

Assessment Schedule – 2025

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.

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 judgments are based on the level of understanding shown.

Part	Sample evidence
(a)	<p><i>Explain how access to healthy food influences the Wilson family's food choices.</i></p> <ul style="list-style-type: none"> • Sam and Maya go to the <u>local farmers market</u> on a Saturday morning, which enables them to access a range of fresh fruit and vegetables for a cheaper price compared to the supermarket. By selecting seconds, they can purchase larger amounts for a lower price. This ensures they still receive a range of vitamins and minerals. • The family <u>catches the bus to the local supermarket</u> instead of just relying on the local convenience shop. This enables them to buy different food, but they are still budget conscious, so this prevents them from making the most nutritious food choices. • Maya's <u>school has a healthy lunchbox policy</u>. This means that her parents have guidance about what to put in her lunchbox. They select a range of foods that they can get at the local markets. • Hannah can have a <u>meal from her work</u>, but this is not always healthy. This reduces her access to healthy food, as she wants to save money but is aware that there are few vegetables in the food. • Hannah has been buying alternative sources of protein at the supermarket. Having <u>access to a range of foods</u> enables the family to have a wide variety of foods, leading to a healthier diet.
(b)	<p><i>Explain how Sam's unemployment influences the Wilson family's food choices.</i></p> <ul style="list-style-type: none"> • Due to Sam's redundancy, the family have needed to reduce their food costs. This has impacted the <u>type and quality of food</u> being chosen to meet their new level of income. • Sam and Maya can go to the <u>farmers market</u>, which he wasn't able to do when he worked on Saturdays. This enables Sam to support their family with nutritious food options while still working to reduce the family's food costs. • Sam has been giving Maya a nutritious afternoon tea of <u>fresh fruit or sandwiches</u>. This has improved Maya's food choices, as her grandfather had provided her with sweet treats in the afternoons. • Hannah has been bringing <u>leftovers</u> home from work. This has enabled them to spend less at the supermarket, but has led to the family <u>eating less healthily</u>. • <u>Selling their car helps to free up some money</u> for the family. It also prevents ongoing costs with petrol, insurance, warrants, and maintenance. This money can be saved and used for alternative transportation and other household costs.
(c)	<p><i>Explain how food choices affect the four dimensions of well-being of the members of the Wilson family from BOTH a positive and a negative perspective.</i></p> <p>Social / taha whānau</p> <ul style="list-style-type: none"> • Sam can spend more time with Maya now that he is not working. This will improve their well-being, as they are able to spend time together going out to places like the markets to choose fresh foods. • Maya is missing the relationship and connection to her grandfather as well as the sweet treats he was providing. This will have a negative impact on her well-being, as she will not be able to spend as much quality time with him. • Sam is getting to know the local fruit suppliers at the farmers market. This new relationship is enabling them to access healthy food at a lower price, which will positively influence their well-being. <p>Physical / taha tinana</p> <ul style="list-style-type: none"> • Even with their reduced income, the family choose to buy fresh produce. This positively impacts their well-being, as they are continuing to access a range of vitamins and minerals to keep themselves healthy. • Maya eating healthy lunches will improve her well-being, as they will be nutritious and contain a good range of fruit and vegetables. This will ensure that even if her evening meals are not as nutritious, she is eating a balanced diet at school. • With the increase in takeaway foods from Hannah's work, they may be consuming foods with higher salt, fat, and sugar content. Over time this may negatively influence the well-being of the family, as it could lead to weight gain and other health issues. <p>Spiritual / taha wairua</p> <ul style="list-style-type: none"> • Sam not working and having to reduce the family's food costs would have a negative impact on his spiritual well-being as it is harder to support the family's values of eating well.

