

Assessment Schedule – 2022

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 for Resource A
(a), (b), (c)	<p data-bbox="275 261 801 293"><i>Answers must refer to New Zealand Society.</i></p> <p data-bbox="275 301 757 333"><i>Credibility of the information and source:</i></p> <ul data-bbox="275 341 2110 810" style="list-style-type: none"> • Because this is an advertisement, credibility is in doubt. • It does have on the advertisement the statement 'Researched by Australian Universities' which indicates there may have been some scientific research to back up the product claims. • There is a lot of detailed nutrition information on the advertisement, along with statements like “dietician endorsed” and “Kfibre has undergone over 10 years of scientific development”. It mentions the Food Standards Australia and New Zealand, which makes it sound as if it has been thoroughly tested and leads people to think it is credible. • There are no actual links to scientific studies, nor endorsements from any named dieticians or scientists on the advertisement. • The advertisement is in the <i>Australian Healthy Food Guide</i> magazine which is recognised as being a credible source of nutrition information. • Statements like “the ultimate prebiotic for gut health management” are very simplistic and indicate that people can take this supplement and know that their gut health is under control. Some people may think that this sounds very simple, which is an indication that the information may not be as credible as it appears. • Overall, especially since this is an advertisement for a product that people need to pay for, and the fact that they have no actual scientific endorsements, this information would need to be treated as potentially not very credible. <p data-bbox="275 858 533 890"><i>Underlying intentions:</i></p> <ul data-bbox="275 898 2110 1002" style="list-style-type: none"> • This is an advertisement promoting a dietary supplement. The underlying intention is to encourage people to purchase this product. • The advertisement includes a website link where people can find product endorsements. The company may also make other products that people will see and be influenced to purchase when they visit the website. <p data-bbox="275 1050 488 1082"><i>Possible impacts:</i></p> <ul data-bbox="275 1090 2110 1295" style="list-style-type: none"> • This advertisement is promoting a product that will provide prebiotics for gut health. If people purchase this product, it may help reduce any symptoms (of poor gut health) they may be having. • This advertisement may encourage people to think that, if they buy and use this product, then they do not need to consider their food choices in relation to gut health as this product will make sure they are healthy. They could make poor food choices high in fat and salt, which could impact on the rates of other diet-related disorders in New Zealand. • It is likely to be an expensive product. People may struggle to afford to purchase this product, as well as nutritious foods, resulting in stress and worry.

Part	Sample Evidence for Resource B
(a), (b), (c)	<p><i>Answers must refer to New Zealand Society.</i></p> <p><i>Credibility of the information and source:</i></p> <ul style="list-style-type: none"> • Dr Libby Weaver is a well-known nutrition expert. She has university nutrition and dietetic qualifications. • There is nothing particular in the article that she is trying to convince people to buy, or sign up to, although it does include at the end, information about a book she has published. • The article suggests some actions people can easily take (for example, chewing your food well and eating slowly), foods to avoid, and foods to choose, all of which are easily achievable. • Because the article is written by a qualified professional, it indicates this information is reliable and credible. • Although there is a book people can purchase, the article itself is informative and is not promoting any product that needs to be bought, so overall it can be seen as a credible source of information. <p><i>Underlying intentions:</i></p> <ul style="list-style-type: none"> • This article is written by a health-influencer who is well-known in New Zealand and Australia. She is known to be concerned for the health of people (women in particular). She is the author of several books. This article does advertise a book that she has written, which shows that an underlying intention must be to encourage people to want to 'know more' and therefore buy the book for themselves. <p><i>Possible impacts:</i></p> <ul style="list-style-type: none"> • If people follow the advice in this article, they are likely to establish some safe and helpful dietary habits, which will enhance their overall gut health. This will have a positive impact on their physical well-being as well as their mental and emotional well-being, as gut health is associated with people's moods as well, according to the article. • The advice is general and food focused, rather than promoting any specific (or expensive) supplements, so it is achievable for anyone. • If people follow this advice, there may be a reduction in the number of people suffering from associated conditions relating to gut health, which could reduce the need for some medical interventions.

