates that this product has the highest possible rating for health. The nutritional information also shows that the product is low in saturated fat. The Food and Nutrition Guidelines (FNG) recommend choosing products that are low in fat, especially saturated fat.</p> <p>Vitasoy oat milk</p> <p>A – Since “1940” indicates this product has been around for a long time, which implies that it is a trusted brand.</p> <p>B – The product has no added sugar. Compared to consuming other products that contain sugar, this product may contribute to reducing Nathan’s family’s tooth decay. It also complies with FNG to choose products that are low in sugar.</p> | <p>Describes the promotional / nutritional feature from the packaging of any ONE product.</p> | <p>Explains how the promotional / nutritional features from the packaging or any TWO products could influence Nathan’s food choices.</p> | <p>Justifies (with reasons) how / why the promotional / nutritional features from the packaging of at least TWO Products influences Nathan’s food choices.</p> |

| Part | Sample evidence | Achievement | Achievement with Merit | Achievement with Excellence |
|---------|--|--|--|---|
| (b) (i) | <p><i>Pams regular soy milk</i> OR <i>Vitasoy oat milk</i> could be suitable for Theresa. <i>Anchor organic milk</i> would NOT be suitable.</p> <p><i>Pams regular soy milk</i> would be suitable for the family due to <u>Theresa</u> being lactose intolerant. The health-star rating is higher on this product, which is questionable as both Pams and Vitasoy products are similar in their nutrients. This product has fibre on the label (from the oat grain). Fibre means less risk of bowel cancer and other cancers.</p> <p><u>Theresa</u> should NOT drink the <i>Anchor organic milk</i>, as she is lactose intolerant, and this product contains lactose. This may cause her to get stomach pains and be uncomfortable.</p> <p><i>Other responses possible.</i></p> | Describes features of a suitable milk product for Theresa . | Explains how <i>Vitasoy</i> or <i>Pams</i> milk products are suitable for Theresa , with reference to nutritional information, <i>e.g., products that contain lactose</i> . | Justifies why the chosen milk product is the most suitable for Theresa , including information about nutritional guidelines in relation to well-being. |
| (ii) | <p>Compared to <i>Anchor organic milk</i>, both products have less fat and sugar content. If <u>Nathan</u> is following FNG recommendations, less sugar and fat means less risk of diabetes, obesity, and tooth-decay.</p> <p>The packaging of <i>Vitasoy oat milk</i> (large letters and plant image) signals to <u>Nathan</u> that this product is plant-based and has no added sugar, which may appeal to the family's values. Soy and oat milk tend to be ultra-processed and contain additional ingredients. It is debatable how good this is for diet.</p> <p>If drinking <i>Anchor organic milk</i>, children could benefit from this milk due to the higher fat content which they need for energy and growth. However, they can get this from other products they may eat during the day. They may also benefit from the calcium needed for growing bones (in the short term).</p> <p><i>Other responses possible. Candidates may comment that the nutrition of the products is very similar, however nutritional distinctions between the products should still be made.</i></p> | Describes features of a suitable milk for Nathan . <i>(Any milk may be chosen at Achievement level.)</i> | Explains how <i>Vitasoy</i> or <i>Pams</i> milk products are suitable for Nathan , with reference to nutritional information, <i>e.g., less fat and sugar content</i> . | Justifies why the chosen milk product is the most suitable for Nathan , including information about nutritional guidelines in relation to well-being for himself and his family. |

| Part | Sample evidence | Achievement | Achievement with Merit | Achievement with Excellence |
|---------|--|---|---|--|
| (c) | <p>Nathan's homemade recipe has fewer additives, and less processing. It is made with whole ingredients such as eggs, flour, milk, and water. The recipe can be easily adapted to make it more nutritious, e.g., using wholemeal flour, and reducing the fat content. Wholemeal flour would add fibre to decrease the glycaemic index and make the dish more filling. Fibre in the diet helps reduce the risk of bowel cancer.</p> <p>Homemade recipes reduce wastage compared to a bought product (e.g. packaging). It is also cost-effective to make wraps from scratch.</p> | Compares one aspect of Nathan and <i>Farrah's</i> wraps recipe. | Compares Nathan and <i>Farrah's</i> wraps recipes, and comments on how they relate to the family's well-being. | Compares Nathan and <i>Farrah's</i> wraps recipes, and comments on how they relate to the family's well-being with reference to in-depth nutritional information. |
| (d) (i) | <p>The dinner plate model should include $\frac{1}{2}$ vegetables, $\frac{1}{4}$ protein (meat or meat alternative), and $\frac{1}{4}$ carbohydrates</p> | <p>Makes TWO nutritious choices, with appropriate dinner plate model proportions.</p> <p>AND</p> | | |
| (ii) | <p><i>Example of cooking methods:</i></p> <p>Steaming vegetables or using a non-stick frying pan is preferable to cooking in olive oil. The mode of cooking can enhance or maximise the nutrient content for cooked foods.</p> | <p>Identifies some nutritional benefits and ONE other consideration e.g. <i>cooking method</i>.</p> | <p>Explains the nutritional benefits of TWO of the chosen ingredients.</p> <p>AND</p> <p>Demonstrates understanding of <i>EITHER</i> <i>Food and Nutrition Guidelines</i>.</p> <p>OR</p> <p>Other considerations such as cooking methods.</p> | <p>Explains the meal as a whole, with in-depth knowledge in relation to <i>Food and Nutrition Guidelines</i>.</p> <p>AND</p> <p>Relates their response to the short -and long-term benefits to well-being.</p> |
| (e) | <ul style="list-style-type: none"> • Complex carbs in whole grain cornflakes can be used for energy in the body. • Berries provide vitamins, such as Vitamin C. • Yoghurt contains calcium. • Coconut yoghurt is likely to be high in saturated fat. <p><i>Other responses such as water and fibre may be accepted.</i></p> | Identifies the nutrient function of an ingredient. | Identifies the nutrient function of TWO ingredients and comments on how it may affect family members. | |