	<ul style="list-style-type: none"> • Sam and Maya have been enjoying the walk to the farmer’s market. This may positively influence their spiritual well-being, as they are able to spend time together buying food that they value as a family. • Hannah is worried about the variety of food they are consuming as she is bringing leftovers home from work. This could have a negative impact on her spiritual well-being, as she may feel that she is letting her family down by choosing less nutritious food options. <p>Mental and emotional / taha hinengaro</p> <ul style="list-style-type: none"> • Having a nutritious meal at school could enhance Maya’s mental and emotional well-being, as she would be able to enjoy the food with her friends. Nutritious food will help her with concentration and learning at school. • Hannah and Sam will be worried by the loss of income and redundancy, which could lead to them making poor food choices and prioritising Maya over themselves. • Hannah may feel good that she is able to bring home free food from work. This would positively impact her mental health, as she would know that she was saving money and providing the family with a meal.
(d)	<p><i>Explain how the determinants of health (access to healthy food, unemployment, candidate’s chosen determinant) interconnect to enhance and restrict the Wilson family’s food choices and well-being.</i></p> <p><i>Access to healthy food / unemployment</i></p> <ul style="list-style-type: none"> • Sam’s unemployment means that the family has less income. This impacts their ability to access food, as their choices have changed to reduce costs. This is having a negative impact on their food choices, as they are having to make sacrifices on food quality such as getting cheaper cuts of meat. Over time, this would increase their intake of saturated fats and sodium, which can lead to heart disease, high blood pressure, and obesity. • Having Sam at home due to his unemployment does mean they are able to access new food purchasing locations, such as the farmers markets, which they were not previously able to access due to his work hours. This increased access enables the family to still buy fresh produce, ensuring they are supporting their physical well-being as they consume vitamins and minerals in their diet. • Maya now has access to more nutritious food, as Sam is providing a healthy afternoon tea for her now that he is home. She is consuming more fruit, which will positively impact her well-being. This is also having negative impacts on her mental and emotional well-being as she enjoyed time with her grandfather and the food he provided when Hannah and Sam were both working. • Hannah is bringing more food home from work, which is enabling the family to spend more money accessing nutritious food such as the fresh produce purchased at the markets. Although the food from work does not contain a lot of vegetables, if the family budgeted well with the additional money, they could use the extra money to increase the nutritional value of these meals. • Maya still has access to nutritious meals at school even with the change in Sam’s employment status. This access to healthy food can improve her well-being, as she is able to eat with her friends (social well-being) and grow her knowledge, understanding, and values about healthy eating (spiritual). <p><i>Other responses could include:</i></p> <p><i>Social gradient</i></p> <ul style="list-style-type: none"> • The family’s change in social gradient • Reduced money to meet food costs • Choices are limited when lower on the social gradient <p><i>Social support</i></p> <ul style="list-style-type: none"> • Sam is at home more • Less support from Sam’s dad • More support from Hannah’s work • Maya’s friends from school <p><i>Access to transport</i></p> <ul style="list-style-type: none"> • The family do not have a car • Catching the bus to the supermarket • Limits on what can be purchased due to use of public transport

(e)	<p><i>Explain, using examples and your own knowledge, how determinants of health and food choices made by families like the Wilsons can have an impact on New Zealand society.</i></p> <ul style="list-style-type: none"> • High-fat and high-sodium options are often the cheapest in meat / processed meat products (which the family have now been choosing) but lead to obesity and increased healthcare costs. • Healthy lunchbox policies in schools support the achievement of all students, as they are taught about making good food choices. This means students have an opportunity to learn about and eat good quality food, supporting the well-being of New Zealand society. • Like Hannah, working in hospitality and consuming meals at work makes it easy to over-consume nutrient-poor foods leading to poor societal outcomes. • Accessing local fresh produce at markets increases the fruit and vegetable intakes of people, especially in central city locations where it is difficult to grow your own fruit and vegetables. With this increased access, more people may buy seasonal fresh fruit and vegetables overall, increasing the health of New Zealanders. • Selling the car helps to free up some money for the family. It also prevents ongoing costs with petrol, insurance, warrants, and maintenance. This money can be saved and be used for alternative transportation and other household costs, like food purchases. Fewer cars on the road is better for the environment. • Sam’s redundancy could affect his mental well-being if he is unable to find another job. If he meets the criteria to access government welfare entitlements, this will add to the cost to society. Alternatively, it could be an opportunity for him to re-train with new skills, which will help him to feel fulfilled and be positive for his spiritual well-being. • Unemployment may also mean the family need to move to cheaper accommodation if they are unable to afford their city apartment, this would have flow-on effects for Hannah who may then be further away from her job.
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Cut Scores

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