

## Assessment Schedule – 2022

### 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><b>Analysis</b> of the relationship between well-being, food choices and the determinants of health involves:</p> <ul style="list-style-type: none"> <li>explaining how well-being is affected by:                             <ul style="list-style-type: none"> <li>food choices</li> <li>determinants of health.</li> </ul> </li> </ul>	<p><b>In-depth analysis</b> of the relationship between well-being, food choices and the determinants of health involves:</p> <ul style="list-style-type: none"> <li>explaining, with detailed examples, how well-being is affected by:                             <ul style="list-style-type: none"> <li>food choices</li> <li>determinants of health.</li> </ul> </li> </ul>	<p><b>Comprehensive analysis</b> of the relationship between well-being, food choices and the determinants of health involves:</p> <ul style="list-style-type: none"> <li>explaining, in detail, the interconnections between:                             <ul style="list-style-type: none"> <li>well-being</li> <li>food choices</li> <li>determinants of health</li> </ul> </li> <li>explaining how the interconnections affect individuals and society.</li> </ul>

N1	N2	A3	A4	M5	M6	E7	E8
<p>Identifies: how the family's well-being is affected by:</p> <ul style="list-style-type: none"> <li>a determinant of health</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>food choices.</li> </ul>	<p>Identifies: how the family's well-being is affected by:</p> <ul style="list-style-type: none"> <li>a determinant of health</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>food choices.</li> </ul>	<p>Explains: how the family's well-being is affected by:</p> <ul style="list-style-type: none"> <li>a determinant of health</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>food choices.</li> </ul> <p>AND</p> <p>ONE dimension of well-being.</p>	<p>Explains: how the family's well-being is affected by:</p> <ul style="list-style-type: none"> <li>a determinant of health</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>food choices.</li> </ul> <p>AND</p> <p>TWO dimensions of well-being.</p>	<p>Explains: how the family's well-being is affected by:</p> <ul style="list-style-type: none"> <li>TWO determinants of health, with detailed examples</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>food choices, with detailed examples.</li> </ul> <p>AND</p> <p>THREE dimensions of well-being with detailed examples.</p>	<p>Explains: how the family's well-being is affected by:</p> <ul style="list-style-type: none"> <li>THREE determinants of health, with detailed examples</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>food choices, with detailed examples.</li> </ul> <p>AND</p> <p>THREE dimensions of well-being with detailed examples.</p>	<p>Explains: interconnections between:</p> <ul style="list-style-type: none"> <li>THREE determinants of health</li> <li>the family's food choices</li> <li>well-being.</li> </ul> <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"> <li>THREE determinants of health</li> <li>the family's food choices</li> <li>well-being.</li> </ul> <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)	<p><i>How are the Parata family's food choices influenced by access to healthy food?</i></p> <ul style="list-style-type: none"> <li>• When buying lunch from the canteen, Kauri and Nikau can only choose from a limited range of foods such as pies, sausage rolls, sandwiches, and biscuits. It does not appear that the canteen serves unprocessed foods such as fruit and vegetables. This means the boys will not be receiving a wide variety in their food intake.</li> <li>• Because the family members are making their own lunches, they can choose how much or how little they want. They will have access to whatever foods have been bought and are in the house. This might include fresh vegetables (for their wraps / sandwiches) and wholegrain bread. The variety will be wider than the food offered at the canteen.</li> <li>• The family have access to a small supermarket. Smaller supermarkets tend to have only fruit and vegetables that sell and keep well such as apples and oranges. This means, compared to shopping at larger supermarkets, the family are likely to have less choice. The supermarket is easily accessible, however, as it is within walking distance of the family's home.</li> <li>• The family has access to a larger supermarket, that is further away (40-minute drive), through paying for a delivery service. With this delivery service, the family has access to a wider range of foods, e.g., fruit, vegetables, and low-cost meats and dairy products.</li> <li>• Kauri and Nikau have easy access to fish and chips, as they cycle past the fish and chips shop every day on the way home. Because they go past so frequently, they may be influenced to get fish and chips several times a week due to the convenience.</li> </ul>
(b)	<p><i>How are the Parata family's food choices influenced by transport?</i></p> <ul style="list-style-type: none"> <li>• Because the family can easily walk to the small supermarket from their house, it is convenient and easily accessible. However, if the family is not organised to arrange delivery from the larger supermarket or needs something quickly, their food-costs will be expensive, and the food choices will be less varied. The convenience of walking to this small nearby supermarket may be outweighed if the small range of products is not desirable – especially if a special ingredient is needed for a recipe being tried.</li> <li>• Because Kauri and Nikau can access the fish and chips shop on their bikes, or by walking, they do not need to rely on anyone else in the family to get transport for this food. Independent transport for the boys could make this food very tempting.</li> <li>• To get food delivered from the large supermarket, the family must be prepared to organise a delivery in advance. Here, the family does not need to rely on their own transportation. If they plan their meals out for the week, they will get a larger range of food choices and at a cheaper cost.</li> <li>• The cost of delivery from the large supermarket is much cheaper for the family compared to the cost of fuel to drive to the supermarket by car.</li> <li>• When getting food delivered, the family does not need to worry about carrying a large quantity of groceries or getting frozen foods home quickly. For example, the family is less likely to buy 10kg of potatoes or frozen foods, if they have to carry it home. They can also bulk-buy specials on frozen foods, such as meat, for delivery. This will prepare them for future meals.</li> </ul>

