

Assessment Schedule – 2022**Health: Analyse an adolescent health issue (91235)****Assessment Criteria**

Achievement	Achievement with Merit	Achievement with Excellence
<p><i>Analysing an adolescent health issue</i> involves explaining:</p> <ul style="list-style-type: none"> influences towards the adolescent issue consequences for well-being health-enhancing strategies that promote well-being in relation to the issue. 	<p><i>Analysing in depth, an adolescent health issue</i> involves explaining:</p> <ul style="list-style-type: none"> how the influences have contributed to consequences for well-being in relation to the issue how the strategies for promoting well-being are related to the influences. 	<p><i>Analysing comprehensively, an adolescent health issue</i> involves explaining:</p> <ul style="list-style-type: none"> connections within and / or between influences, consequences, and strategies critical understanding of the underlying concepts of hauora (hinengaro, tinana, wairua, whānau, socio-ecological perspective, health promotion, attitudes and values).

Cut Scores

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

Evidence

N1	N2	A3	A4	M5	M6	E7	E8
<p>Sparse information. Some answers not attempted.</p>	<p>Some relevant evidence, but insufficient to meet the requirements for Achievement, i.e. only lists from the resources (no explanation / own knowledge used).</p>	<p>In relation to food habits: Explains some interpersonal, and / or societal influences that affect an adolescent.</p> <p>Explains some consequences for an adolescent in relation to overall well-being.</p> <p>Recommends a strategy that promotes overall well-being.</p> <p><i>Some aspects of the response may be partial or weak.</i></p>	<p>In relation to food habits: Explains interpersonal, and / or societal influences that affect an adolescent.</p> <p>Explains the consequences for an adolescent in relation to overall well-being.</p> <p>Recommends a strategy that promotes overall well-being.</p>	<p>In relation to food habits: Explains, in some detail, personal, interpersonal, and /or societal influences that affect an adolescent.</p> <p>Explains, in some detail, the consequences for an adolescent in relation to overall well-being.</p> <p>Recommends, in some detail, a strategy that promotes overall well-being.</p> <p><i>Some aspects of the response may be partial or weak.</i></p>	<p>In relation to food habits: Explains, in detail, personal, interpersonal, and / or societal influences that affect an adolescent.</p> <p>Explains, in detail, the consequences for an adolescent in relation to overall well-being.</p> <p>Recommends, in detail, a strategy that promotes overall well-being.</p>	<p>In relation to food habits: Explains, in some detail, personal, interpersonal, and / or societal influences that affect an adolescent.</p> <p>Explains, in some detail, the consequences for an adolescent in relation to overall well-being.</p> <p>Recommends, in some detail, a strategy that promotes overall well-being.</p> <p>Shows some critical understanding of the underlying concepts, e.g. selects the more critical strategies, explains why the strategies are health-enhancing, and shows connections between influences, consequences, and strategies.</p>	<p>In relation to food habits: Explains, in detail, personal, interpersonal, and / or societal influences that affect an adolescent.</p> <p>Explains, in detail, the consequences for an adolescent in relation to overall well-being.</p> <p>Recommends, in detail, a strategy that promotes overall well-being.</p> <p>Shows critical understanding of the underlying concepts, e.g. selects the more critical strategies, justifies why the strategies are health-enhancing, and shows connections between influences, consequences, and strategies.</p>

N0 = No response; no relevant evidence.

Question Part	Sample Evidence	Achievement	Achievement with Merit	Achievement with Excellence
(a) (i) and (ii)	<p><i>Factors that might have influenced Joe's eating habits may include:</i></p> <p>Interpersonal factors:</p> <ul style="list-style-type: none"> • Friends commenting on Joe's weight / body (peer pressure). • Wanting to eat / behave like friends to fit in with youth culture (peer pressure). • Mum being concerned about his lack of eating. • Mum making his lunch. • Sharing unhealthy foods (such as friends giving chips). • Role models associating with unhealthy foods. • Influences from teachers / sports coaches / local leaders. <p>Societal factors:</p> <ul style="list-style-type: none"> • Advertisements that promote energy drinks as a cool image. • Social media advertising to target young people. • Seeing basketball heroes advertising fast food. • Wanting to be like people on social media. • Connections between unhealthy food and drinks with sports connections making Joe think it must be good for him. 	Describes factors (interpersonal and societal) that influence Joe.	Describes factors (interpersonal and societal) that influence Joe and explains at least one in detail.	

Question Part	Sample Evidence	Achievement	Achievement with Merit	Achievement with Excellence
(b) (i), (ii),	<p><i>A teenager's eating habits may impact well-being by:</i></p> <ul style="list-style-type: none"> • Low energy. • Falling asleep in class. • Lack of concentration in school, which may lead to reduced academic success and fewer career opportunities later in life. • Not being able to perform at the sports he enjoys due to low energy levels / decreased energy output. • Negative mental health, e.g. anxiety, depression, guilt, shame. • Social isolation and loneliness. • Possible relationship problems at home. • Obesity and other health-related issues such as Type-2 diabetes, high blood pressure, high cholesterol, joint pain, etc. • Taxes used to support people with health-related issues due to diet. • High cost of treatment for long-term illnesses of Type-2 diabetes, coronary heart disease, strokes, etc. • Adults decrease performance at work. • Adults off work due to illness, hospitalisation, or pressure on New Zealand healthcare. <p><i>Other responses possible.</i></p>	<p>Explains an impact that eating habits may have on:</p> <ul style="list-style-type: none"> • well-being in general <p><i>OR</i></p> <ul style="list-style-type: none"> • well-being later in life 	<p>Explains, in depth, an impact that eating habits may have on:</p> <ul style="list-style-type: none"> • well-being in general <p><i>AND</i></p> <ul style="list-style-type: none"> • well-being later in life 	<p>Explains, with critical insight, how the short- and long-term impacts of eating habits of teenagers interacts with the wider New Zealand community.</p>

Question Part	Sample Evidence	Achievement	Achievement with Merit	Achievement with Excellence
(c)	<p><i>Candidates choose one of five strategies:</i></p> <ol style="list-style-type: none"> 1. Help to prepare family meals / cook one night a week. 2. Eat meals with family / whānau. 3. Lead by example and encourage family / whānau to make healthy choices. 4. Eat three meals a day plus 2–3 healthy snacks. 5. Always take the time to eat a healthy breakfast so you have energy to start the day. <p>Evidence may include ideas such as:</p> <ul style="list-style-type: none"> • increased social connection with family / whānau • the connection of chatting / socialisation increasing a spiritual foundation, and a belief that everyone is valued • a possible connection between eating slower and eating less • the benefits of a variety of different foods and nutrients • elevated mood / better mental health • increased energy from positive eating can lead to better concentration, or alertness, which may lead to better academic success and more options for future careers • Increased energy to participate in activities • forming good eating habits and healthy values, which could be passed on to other family members. 	<p>Recommends an action by:</p> <p>explaining how it could promote healthy well-being for Joe.</p>	<p>Recommends an action by:</p> <p>explaining, in detail, how it could promote healthy well-being for Joe and others.</p> <p><i>AND</i></p> <p>explaining how the strategy is health-enhancing.</p>	<p>Recommends an action by:</p> <p>explaining, comprehensively, how it could promote healthy well-being for Joe and others.</p> <p><i>AND</i></p> <p>explaining how the strategy is health-enhancing.</p>