

Assessment Schedule – 2023

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

N1	N2	A3	A4	M5	M6	E7	E8
Little relevant evidence.	Some relevant material but insufficient evidence for Achievement.	<p>Describes how the family's well-being is affected by:</p> <ul style="list-style-type: none"> a determinant of health <p>AND</p> <ul style="list-style-type: none"> food choices <p>AND</p> <ul style="list-style-type: none"> ONE dimension of well-being. 	<p>Describes how the family's well-being is affected by:</p> <ul style="list-style-type: none"> a determinant of health <p>AND</p> <ul style="list-style-type: none"> food choices <p>AND</p> <ul style="list-style-type: none"> TWO dimensions of well-being. 	<p>Explains how the family's well-being is affected by:</p> <ul style="list-style-type: none"> TWO determinants of health, with detailed examples <p>AND</p> <ul style="list-style-type: none"> food choices, with detailed examples <p>AND</p> <ul style="list-style-type: none"> THREE dimensions of well-being with detailed examples. 	<p>Explains how the family's well-being is affected by:</p> <ul style="list-style-type: none"> THREE determinants of health, with detailed examples <p>AND</p> <ul style="list-style-type: none"> food choices, with detailed examples <p>AND</p> <ul style="list-style-type: none"> THREE dimensions of well-being with detailed examples. 	<p>Discusses, in detail, interconnections between:</p> <ul style="list-style-type: none"> THREE determinants of health the family's food choices well-being <p>AND</p> <ul style="list-style-type: none"> the effect of food choices, determinants of health, and dimensions of well-being on New Zealand society <p>AND</p> <ul style="list-style-type: none"> THREE dimensions of well-being with detailed examples. 	<p>Discusses, in detail, interconnections between:</p> <ul style="list-style-type: none"> THREE determinants of health the family's food choices well-being <p>AND</p> <ul style="list-style-type: none"> the effect of food choices, determinants of health, and dimensions of well-being on New Zealand society <p>AND</p> <ul style="list-style-type: none"> FOUR dimensions of well-being with detailed examples.

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 Smith family's food choices influenced by social support?</i></p> <ul style="list-style-type: none"> • Tania has access to parcels from the food bank to supplement the family's food, providing her with support to feed her family. • The free lunches made available to Tania at her workplace are a social support, saving her money that could go towards her weekly food shop. Tania has more money, and this may allow her to make better choices when buying food, e.g. fresh fruit for children's lunches, lean meat, and vegetables for dinners. This supports Tania to improve her situation. • Caleb bringing home seasonal vegetables from the school garden contributes to fresh vegetables for the family. On these occasions, Tania is likely to have more money to spend on other foods. • The school breakfasts available to Tania's children ensures their access to food before school and reduces the household's breakfast costs.
(b)	<p><i>How are the Smith family's food choices influenced by Tania's work conditions?</i></p> <ul style="list-style-type: none"> • Tania's food choices are affected by the free lunches available at her workplace, limiting her food choice to what the daily special is. Sometimes, this may encourage her to try new foods, and may ensure she has a healthy meal on her workdays. • The unsold cakes and slices Tania is allowed to take home from work, may contribute to an increase in the family's intake of foods with higher fat and sugar content. The cakes and slices being free is an added advantage of her job. • Tania's minimum wage, along with working hours restricted to school hours, means she is on a limited budget. This limits her choices when buying food and, with the increasing cost of food, Tania is likely to choose the cheapest brands available, or not purchase some items at all.
(c)	<p><i>How do food choices affect the well-being of the members of the Smith family, both positively and negatively?</i></p> <ul style="list-style-type: none"> • Tania's <i>physical</i> well-being may be positively affected by her free lunches at work as it is usually nutritious and often includes vegetables. • Breakfast club may improve the children's <i>physical</i> well-being as they are provided food from three food groups. • The unsold cakes and slices may have a negative effect on the family's <i>physical</i> well-being as they are likely to be high in fat and sugar and, if consumed daily, this could lead to weight gain and other health issues. • The food provided in the food parcels may have a negative effect on the family's <i>physical</i> well-being as they may not provide food from all food groups and may not be balanced or nutritious. For example, may not contain foods rich in vitamin C needed for immunity, to increase iron absorption, and to act as an antioxidant. • Having breakfast at school may have a positive effect on the children's <i>mental and emotional</i> well-being by improving their ability to concentrate. • The children enjoy getting cakes and slices in their lunch as it is more like the food their friends are eating for lunch. It has a positive effect in terms of their <i>mental and emotional</i> well-being. • Caleb may feel he is contributing and helping the family by bringing home food from the school garden, giving a positive boost to his <i>mental and emotional</i> well-being. There may also be a positive impact on the family's <i>physical</i> well-being due to the nutritional value of the fresh vegetables. • Having breakfast at school may have a positive effect on the children's <i>social</i> well-being by giving them an opportunity to socialise with friends or to make new ones. • Not being able to provide food, if she invites friends over, may mean Tania risks losing friendships and some social connections, affecting her <i>spiritual/ social</i> well-being.

