

Assessment Schedule – 2023

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 in New Zealand society.</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 in New Zealand society.</p> <p>Some nutritional knowledge of their own provided.</p>	<p>Explains the credibility, intent, and impacts on well-being in New Zealand society, across all of the information presented.</p> <p>Draws on their own nutritional knowledge, and shows the underlying impact on societal well-being, with reference to the sources.</p>	<p>Explains, in depth, the credibility, intent, and impacts on well-being in New Zealand society, across all of the information presented.</p> <p>Draws on their own nutritional knowledge, and 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 in New Zealand society, 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 in New Zealand society, 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

Parts	Sample Evidence for Resource A: <i>Consumer</i> article
(a)	<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"> • The article includes opinions from credible experts who are named, allowing for checks on credentials and reputable work. • The article includes differing opinions. • There are no concluding claims about the benefits or risks associated with the use of coconut oil. It is noted that coconut oil is a type of fat and therefore a high source of energy. • There is no attempt to persuade people to buy it. • The article was published in 2015 so more current research, with other findings, may be available for consideration. • There is no evidence to claim coconut oil is a superfood. <p><i>Underlying intentions:</i></p> <ul style="list-style-type: none"> • This article is written by <i>Consumer NZ</i>, a consumer advocacy group. The article provides information and advice to help people make more informed choices about coconut oil in their diet. <p><i>Possible impacts:</i></p> <ul style="list-style-type: none"> • If people read this article, and consider the different experts and their opinions, they may conclude that coconut oil may not be that bad for them, but nor is it likely to bring significant health benefits. They may conclude it is a food best eaten in moderation, as it is a fat and therefore a rich source of energy. This will have a positive impact on their physical wellbeing as they are unlikely to consume coconut oil in excessive amounts. • The advice is balanced, as opposed to trying to persuade people one way or the other, so they may feel less pressure to purchase coconut oil with hopes of improving their health. • If, after reading this article, people conclude that coconut oil should be eaten in moderation, there may be a reduction in the number of people suffering from health conditions related to excessive consumption of fat, and in particular, saturated fat.

Part	Sample Evidence for Resource B: Coconut oil advertisement
(b)	<p data-bbox="277 213 801 242"><i>Answers must refer to New Zealand society.</i></p> <p data-bbox="277 252 757 280"><i>Credibility of the information and source:</i></p> <ul data-bbox="277 290 2087 619" style="list-style-type: none"> <li data-bbox="277 290 1662 319">• The advertisement is from a food magazine which people buy. Magazines commonly advertise a range of products. <li data-bbox="277 328 1039 357">• The advertisement is promoting a specific brand of coconut oil. <li data-bbox="277 367 2087 434">• The advertisement refers to a study by Cambridge University on the benefits of coconut oil. This implies scientific research but there is no specific detail about the researchers or the title of the study. However, there is a link to the brand website, suggesting the research can be accessed there. <li data-bbox="277 443 2087 539">• The advertisement uses emotive and conversational statements like "... surprises medical community (but not us)", and "... coconut oil may very well be good for the heart!" which may influence some people. However, critical thinkers may realise it is an attempt to persuade consumers to choose this product. <li data-bbox="277 549 1908 577">• The red badge on the advertisement claims the product is "for every kitchen, bathroom and bedroom" with no explanation of how or why. <li data-bbox="277 587 1039 616">• The points above indicate this information may not be credible. <p data-bbox="277 670 537 699"><i>Underlying intentions:</i></p> <ul data-bbox="277 708 2110 775" style="list-style-type: none"> <li data-bbox="277 708 2110 775">• This advertisement is designed to persuade people that coconut oil is beneficial to health, based on scientific evidence, so this particular brand is the best to buy. <p data-bbox="277 826 488 855"><i>Possible impacts:</i></p> <ul data-bbox="277 865 2087 1082" style="list-style-type: none"> <li data-bbox="277 865 2087 932">• People who buy the magazine may have more expendable income and so be more able to purchase the product, choosing to do so in the belief that it is scientifically proven to be good for them. <li data-bbox="277 941 2087 1008">• This advertisement may persuade people that, if they buy and use this coconut oil, they do not need to consider other aspects of their diet in relation to heart disease, given the suggestion that it may be "good for the heart." <li data-bbox="277 1018 1998 1046">• This could contribute to an increase in the number of people suffering from health conditions related to excessive consumption of saturated fats. <li data-bbox="277 1056 1639 1085">• Spiritual / cultural connection for Pacific people: familiar food source; understood to be a high-energy food source.