Question	Sample evidence
(c)	<p data-bbox="293 213 2069 272"><i>How do food choices affect the well-being of the members of the Parata family both positively and negatively? Name and refer to all four dimensions of well-being from Resource A in your response.</i></p> <ul data-bbox="293 284 2110 1114" style="list-style-type: none"> <li data-bbox="293 284 2040 343">• Kauri and Nikau's <i>physical</i> well-being may be negatively affected by eating foods high in fat, sugar, and salt (e.g. pies and sausage rolls) due to an increase in the chance of obesity.</li> <li data-bbox="293 354 2110 414">• Choosing vegetables will positively affect the <i>physical</i> well-being of the family members as they will get vitamins (especially vitamin C), which helps build immunity, absorb iron, and acts as an antioxidant.</li> <li data-bbox="293 426 2092 486">• Most days, the family packs healthy food for lunch. This will affect their <i>physical</i> well-being positively by fuelling their body with a range of key nutrients, assuming the lunches include lean meats, vegetables, low-fat dressings, whole-grain muesli snacks as well as fruit.</li> <li data-bbox="293 497 2096 558">• Kauri and Nikau may miss their old takeaway options such as pizza. Getting fish and chips may impact their <i>mental / emotional</i> well-being positively (by enjoying takeaways), or negatively (by reminding them of the options they miss).</li> <li data-bbox="293 569 2085 630">• If, due to eating chips frequently, Kauri and Nikau develop a taste for high fat / salt foods, they may want to stop eating healthy lunches. Their <i>mental / emotional</i> well-being could be negatively affected if they begin to dislike their healthy lunch options.</li> <li data-bbox="293 641 1778 676">• The family members may improve their <i>mental / emotional</i> well-being as they gain a sense of pride in creating what they eat.</li> <li data-bbox="293 687 2024 748">• Working together as a family to ensure that they have low-cost healthy lunches will mean they stay true to their values, therefore improving <i>social</i> well-being.</li> <li data-bbox="293 759 2110 820">• If the family can develop a habit of sharing meal preparation together, their values for food and togetherness (<i>spiritual</i> and <i>social</i> well-being) will improve in the future.</li> <li data-bbox="293 831 2011 892">• Meal planning, combined with the convenient delivery service of a wide range of food, may positively enhance <i>spiritual</i> well-being as the family's attitudes and values towards healthy food change, and begin a habit of making better food choices (<i>mental / emotional</i> well-being).</li> <li data-bbox="293 903 2047 963">• Food delivery will save the family time shopping, which they can use for other family activities like meal preparation, therefore improving their <i>social</i> well-being.</li> <li data-bbox="293 975 2110 1035">• Accessing food from the school canteen may improve Kauri and Nikau's <i>social</i> well-being as they will experience a connection with their peers by getting food together and eating together.</li> <li data-bbox="293 1046 2110 1107">• Eating and sharing foods at school, including Thursday's sushi day, may enable the boys to create and strengthen friendships at their new school, which will improve their <i>social</i> well-being.</li> </ul>

