

## Assessment Schedule – 2024

### 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 group's well-being is affected by:</p> <ul style="list-style-type: none"> <li>a determinant of health</li> </ul> <p>OR</p> <p>food choices.</p>	<p>Identifies how the group's well-being is affected by:</p> <ul style="list-style-type: none"> <li>a determinant of health</li> </ul> <p>AND</p> <p>food choices.</p>	<p>Explains how the group'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> <ul style="list-style-type: none"> <li>ONE dimension of well-being.</li> </ul>	<p>Explains how the group'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> <ul style="list-style-type: none"> <li>TWO dimensions of well-being.</li> </ul>	<p>Explains how the group'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> <ul style="list-style-type: none"> <li>THREE dimensions of well-being, with detailed examples.</li> </ul>	<p>Explains how the group'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> <ul style="list-style-type: none"> <li>THREE dimensions of well-being, with detailed examples.</li> </ul>	<p>Discusses, in detail, interconnections between:</p> <ul style="list-style-type: none"> <li>THREE determinants of health</li> <li>the group's food choices</li> <li>well-being</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>the effect of food choices, determinants of health, and dimensions of well-being on New Zealand society</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>THREE dimensions of well-being with detailed examples.</li> </ul>	<p>Discusses, in detail, interconnections between:</p> <ul style="list-style-type: none"> <li>THREE determinants of health</li> <li>the group's food choices</li> <li>well-being</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>the effect of food choices, determinants of health, and dimensions of well-being on New Zealand society</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>FOUR dimensions of well-being with detailed examples.</li> </ul>

**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>Explain how <b>social gradient</b> influences Kairo's, Pritika's, and Aunty Mae's food choices.</i></p> <ul style="list-style-type: none"> <li>• Given that Aunty Mae's income is limited, she needs to reconsider what she spends on meals in order to meet her other household expenses, e.g. choose cheaper cuts of meat. With the knowledge and wisdom that comes with age, she will be able to help Pritika and Kairo to plan and make nutritious and economical meals, e.g. buy canned and frozen food at the supermarket instead of expensive, out-of-season fresh foods like tomatoes. Aunty Mae may also know how to extend meals to make them more affordable but still nutritious, e.g. adding beans.</li> <li>• Pritika has a student loan which she will need to pay back, so she needs to limit her spending on lunches and snacks; therefore, she may choose to make these at home. When buying lunches and snacks, she may be more likely to choose cheaper food options, e.g. pies.</li> <li>• Kairo is on minimum wage, so may want to limit his spending on expensive food for lunches and snacks. Taking a packed lunch will save him money.</li> <li>• At the food market, Pritika and Kairo may be more likely to buy cheaper, seasonal fruit and vegetables.</li> <li>• The lack of a car means they are limited to buying food within bus distance; they will be able to buy only what they can carry.</li> </ul>
(b)	<p><i>Choose ONE of the following people, and explain how <b>stress</b> influences their food choices. (Kairo, Pritika, Aunty Mae)</i></p> <ul style="list-style-type: none"> <li>• Aunty Mae may feel stressed about not being able to do as much as she could when she was younger. This may mean she chooses to make easy meals. She may also feel stressed at needing to make meals for three rather than just herself. This may mean that she prefers to make meals that she knows will be successful, as opposed to being more creative.</li> <li>• Aunty Mae's stress, associated with getting groceries, is reduced because the twins help.</li> <li>• Pritika stresses over exams, so she is more likely to eat comfort food, such as chocolate bars and quick salty / sugary snacks, as an energy boost while studying.</li> <li>• Kairo is on minimum wage, so he may skip a meal sometimes rather than buy food because he is saving for a car. He may also feel stressed by having to organise a packed lunch for work each day; therefore, he may not bother some days and may need to buy from bakeries and dairies.</li> <li>• Pritika and Kairo are living away from home for the first time, so they may feel stressed about their new environments and relying on Aunty Mae to make meals. They may also worry about whether she will make food that they are used to and like. They may try new foods they haven't had before.</li> </ul>

(c)

*Explain how food choices affect the well-being of Kairo, Pritika, and Aunty Mae, **positively** and / or **negatively**.*

Physical / taha tinana:

*Positives*

- Fresh fruit and veges from the market will provide vitamins and minerals.
- Aunty Mae's meals will provide protein needed for growth and maintenance, as the twins are still in their late teens.
- Without a vehicle, Aunty Mae may be more likely to eat food she has prepared at home, which is more likely to be nutritious and less processed.
- The twins may be more likely to eat Aunty Mae's breakfasts, giving them the energy for a good start to their day. They may also be less likely to snack before lunch.