Part	Sample Evidence for Resource C: Healthline extracts
(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"> • The title of the article implies credibility as people know evidence is important when justifying health benefit claims. • The author is named, with qualifications, and the article has been medically reviewed by a named person, with qualifications, giving it credibility. The article also provides links to both ‘experts’ so they can be investigated further to check their qualifications. • The article is from a website called <i>Healthline.com</i> which sounds credible and can be investigated regarding the type of information they make available online. • Most of the “10 benefits” statements use the word “may”, indicating that not everyone will notice or gain the benefits listed. However, none of the potential benefits have direct links to scientific research to support the statement. • It states that it was “medically reviewed” and “updated on February 23, 2023”, suggesting that someone credible has checked it. • The article is not endorsing a specific brand of coconut oil, so is not directly or obviously trying to persuade consumers to make a specific purchase. • Overall, these points indicate this is a relatively credible source of information but one that should be considered critically. <p><i>Underlying intentions:</i></p> <ul style="list-style-type: none"> • This article, on the <i>Healthline.com</i> website, seems to be giving people some balanced information about coconut oil. Their statement in the introduction, “... plus some special considerations to keep in mind if you want to include it in your diet”, indicates their aim to provide information that supports people to make good nutritional choices. <p><i>Possible impacts:</i></p> <ul style="list-style-type: none"> • On reading this article and considering the statements, with the repeated use of the word “may”, people may conclude that coconut oil may not necessarily be that bad for them but may not necessarily bring significant health benefits either. They may conclude that, overall, it may be good to include some coconut oil in their diets for the possible health benefits. The contradictory messages may be misleading. • As a result of reading this article, if people decide to consume more coconut oil, in hopes of gaining some of the possible health benefits, there may also be a risk of over-consumption of saturated fat. This may lead to an increase in negative health outcomes, e.g. excess weight gain or heart disease.

Part	Sample Evidence: Most credible resource
(d)	<p>Coconut oil has been promoted in recent times and the information around it can be confusing. Fat is an essential part of a balanced diet, providing energy, and carrying essential fatty acids and fat-soluble vitamins needed for many body functions. However, the Western diet does not typically have a problem in providing adequate fat intake; rather, over-consumption of fat is more likely. Excess fat intake is associated with many diet-related conditions such as weight gain, obesity, and heart disease. We have been advised that saturated fat is not good because it is specifically associated with an increased risk of heart disease. The current <i>Eating and Activity Guidelines</i>, set out by the New Zealand Ministry of Health, clearly state the importance of reducing intake of saturated and trans fats to decrease the risk of heart disease. We are also advised that coconut oil has a high percentage of saturated fat and that fat, regardless of the type, is energy-dense and, therefore, needs to be eaten in moderation for a healthy diet.</p> <p>With current information emphasising the benefits of eating coconut oil, this results in a lot of conflicting information.</p> <p>People are likely to be more sceptical when they see advertisements, as in Resource B, which is clearly an attempt to persuade the consumer to buy their product. The study referred to in the advertisement would obviously endorse their claims for coconut oil, but there are likely to be other studies that say the opposite. This advertisement is clearly trying to sell their product, and so is the least credible.</p> <p>If people believe the information, and buy and consume coconut oil in volume, believing in its health benefits, this may have a negative impact on the well-being of New Zealanders, result in an increase in diet-related conditions linked to excess fat intake (weight gain and obesity), and / or excess saturated fat intake (e.g. weight gain, obesity, heart disease). This could impact on our health system, in the cost of treating these conditions.</p> <p>People may feel stressed if they have struggled to afford the advertised product and then, over time, are impacted by a condition related to the consumption of fat, having a further negative impact on their well-being.</p> <p>Resources A and C are more credible in that they are not trying to sell a product or convince consumers of one position. Both resources seem to provide more balanced information to support people in making their food choices.</p> <p>However, Resource C is from a '.com' website so may not necessarily be credible. There are no links to specific studies to support the benefits. If the information is taken as credible, the impacts on well-being could be either negative or positive. If consumed in moderation, people may avoid the possible diet-related conditions associated with excess fat and / or saturated fat and may believe they are noticing some of the possible benefits suggested. However, if they consume excessive amounts, it may result in negative health and well-being outcomes (weight gain, obesity, heart disease). They may feel disappointed in these negative impacts, a consequence of something suggested as good for them.</p> <p>Resource A is the most credible. It is supported by quotes from named experts, with their qualifications provided. The experts are from reputable and trusted New Zealand organisations and universities. <i>Consumer NZ</i> is a trusted organisation, known for independent research and advice on consumer issues. It is widely understood that they do not endorse individual products or positions of advice. The article seems to provide a balance of opinions, referring to a range of claims. Overall, the article does not advise against using coconut oil but does indicate it is better to consume "healthier" fats.</p> <p>If the information in Resource A is trusted as the most credible, it may have a positive impact on the well-being of New Zealanders. With more controlled consumption of saturated fat, there may be a reduction in negative health outcomes like heart disease. Consumers may be less likely to buy expensive coconut oil, choosing instead to spend on other more affordable, healthy options.</p>