Part	Sample Evidence for Resource C
(a), (b), (c)	<p><i>Answers must refer to New Zealand Society.</i></p> <p><i>Credibility of the information and source:</i></p> <ul style="list-style-type: none"> • This article is from a magazine which is widely recognised as being trustworthy. It is focused on healthy eating patterns, and the articles in it are reviewed by an ‘Editorial Advisory Board’ made up of various experts with credible nutrition qualifications. These experts are named, and their qualifications are given. • The magazine does cost money to purchase. • The second paragraph of the article states “If you’re experiencing any of these symptoms, make an appointment to get checked out by your GP before you make changes to your diet” – this shows that they are not presuming to know that this advice will necessarily be appropriate for every individual. • The article acknowledges that there are times when probiotics may be needed, and in that case a GP would suggest them. But also, that the latest research suggests that food sources of prebiotics may provide more health benefits. • These points indicate this information is reliable and credible. <p><i>Underlying intentions:</i></p> <ul style="list-style-type: none"> • This article is published in the <i>Australian Healthy Food Guide</i> magazine, which has the aim of supporting people to follow a healthy eating pattern and look after their own health and well-being. • The magazine is wanting people to follow the more realistic approach of eating a variety of foods, mostly whole and less processed, from the four food groups, to maintain good health. <p><i>Possible impacts:</i></p> <ul style="list-style-type: none"> • If people follow the advice in this article, they are likely to retain an adequate intake of fibre and therefore prebiotics. This would help to improve people’s gut health as well as other aspects of their diets and help reduce the incidence of a variety of diet-related conditions in New Zealand. • They are likely to realise that it is possible to maintain a healthy gut by eating a variety of nutritious foods rather than needing to pay for expensive supplements. This may encourage them to use their money to purchase more fresh fruit and vegetables, and other high-grain products instead. • If people follow this advice, they are more likely to improve their diets and meet their own nutritional needs. This would result in a much more balanced diet and better overall health for individuals, and society.

Part	Sample Evidence
(d)	<p>Poor gut health is one of the health issues people seem to be more concerned with these days, and a lot of companies are 'jumping onto the bandwagon' and coming up with products that offer people a 'quick-fix' to overcome these problems. It is also a condition that many people are a bit confused about (especially when terms such as 'prebiotics' and 'probiotics' are bandied about), so they can be easily persuaded to purchase something which sounds like it may be a simple solution.</p> <p>Good gut health is related to a healthy, well-balanced diet, low in processed foods and high in fibre from wholegrain foods, fruits, and vegetables. Most people who follow a well-balanced diet have little issues with their gut health.</p> <p>Fibre is a complex carbohydrate that is one of the key nutrients that plays a significant role in maintaining good gut health. The NZ Food and Nutrition Guidelines recommend at least six servings of grain foods each day, with as many wholegrain servings as possible. They also recommend at least five servings of vegetables per day. Fibre is a key nutrient from both food groups. Many people eat too many processed foods and low grain products, and have inadequate vegetable intake. This can lead to a lack of fibre in the diet overall, as well as contributing to other issues such as excess energy intake and nutrient deficiencies. People have heard about probiotics and prebiotics, but often do not fully understand these and think that they must be consumed as a supplement rather than being provided by a balanced diet high in fibre. For this reason, people who are troubled by poor gut health symptoms are keen to find products that will 'solve' these issues for them, without them having to re-think their daily eating patterns.</p> <p>They are being easily convinced by those promoting the pro and prebiotic supplements, without fully understanding that they could get similar and more sustainable results by increasing the number of vegetables and high-fibre complex carbohydrates they eat and reducing the amount of highly processed foods.</p> <p>Kfibre (Resource A) focuses on the science behind gut health that many people will not fully understand. With terms such as 'prebiotic', 'microbiome', and 'FODMAP' it makes people think that it must be credible and that they must need this product. The use of terms such as 'normalise your digestion, maintain your regularity' may make people concerned that they may not, in fact, be 'normal'. But there is no information about what 'normal' is. So how do we know if we are 'normal' or not? Many people may end up buying this supplement when they do not actually need it. Supplements are not always as easily absorbed (or bioavailable) to the human digestive system compared to whole foods. Because Resource A is fundamentally an advertisement for a product, with the intention of getting people to purchase it, it is the least credible of the three resources.</p> <p>The next two resources are both offering what seems to be sound advice in terms of dietary patterns to promote good gut health. The editorial team on the HFG magazine (Resource C) are highly qualified nutrition professionals, and Dr Libby (Resource B) is also a qualified nutrition professional, which makes these two resources more credible. Resource B gives some basic, good advice around eating habits and foods to avoid and include to maintain gut health. It promotes foods high in fibre, which supports the advice given in the NZ Food and Nutrition guidelines. The article is quite brief, and does not give a lot of food suggestions, which makes you think that it is trying to encourage people to purchase the book that is advertised at the end. While the book is likely to be a credible source of information also, it is still something people need to buy to get the information from. If people follow the advice in this article, it will impact positively on their well-being overall.</p> <p>Resource C from the HFG magazine is taking a holistic approach to gut health and also alleviating some of the worry people may have around the term 'probiotics' by indicating that, in certain situations, a doctor may suggest these but that the latest research is indicating that taking supplements of these is not necessary. Rather, eating foods with a good fibre content is potentially more beneficial (better absorbed and will be a cheaper option than buying supplements). It then goes on to give some very easy to follow information about foods which are good sources of fibre, in a way that is non-threatening and easily understood. The foods promoted are all an integral part of a well-balanced diet. Because of this, overall, this resource is the most credible of the three. This resource is more likely to have a positive impact on the well-being of New Zealanders because if people follow the advice, then it is less likely that they would be developing gut disorders that require medical treatment. As well as that, the advice is beneficial in reducing various other diet-related health disorders such as obesity and heart disease, again promoting the well-being of New Zealanders overall.</p>