

**Assessment Schedule – 2024****Home Economics: Evaluate conflicting nutritional information relevant to well-being in New Zealand society (91470)****Assessment Criteria**

<b>Achievement</b>	<b>Achievement with Merit</b>	<b>Achievement with Excellence</b>
<p><b>Evaluating</b> conflicting nutritional information relevant to well-being in New Zealand society involves:</p> <ul style="list-style-type: none"> <li>commenting on the credibility of the information</li> <li>identifying potential impacts that nutritional information has on the well-being of its audience.</li> </ul>	<p><b>Evaluating, in depth</b>, conflicting nutritional information relevant to well-being in New Zealand society involves:</p> <ul style="list-style-type: none"> <li>explaining how credible the nutritional information is</li> <li>explaining how the information impacts on well-being</li> <li>explaining the underlying intent of the information.</li> </ul>	<p><b>Evaluating, comprehensively</b>, conflicting nutritional information relevant to well-being in New Zealand society involves:</p> <ul style="list-style-type: none"> <li>justifying how and why the information is, or is not, credible</li> <li>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.</li> </ul>

<b>N1</b>	<b>N2</b>	<b>A3</b>	<b>A4</b>	<b>M5</b>	<b>M6</b>	<b>E7</b>	<b>E8</b>
Attempts to analyse the information but shows little evidence of relevant information.	Demonstrates some understanding by analysing ONE piece of information. No nutritional knowledge of their own provided.	Analyses TWO pieces of information provided and draws a conclusion relating to well-being in New Zealand society. Some nutritional knowledge of their own provided.	Analyses most of the information provided to draw a conclusion relating to well-being in New Zealand society. Some nutritional knowledge of their own provided.	Explains the credibility, intent, and impacts on well-being in New Zealand society, across all of the information presented.  Draws on their own nutritional knowledge, and shows the underlying impact on societal well-being, with some reference to the sources. Must name the correct source to continue.	Explains, in depth, the credibility, intent, and impacts on well-being in New Zealand society, across all of the information presented.	Justifies a position about the dietary advice and well-being in New Zealand society, and challenges at least ONE message.  Draws on their own nutritional knowledge, and clearly shows the underlying impact on societal well-being, with reference to the sources.	Justifies a position about the dietary advice and well-being in New Zealand society, and challenges at least TWO messages.

**N0** = No response; no relevant evidence.

**Evidence**

Part	Sample Evidence for Resource A: <i>Athletes – eating for your sport</i>
(a)	<p><b>Answers must refer to New Zealand society.</b></p> <p><i>Credibility of the information and source:</i></p> <ul style="list-style-type: none"> <li>• The advice sheet is written by a nutritionist, providing a name and web address if seeking information about their qualifications. The New Zealand web address suggests they are from New Zealand. Although nutritionists may not be as highly qualified as dietitians, her qualifications are not provided on the information sheet to confirm.</li> <li>• Logos for Athletics New Zealand and AUT Millennium indicate endorsement of the information, and both provide credibility. However, the Nestlé logo is also included. Nestlé is a multinational food company (MFC) that makes a wide variety of processed food products, and this commercial logo is a red flag in terms of credibility.</li> <li>• Some of the products mentioned in the pop-out list of 'Key foods for an athlete's pantry' are branded products, probably produced by Nestlé, which again is a red flag. For example, Jacko Gill consumes liquid breakfast drinks during training, which are an ultra-processed food.</li> <li>• The feature profile of a successful New Zealand athlete gives further credibility but may be seen as compromised by the sponsorship money.</li> <li>• Overall, the information seems to be nutrition-focused and mostly credible.</li> <li>• The use of the gold colour on the resource.</li> </ul> <p><i>Underlying intentions:</i></p> <ul style="list-style-type: none"> <li>• Overall, the intention of the information sheet seems to be to educate and support making good food choices to enhance sports performance.</li> <li>• However, an MFC seems to be the sponsor, with an underlying intention of influencing the purchase of the products listed and associating the brand with sports nutrition.</li> </ul> <p><i>Possible impacts:</i></p> <ul style="list-style-type: none"> <li>• If athletes follow the information, they may benefit physically as it guides them to essential nutrients and the energy needed for sport. This may have a positive impact on athletes as they may perform well and set an example for wider New Zealand society of physical well-being, which may reduce health-care related costs.</li> <li>• People may have more confidence in their food choices, knowing their choices are endorsed by Athletics New Zealand and AUT Millennium.</li> <li>• People may feel persuaded to select the specific brands of foods listed. They may feel concerned if they cannot locate those specific brands, if the brands are more expensive than other options, or that they may not get the correct nutrients if they do not purchase them.</li> <li>• The advice is for a specific athlete with specific skills, and this strength-based approach to sports nutrition will not suit all sporting bodies.</li> </ul>