Question	Sample evidence
	<ul style="list-style-type: none"> • Caleb may bring home vegetables the family have not tried before meaning they might work together to find a way to prepare it, having a positive impact on their <i>social</i> well-being. • There may be a positive impact on <i>spiritual</i> well-being for the family as they spend time together foraging for food, learning about how food is grown, and how to avoid waste. There is a positive affect for Tania's <i>spiritual</i> well-being as it supports her values about food and looking after the environment. • Freezing extra fruit is a way for Tania to teach her children about reducing food waste and preparing for the future, which may enhance their <i>spiritual</i> well-being. • Caleb may feel like he is supporting sustainability values in his family when he brings home fresh vegetables, having a positive effect on his <i>spiritual</i> well-being. • Tania may feel guilty about having to rely on the food parcels, affecting her <i>spiritual</i> well-being. She may also be concerned the meals she's providing are not the most nutritious choice, impacting negatively on her children's <i>physical</i> well-being.
(d)	<p><i>Explain in detail how the THREE determinants of health (social support, work conditions, AND access to healthy food) interconnect to enhance or hinder the Smith family's food choices and well-being.</i></p> <p>(Notes: Merit / Excellence-level responses must refer to access to healthy food. M6 refers to access to healthy food as a determinant and its impact on food choice and well-being, e.g. access to healthy lunches at Tania's work; access to breakfast at school; cakes and slices from Tania's work; foraging as a source of fruit, garden supplies, and vegetables; food parcels in the most difficult weeks.)</p> <ul style="list-style-type: none"> • Her workplace improves Tania's access to food and provides social support by the work hours being within school hours, and so avoiding childcare costs. This reduces her expenses, leaving more money to purchase food. • Without support from places like the food bank and breakfast club, families with financial challenges may have less access to healthy food. • The school garden provides social support, improving the access some school families may have to healthy food. • Tania's work hours free her up to spend time foraging with the children after school. This provides them with free fresh fruit she might otherwise be unable to purchase.
(e)	<p><i>Explain in detail how food choices, made by families like the Smith family, can have an impact on New Zealand society.</i></p> <ul style="list-style-type: none"> • Tania's reliance on food parcels puts stress on the helping agencies. • High-fat and high-sugar options are often the cheapest but lead to obesity and increased healthcare costs. • Breakfast club supplying food for all students means they have an equal opportunity to learn. • Nutritious food at work makes it easy to make good choices and stay healthy. • Reliance on school gardens and foraging is time consuming, erratic, and can have health implications if crops fail. • Reducing food waste is good for society as the long-term effects of excess waste is damaging to the environment (e.g. increased emissions). • Being priced out of essentials foods has significant health implications for families. • Increasing the minimum wage to a living wage may mean more families can meet their food costs, have more choices, and so have better health outcomes. • The family has a reasonably balanced diet which may reduce their risk of diet-related diseases and, therefore, reduce national healthcare needs and costs. • Teaching children gardening and foraging skills may encourage future generations to grow their own food and so reduce the national carbon footprint.

Cut Scores

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