

Assessment Schedule – 2016

Health: Demonstrate understanding of influences on adolescent eating patterns to make health-enhancing recommendations (90972)

Assessment Criteria

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate <i>understanding</i> means to:	Demonstrate <i>in-depth understanding</i> means to:	Demonstrate <i>comprehensive understanding</i> means to:
<ul style="list-style-type: none"> describe influences on adolescent eating patterns and the impact of these on well-being describe health-enhancing recommendations related to a specific situation. 	<ul style="list-style-type: none"> explain the influences on adolescent eating patterns and the impact of these on well-being explain health-enhancing recommendations for a specific situation. <p>An in-depth understanding requires explanations to be justified with reasons.</p>	<ul style="list-style-type: none"> explain with insight the influences on adolescent eating patterns and the impact of these on well-being. <p>Insightful explanations consider the connections between the influences, or between the impacts.</p> <p>A comprehensive understanding requires explanations of critical health-enhancing recommendations for a specific situation. Critical recommendations are those clearly related to the influences.</p>

Evidence

A3	A4	M5	M6	E7	E8
The responses generally meet the requirements for Achievement, but the answers may be inconsistent across the criteria.	The responses meet the requirements for Achievement, including descriptions of influences, impacts, and recommendations.	The responses generally meet the requirements for Merit, but some aspects of the answers may be inconsistent across the criteria.	The responses meet the requirements for Merit, including in-depth explanations of influences, impacts, and recommendations.	The responses generally meet the requirements for Excellence, but one aspect of the answers may be inconsistent across the criteria.	The responses meet the requirements for Excellence, including comprehensive understanding and insightful explanations of influences, and critical recommendations, clearly related to the influences.
See Appendix for sample evidence.					

N0 = No response; no relevant evidence.

N1 = Sparse information. Some answers not attempted.

N2 = Some relevant material, but insufficient evidence to meet requirements for Achievement.

Appendix – Sample answers

Question	Possible evidence (not limited to these examples)
(a)	<p>Explains ONE personal influence on Sam's current eating patterns and food choices, and the impact this influence has on his physical and spiritual well-being, e.g.:</p> <ul style="list-style-type: none"> • Personal: <ul style="list-style-type: none"> - <i>Sam likes takeaways and therefore chooses them instead of cooking his own food at home.</i> - <i>Sam's nutritional knowledge is limited, meaning that he does not know what he should be eating to fuel his body for school and soccer practices.</i> - <i>Sam is lazy, and would rather get takeaways than cook at home, therefore affecting his nutrition.</i> • The impact this influence has on Sam's physical and spiritual well-being: <ul style="list-style-type: none"> - <i>Fast food chains often have products containing too much sugar, salt, and fat. Too much sugar results in a quick energy boost, later followed by a sugar low, therefore not giving Sam sustainable energy for school and games.</i> - <i>Sam's goal of getting into the rep team may not be achieved if he continues to fuel his body with fast food. As a result of not making the team, he may develop low self-worth.</i>
(b)	<p>(i) Recommends a personal strategy that Sam could use to achieve the overall goal of having more energy for soccer, and to increasing his nutritional knowledge, e.g.:</p> <ul style="list-style-type: none"> • Personal strategy: <ul style="list-style-type: none"> - <i>Sam could use the Internet to research healthy food options.</i> - <i>Sam could take the time to speak to the Health teacher at school about healthy food options for both at home and at school.</i> - <i>Sam could go to the library to check out and read a book about nutrition.</i> - <i>Sam could consistently follow a healthy food plan found online.</i> - <i>Sam could take the time to see a nutritionist, who could help Sam with understanding more about nutrition.</i> <p>(ii) How the personal strategy could improve Sam's physical and spiritual well-being, as well as address the personal influence explained in (a), e.g.:</p> <ul style="list-style-type: none"> • <i>If Sam uses the Internet to research healthy food options online, he would gain a deeper understanding of nutrition, and therefore enhance his physical and spiritual well-being. Applying this new-found knowledge would help Sam to gain more energy from food because he will know what foods are good to eat before a match to allow him to play at the best of his ability. This knowledge would also help Sam in achieving his overall goal of getting in the rep team. If Sam gets closer to his goal, his self-worth will improve because he will be playing better, and he will feel proud of his ability to set a goal and work hard to achieve it.</i>