Part	Sample Evidence for Resource B: <i>PURE Sports Nutrition</i>
(b)	<p><b>Answers <i>MUST</i> refer to New Zealand society.</b></p> <p><i>Credibility of the information and source:</i></p> <ul style="list-style-type: none"> <li>• The advertisements are for supplements targeted at sports people. The products (electrolyte capsules and protein sachets) are promoted as ideal for athletes. These advertisements are for products to buy, making this information less credible.</li> <li>• The products are advertised on Instagram, a social media platform, which is a less credible source of information.</li> <li>• The use of the word 'pure' in the brand name suggests the products are all-natural. However, these products are clearly processed, making the use of the word 'pure' a red flag.</li> <li>• There are no verification ticks, and there is a low number of 'likes' (51 and 65 respectively).</li> <li>• Samples of the product are "free", but only in relation to a particular spend, i.e. not really free.</li> </ul> <p><i>Underlying intentions:</i></p> <ul style="list-style-type: none"> <li>• The advertisements and packaging promote products that are suggested as being natural and necessary for sports people to perform well in their sport. The intention is to encourage sports people to purchase this specific product.</li> </ul> <p><i>Possible impacts:</i></p> <ul style="list-style-type: none"> <li>• People serious about their sports may be persuaded to purchase the products, believing them to be necessary for good performance. This may result in increased stress due to spending more money than necessary or being unable to afford or find the products. This increased stress may have a negative impact on individuals or groups and so the well-being of New Zealand society.</li> <li>• People who can afford the products may feel good believing they are consuming products that may enhance their sports performance.</li> <li>• These types of processed products may contain ingredients that are not as nutritious; current nutrition advice is to avoid processed foods and eat 'real' food. It is difficult to know how the supplement, a processed food, supports you.</li> <li>• More protein is not always optimal, i.e. more is not necessarily better.</li> <li>• There is no indication whether it contains iron, a nutrition requirement for women in particular.</li> </ul>

Part	Sample Evidence for Resource C: <i>The protein needs of young athletes</i>
(c)	<p><b>Answers <i>MUST</i> refer to New Zealand society.</b></p> <p><i>Credibility of the information and source:</i></p> <ul style="list-style-type: none"> <li>• A paediatric dietitian who specialises in sports nutrition has written the resource. Dietitians are considered to be a credible source of information.</li> <li>• The references at the bottom of the resource may appear to be very credible sources of information.</li> <li>• All references can be accessed and researched, further supporting the credibility.</li> <li>• This resource is not trying to sell a product or convince people to use specific products, making it more credible.</li> <li>• The information seems well-balanced, for example, offering that protein needs can be met without expensive supplements, and that it is possible to consume too much protein. There is also no attempt to convince people to buy a special or expensive product, further adding to the credibility.</li> <li>• Overall, this is a credible source of information.</li> </ul> <p><i>Underlying intentions:</i></p> <ul style="list-style-type: none"> <li>• This resource seems to be unbiased and is intending to provide people with some balanced information about protein needs relating to sports nutrition and assisting them in making good food choices.</li> </ul> <p><i>Possible impacts:</i></p> <ul style="list-style-type: none"> <li>• People may realise that, unless they are performing at extremely intensive levels, they are unlikely to need or even benefit from protein supplements. This may result in their maintaining a balanced diet and ensuring they get a wider variety of the nutrients needed. This may reduce the risk of negative health impacts, in particular consuming excess energy and putting strain on their kidneys.</li> <li>• People may be more likely to consume a balanced diet, benefitting their health overall. This may reduce the risk of stress related to spending on expensive supplements and may make a healthy, balanced diet more affordable, overall. This may have benefits for the well-being of New Zealand society in terms of reducing diet-related health conditions.</li> </ul>

Parts	Sample Evidence: Most credible resource
(d)	<p><u>Resource A:</u></p> <ul style="list-style-type: none"> <li>• Resource A is potentially a credible source of information, backed by New Zealand Athletics and AUT Millennium, providing largely balanced information.</li> <li>• However, the information needs to be considered critically due to the sponsorship of a specific company and the mention of specific brands of food products. This indicates the intent of influencing people to buy these products and / or the sponsor's products.</li> <li>• Although Resource C is the most credible, Resource A also provides useful information, covering a range of nutrients important for sports nutrition. The information aligns with the four food groups and the New Zealand Eating and Activity Guidelines.</li> </ul> <p><u>Resource B:</u></p> <ul style="list-style-type: none"> <li>• Resource B is the least credible.</li> <li>• It clearly intends to influence the purchase of the products by implying the products may be good because they are 'pure', i.e. natural, and may have specific sports-related benefits. This clear, commercial intention means the information should be considered very critically.</li> <li>• The food products are highly processed, which conflicts with current nutrition advice to eat more 'real' food.</li> <li>• The individual packets are not sustainable.</li> </ul> <p><u>Resource C:</u></p> <ul style="list-style-type: none"> <li>• Resource C is the most credible of source of information.</li> <li>• The use of words such as "most" or "generally" indicates the understanding that athletes are not all the same or similar.</li> <li>• It does not promote the purchase of products and is not endorsed or sponsored by any food manufacturers, i.e. it is an article to educate, not seek profit.</li> <li>• There are clear references to credible sources, allowing for further research to support the information.</li> <li>• It provides very important information regarding protein, the amounts required for young athletes and the reasons it is needed in the diet of a young athlete. It acknowledges that young athletes tend to think they need protein supplements but, in fact, they are likely to obtain adequate protein in their normal diets. It encourages the consumption of protein by eating high-quality protein foods, with examples of suitable foods which follow the New Zealand Eating and Activity Guidelines.</li> <li>• If more New Zealanders applied the information and advice in Resources A and C, there may be an increase in positive health benefits overall, in addition to enhanced sports performance for athletes.</li> <li>• New Zealand consumers who are persuaded to purchase expensive, highly processed protein supplements may find their well-being negatively impacted due to an excess of protein, or possible negative effects of other additives in the processed food supplements.</li> </ul>

### Cut Scores

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