Assessment Schedule - 2021

Home Economics: Demonstrate understanding of how packaging information influences an individual's food choices and well-being (90961)

Assessment Criteria

Achievement	Achievement with Merit	Achievement with Excellence
 Demonstrate understanding involves: identifying information on food packaging describing influences of food packaging on food choices describing influences of food packaging on well-being. 	Demonstrate in-depth understanding involves: explaining how food packaging influences an individual's food choices explaining how food choices affect well-being.	Demonstrate comprehensive understanding involves: recommending food choices based on packaging making reasoned arguments for why food choices and food packaging affect an individual's well-being.

N1	N2	А3	A4	M5	M6	E7	E8
Identifies some nutritional information on food packaging	Identifies nutritional information on food packaging	Identifies and describes nutritional information on food packaging.	Identifies and describes nutritional information on food packaging.	Explains how food packaging influences food choices.	Explains how food packaging influences food choices.	Explains, in detail , why food packaging influences food choices.	Explains, in detail , why food packaging influences food choices.
		Links food packaging to food choices and well-being, including some examples from the context.	Links food packaging to food choices and well-being, including detailed examples from the context.	Explains the influence of food packaging and food choices on well-being.	Explains the influence of food packaging and food choices on well-being.	Uses food packaging and an applied context to recommend food choices. Response is justified.	Uses food packaging and an applied context to recommend food choices. Provides a well-reasoned justification for the recommendation.
				Shows limited understanding of Food and Nutrition Guidelines.	Shows understanding of Food and Nutrition Guidelines.	Shows understanding of a range of Food and Nutrition Guidelines.	Shows sound in-depth understanding of a range Food and Nutrition Guidelines.

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

Part	Sample evidence	Achievement	Achievement with Merit	Achievement with Excellence
(a)	Promotional or nutritional features	Describes a	Explains how	Explains, in
(i)	 Milo Xtra: A. By buying UTZ Certified cocoa, Nestle supports sustainable cocoa farming. It stands for better opportunities for farmers, their families, and our planet. OR B. Information about protein (12g) could be persuasive, as it helps to build and repair 	promotional / nutritional feature.	TWO features could influence the twin's food choices.	detail, how THREE features could influence the twin's food choices.
(")	muscle for growth during adolescence. It also repairs muscle growth after training.			
(ii)	Sustagen Sport: A. Information about protein, 17 vitamins and minerals, low fat, and low GI are all elements of a healthy diet for athletes and adolescent growth. OR			
	B. Glycaemic Index certified as low GI provides an indication of how quickly or slowly the blood sugar levels are raised after consumption. Slow digestion and absorption results in a smaller rise in blood sugar levels, so low GI should be the preferred choice.			
(iii)	Nesquik (chocolate):			
	A. Information about nutritional values (energy, fat, saturated fat, sugar, sodium, as well as the daily intake %) could sway customers to purchase product, as the information appears to be extensive, and therefore perceived as a healthy choice. OR			
	B. The label indicating No Artificial Colours or Flavours gives the perception that this product contains only natural ingredients.			
(b) (i)	 Because Emma has a soy allergy, she should avoid products that contain soy. Sustagen Sport is the best choice, as the packaging indicates that there are no traces of soy. Milo Xtra is less suitable, as the packaging indicates that the product may contain soy. Nesquik definitely contains soy, so Emma should avoid this product. Emma's physical well-being depends on not having an allergic reaction to products that 	Describes the features of a suitable breakfast drink.	Explains how one of the breakfast drinks is suitable for Emma, and includes how her well-being is improved.	Justifies why the chosen breakfast drink is the MOST suitable for Emma compared to the other choices.
(b) (ii)	may contain soy. The twins may have selected A2 milk for Emma since it is free of natural A1 protein and additives. A2 milk contains beta-casein, which is easier to digest and absorb.			

Part	Sample evidence	Achievement	Achievement with Merit	Achievement with Excellence
(c)	Sustagen Sport or Milo Xtra are better choices than Nesquik due to the following information based on serving size.	Describes the nutritional information of a suitable breakfast	Explains how one of the breakfast drinks is more suitable for the twins.	Justifies why Milo Xtra AND Sustagen Sport are better choices than Nesquik including consideration of nutritional information.
	Milo (as compared with Nesquik):			
	• energy is higher (400kJ vs 190 kJ)	drink.		
	• protein is higher (5.1g vs 0.5g)			
	• saturated fat content is higher (1.5g vs 0.2g)			well-being, and Food
	• sugar is higher (9.8g vs 8.8g)			and Nutrition
	• calcium is higher (170mg vs <5mg).			Guidelines.
	OR			
	Sustagen (as compared with Nesquik):			
	• energy is higher (870kJ vs 190 kJ)	gy is higher (870kJ vs 190 kJ)		
	• protein is higher (15g vs 0.5g)			
	• saturated fat content is the same (0.2g)			
	• sugar is higher (34.8g vs 8.8g)			
	• calcium is higher (600mg vs >5mg).			
	Candidates should include an explanation, demonstrating understanding of:			
	 kilojoule (kJ) intake, and how kJ intake accounts for the amount of energy the powdered drink will provide 			
	calcium intake, and contribution to healthy bone development			
	sugar intake, and the immediate energy it provides			
	sugar intake, and the risk of dental cavities / obesity			
	protein function for muscle repair and maintenance			
	salt / sodium function to maintain electrolyte balance.			

Part	Sample evidence	Achievement	Achievement with Merit	Achievement with Excellence
(d) (i)	Foods selected to increase the nutritive value of the smoothie may include: Fruit (berries, deciduous, stone, tropical, citrus or melons, fresh or frozen) avoid canned due to additional sugar content: provides vitamins such as vitamin C. Leafy green vegetables (kale, silverbeet, spinach, celery, broccoli etc.): provides fibre and key minerals. Cereal (oats, wheetbix): to provide more fibre and bulk. Nuts / nut butter (almonds, peanut butter): increases protein and provides bulk. Yoghurt (plain / Greek yoghurt only): increases protein, while maintaining low sugar, increase in calcium. By adding two of the above foods, the smoothie can be modified for people with a range of allergies. It will be easy to digest and make the drink nutritionally balanced.	Describes the function of ONE food that could be added to the smoothie.	Explains how TWO added foods make the smoothie nutritious / balanced, based on nutritional information from food packaging.	Explains why TWO added foods are: • the best choices for the individuals drinking it. • the most appropriate to balance out the milk / breakfast powder.
(ii)	 The smoothie can benefit the twins by following Food and Nutrition Guidelines: 5-plus a day reduce fat, salt and sugar intake increase fibre intake eat enough for growth and physical activity prepare meals that are low in fat, salt and sugar drink plenty each day. Mental and emotional well-being could be improved overall by a quick and easy meal. This reduces time spent stressing over meal prep and / or diet restrictions. Social well-being could be improved by the twins preparing their meal together. Spiritual well-being will be improved by the values that the twins have attached to a healthy lifestyle of exercise and a balanced diet. Physical well-being will come from the nutritious breakfast that is being consumed. 	Describes parts of the smoothie and links the ingredients to an aspect of well-being.	Explains how the twins' choice of smoothie can improve their well-being, with reference to Food and Nutrition Guidelines	Discusses how the Twins' choice of smoothie (milk, breakfast powder, and added foods) can improve their well-being. The discussion is well-justified in its rational, and sound understanding of the Food and Nutrition Guidelines.