Question	Sample evidence
(d)	<p><i>Explain in detail how the determinants of health (access to healthy food, transport, and social gradient) interconnect to enhance or hinder the Parata family's food choices and well-being.</i></p> <p>(Merit / Excellence-level responses must refer to social gradient.)</p> <ul style="list-style-type: none"> <li>• The convenience of a delivery from the larger supermarket improves well-being due to fresher foods being more accessible at a lower cost than buying locally, without needing transport. The family can work together planning meals (<i>social</i>) so they feel good about their choices (<i>mental / emotional</i>) because they are still getting all the nutrients (<i>physical</i>) needed for good health.</li> <li>• Tamati and Marama have new job opportunities (two incomes), their own house, and smaller mortgage repayments. Financially, this puts them in a better position to buy more, or higher-quality food products, which will improve their <i>physical</i> well-being. Their mental / emotional well-being will be boosted knowing that they can comfortably provide for their household.</li> <li>• Because packaged foods tend to be cheaper options, the family's increase in expendable income means they have the option to buy and consume some of the more healthy and higher-quality (expensive) food items. An increased consumption of vegetables will improve <i>physical</i> well-being through vitamins such as vitamin C, which builds immunity, and fibre, which helps bowel functions and reduces the incidence of bowel cancer.</li> <li>• Because Kauri and Nikau have the money, and independent transport to get themselves to the fish and chips shop, they have easy access to unhealthy food. There is an increased likelihood that they will form poor food habits that will be hard to break in the future. This will impact on their well-being <i>mental / emotional</i> and <i>physical</i>, as they find it easier to choose foods high in fat and salt that taste good and are quick and easily accessible.</li> <li>• The family's decision to reduce lunch costs by making their own at home is helping the boys to develop good habits. As part of this the parents will be making sure that there are a wide variety of foods available in the cupboards reducing the need to travel to get food. The brothers can find new, tasty things to make for their lunches together (<i>social</i>) and can support each other to make better choices for other meals too. The family will feel like they are doing this together (<i>mental / emotional</i>) and together they might form new healthier habits and values (<i>spiritual</i>). They will be able to work together and support each other to make changes, and they can cook together and talk about their days at mealtimes while they enjoy a meal (<i>social</i>).</li> <li>• While having only one car could be a disadvantage, their ability to afford to have groceries delivered reduces the impact this has on their access to healthy food. The family will be able to select a range of food that they like (<i>mental / emotional</i>) and have a variety of nutrients to nourish the boys (<i>physical</i>).</li> </ul>
(e)	<p><i>Explain in detail how food choices, make by families like the Parata family, can have an impact on New Zealand society.</i></p> <p>Families like the Parata family have sufficient money to buy a variety of healthy foods but will have to make use of the twice-weekly delivery service and be well-prepared. Families like this will benefit New Zealand society because they do not need to rely on the wider community, or the government for support. Having more families that can plan and meet their food costs will mean the government can shift the costs of food-grants / benefits / food-donation services to other purposes in the community (e.g., healthcare and education). The ability to purchase foods from competing supermarkets can save families, like the Parata family, money and allow them to devote extra cash to living conditions. For example, improving housing conditions (insulation) will reduce deterioration of health and its related costs as well as improving well-being leading to more thriving families.</p> <p>When families make good food choices, they may also influence their friends and family. It provides a way for people to see how they can provide healthy food at a reasonable cost. It also sets up habits that they will carry with them for their whole life, in turn influencing their children, the wider family, and the community. Good food choices provided by families can help to reduce the healthcare costs associated with lifestyle diseases, e.g. obesity and type 2 diabetes.</p>

**Cut Scores**

<b>Not Achieved</b>	<b>Achievement</b>	<b>Achievement with Merit</b>	<b>Achievement with Excellence</b>
0 – 2	3 – 4	5 – 6	7 – 8