*Negatives*

- Pritika will need to be careful around exam time, making sure to avoid food choices like fatty / sugary foods (related to potential health problems such as obesity, Type 2 diabetes, and tooth decay).
- If Kairo doesn't make healthy lunches to take to work and buys from takeaways or bakeries, his choices may lead to lifestyle diseases like obesity.

Spiritual / taha wairua:

*Positives*

- Aunty Mae has introduced the twins to karakia (prayer) before meals to bless the food. Aunty Mae may also be influencing them by introducing them to her values about food.
- At the markets, Pritika and Kairo may buy food from different cultures, providing some variety to their diets and appreciation for new cultural experiences.
- All three will gain a connection from making meals together and eating together, a time when Aunty Mae is likely to share stories and knowledge.

Mental and emotional / taha hinengaro:

*Positives*

- All three may benefit from the emotional connection of living together, feeling more secure than they might on their own, and relying on one another for buying and preparing healthy food.
- The twins may buy healthier food when out as a consequence of Aunty Mae's positive influence.
- Kairo's packed lunches may result in better emotional balance and an increased ability to focus at work. It may also give him a sense of independence.
- Pritika's concern about her poor food-making skills may be reduced as main meals are made for her. She may also learn new food skills from helping to prepare meals with Aunty Mae.

*Negatives*

- The twins may buy and eat unhealthy foods when out, knowing there will be healthy food back at Aunty Mae's house.
- The twins may suffer emotional ups and downs as a result of poor food choices when they are out.
- Kairo may feel stressed or challenged to come up with new food ideas for his lunch.

Question	Sample evidence
	<p><u>Social / taha whānau:</u> <i>Positives</i></p> <ul style="list-style-type: none"> <li>• Preparing and eating meals together may have a positive effect on all three, and Aunty Mae will enjoy not being alone at these times.</li> <li>• The twins may improve their knowledge and skills, and their social connections, as well.</li> <li>• Shopping for food together for the household may give Pritika and Kairo valuable time to catch up.</li> </ul>
(d)	<p><i>Explain how the THREE determinants of health from Resource A <b>interconnect</b> to enhance or hinder Kairo's, Pritika's, and Aunty Mae's food choices <b>and</b> well-being.</i></p> <p>Interconnections: Social gradient, stress, and access to healthy food:</p> <ul style="list-style-type: none"> <li>• All three may be stressed by their low incomes (social gradient). That stress will be somewhat relieved by sharing costs to purchase good foods, eating together, and ensuring that at least two meals a day are nutritious. Aunty Mae will also have more money to spend on food and other household expenses. <i>Note: Candidates may provide suggestions for healthy breakfasts, dinners, and how these can benefit hauora.</i></li> <li>• Living together provides emotional support and strengthening of family bonds. Interconnections are formed and reductions in stress occur by helping each other with chores like shopping and making meals.</li> <li>• An increase in access to healthy food by shopping at a variety of places, e.g. markets, supermarket. Social gradient may also be affected positively by taking turns to shop for groceries, and by using the bus rather than a taxi (reducing transport costs), which Aunty Mae may have been inclined to do.</li> <li>• Walking to the market and buying affordable food there provides an opportunity for both physical and spiritual well-being, and a reduction in stress (e.g. appreciating the environment and the company along the way, experiencing cultural foods, no cost in walking). Easy access to the market means access to nutritious food that is likely to be cheaper than at the supermarket, especially fruit and vegetables in season.</li> <li>• Kairo's financial stress may be reduced by finding it easier to save for his car with board covering most of his living expenses.</li> </ul>
(e)	<p><i>Explain, using examples and using your own knowledge, how food choices made by people like Kairo, Pritika, and Aunty Mae can have an <b>impact</b> on New Zealand society.</i></p> <ul style="list-style-type: none"> <li>• Sharing living costs means everyday costs may be more easily managed and may mean a reduced reliance on social services for help.</li> <li>• The regular physical exercise associated with going to the markets is good for all three, helping to reduce the risk of obesity, heart disease, and other common food-related disorders, potentially contributing to reduced pressure on the health system.</li> <li>• Going to the markets supports the local economy.</li> <li>• Eating breakfast is a good start to each day for all three, meaning they may be less likely to buy unhealthy snacks and may reduce spikes in blood sugar levels. This may also enable Pritika and Kairo to better focus on their work and to be less likely to experience mental or emotional problems, possibly requiring support from mental health services already under strain.</li> <li>• Sharing a home with family reduces the need to look for alternative accommodation that is likely to be more expensive and so may put financial pressure on other family members to support them. This increases their budget for food; having this food security reduces the impact on social cohesion, making for a community where all feel included.</li> <li>• Having company at mealtimes may encourage Aunty Mae to adopt better eating habits and may also reduce the need for help from the government or other welfare agencies (e.g. meals on wheels), therefore, reducing government expenditure.</li> </ul>

**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