(c)	<p><u>Explains ONE interpersonal influence Sam's current eating patterns and food choices, and the impact this influence has on his mental and emotional, and social well-being, e.g.:</u></p> <ul style="list-style-type: none"> • Interpersonal: <ul style="list-style-type: none"> - <i>Poor eating habits learnt from his family and friends have rubbed off on Sam.</i> - <i>Sam's parents work late and leave money out for Sam to buy his dinner from local takeaway shops.</i> - <i>Sam's friends like to hang out at local takeaway shops. This influences Sam to also hang out at these shops, and consequently eat the foods available.</i> - <i>Sam and Casey have a routine of eating takeaways before Sam's Sunday soccer game.</i> • The impact this influence has on Sam's mental and emotional, and social well-being: <ul style="list-style-type: none"> - <i>Sam's parents work late and leave money out for him to buy takeaways for dinner. The impact of this influence means that there might be a disconnection between Sam and his parents. A family dinner is often a time when families form close bonds and communicate with one another. If Sam is missing out on this social connection with his parents, he may feel neglected.</i> - <i>Sam and Casey's routine of eating takeaways before his Sunday soccer game may have a negative impact on Sam. He may get moody and irritable with Casey or his teammates on the field, due to a lack of nutrition, saying things he may later regret.</i>
(d)	<p>(i) Recommends an interpersonal strategy that Sam's family could carry out to make better food choices as a family, e.g.:</p> <ul style="list-style-type: none"> • Interpersonal strategy: <ul style="list-style-type: none"> - <i>On Sunday nights, Sam and his family could cook some extra portions of their healthy dinner to freeze, so that the family can reheat and eat them later on in the week.</i> - <i>Sam, along with his whole family, could make sure someone is responsible for visiting the supermarket each weekend to buy nutritious dinner foods for the week.</i> - <i>Sam could pass on the knowledge he learnt from his Health teacher to his family to make sure they are all well-informed on what is considered a healthy evening meal.</i> - <i>Sam and his friends could make a conscious effort to eat at takeaway shops that offer healthier options.</i> <p>(ii) How the interpersonal strategy addresses the interpersonal influence explained in (c), and improves Sam's mental and emotional, and social well-being, e.g.:</p> <ul style="list-style-type: none"> • <i>If Sam and his family make the effort to cook extra portions of healthy food on the weekend, to freeze and reheat later on in the week, the family's social and mental and emotional well-being will be enhanced. Because of this action, Sam and his family would feel closer to one another because they are making a conscious effort to cook together on the weekend in order to eat better throughout the week. This would therefore enhance the communication of the family. Consequently, the whole family would also end the day better and would have more energy to concentrate at school / soccer / work. As a result, Sam would feel better about his chances of getting in the rep team, as he will have more energy.</i>

(e)	<p>Explains ONE societal influence Sam's current eating patterns and food choices, and the impact this influence has on the community's well-being, e.g.:</p> <ul style="list-style-type: none"> • Societal: <ul style="list-style-type: none"> - <i>The cheap prices of the takeaway chains are very appealing to Sam, meaning he can get value for money.</i> - <i>The neighbourhood in which Sam lives has a lot of takeaway shops, meaning he can easily access these places for dinner when his parents are not at home.</i> • The impact this influence has on the community's well-being: <ul style="list-style-type: none"> - <i>As a result of having a high number of takeaway shops within Sam's neighbourhood, the community's well-being is impacted. Takeaway food is generally unhealthy. If the community choose to regularly eat at these shops, their health will be impacted because they will be consuming lots of food high in fat, salt, and sugar, resulting in diseases such as obesity, diabetes, and heart disease. When people eat takeaways regularly, they are not getting the sufficient nutrients they need to eat a balanced diet, resulting in low energy levels and feeling tired all the time, which can mean a lack of work output and low grades at school. As a result, this may cause arguments with friends and family, and students may develop low self-worth, as they are unable to achieve their set goals.</i>
(f)	<p>(i) Recommends a societal strategy that the government could use to encourage the community to choose healthier food options, e.g.:</p> <ul style="list-style-type: none"> • Societal strategy: <ul style="list-style-type: none"> - <i>A government strategy could be implemented where high school students receive a discount off designated healthy food options at fast food chains.</i> - <i>A government strategy could be implemented to ensure fast food outlets offer affordable healthy options on their menus.</i> - <i>The government could create a traffic light labelling system to inform the public of which foods are healthy, and which are not.</i> <p>(ii) How the societal strategy addresses the societal influence explained in (e), and improves the community's overall well-being.</p> <p>Considers the connections between the dimensions of well-being, e.g.:</p> <ul style="list-style-type: none"> • <i>If the government created a traffic light labelling system to inform the public of which foods are healthy and which are not, this would encourage young people to eat healthier food, which in turn would provide them with sufficient energy and nutrition levels for each day. As a result of eating healthier food, the community would function at higher levels at work, home, and in the classroom. This may lead to them feeling better about themselves, and having higher concentration levels at school and at work because of choosing healthier options. Parents and children can use this system as a discussion point when they are making decisions around what to eat for dinner. This will form closer bonds between family members, enhancing their social connections. The community would be better informed about what a nutritious diet is because they can clearly identify if a food is healthy, simply by applying the traffic light labelling system. This would also reduce the temptation for the community to buy unhealthy food from takeaway shops, therefore changing beliefs around what foods are classed as healthy and unhealthy.</i>

Cut Scores

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