

Assessment Schedule – 2020**Health: Demonstrate understanding of influences on adolescent eating patterns to make health-enhancing recommendations (90972)****Assessment Criteria**

Achievement	Achievement with Merit	Achievement with Excellence
<p>Demonstrate <i>understanding</i> means to:</p> <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. 	<p>Demonstrate <i>in-depth understanding</i> means to:</p> <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, justifying the recommendations with reasons. 	<p>Demonstrate <i>comprehensive understanding</i> means to:</p> <ul style="list-style-type: none"> explain with insight the influences on adolescent eating patterns and the impact of these on well-being, considering the connections between the influences or between impacts make critical health-enhancing recommendations for a specific situation (critical recommendations are those that clearly relate to the influences).

Cut Scores

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

Sample evidence

What follows is not a complete list of all acceptable responses, nor is it an indication of the exact wording required.

The overall grade for the question must be judged in reference to the Evidence statements above.

Question Part	Sample Evidence	Achievement	Achievement with Merit	Achievement with Excellence
(a) (i) <i>Influences of documentaries such as The Game Changers on eating patterns.</i>	Positive influences could include getting people to change their eating habits so that they are eating healthier. Negative influences could include misleading information.	Describes a positive and negative influence of documentaries on teenage eating patterns.	Explains, in detail, a positive and negative influence of documentaries on teenage eating patterns.	
(ii) <i>A personal and interpersonal influence on Paul and Ana's eating patterns.</i>	Personal influences could include Ana's beliefs about animal cruelty. Interpersonal influences could include Paul wanting to change his diet as his sister is doing the same thing.	Describes a personal and interpersonal influence on Paul and Ana's eating patterns.	Explains, in detail, a personal and interpersonal influence on Paul and Ana's eating patterns.	
(b) <i>Impact of a vegan diet on teenage overall well-being (including connections between dimensions of well-being).</i>	Answers could include: <ul style="list-style-type: none"> • Possible nutrient deficiencies • Difficulty dining out with others which can cause social isolation • Teenagers feel good about themselves for sticking to their beliefs • Reduced risk of heart disease and obesity. 	Describes how a vegan diet might impact well-being.	Explains, in detail, how a vegan diet might impact different dimensions of a teenager's well-being.	Provides insightful explanations about how a vegan diet might impact teenagers' overall well-being and interconnects the dimensions of well-being.
(c) <i>Health-enhancing action to support Paul or Ana's new diet.</i>	Possible action: Paul and Ana can research healthy vegan meals. Gains in well-being: They feel good about themselves and their self-worth for sticking to their beliefs. Ana can research meals that focus on calcium and iron-rich sources to replace those nutrients lost from not eating meat.	Recommends a health-enhancing action that either Paul or Ana could take to ensure they support their new diet and describes how it is health-enhancing	Recommends a health-enhancing action that either Paul or Ana could take to ensure they support their new diet and explains how it is health-enhancing.	Recommends a health-enhancing action that either Paul or Ana could take to ensure they support their new diet and explains how the action enhances well-being.

Question Part	Sample Evidence	Achievement	Achievement with Merit	Achievement with Excellence
(d) <i>Health-enhancing action taken by parents / friends to support Ana / Paul's new diet.</i>	<p>Possible action: The family can plan family meals that cater for everyone in one sitting.</p> <p>Gains in well-being: Socially, they can all share the same meal and add meat to it for those who want it. They will be able to connect more as a family around the dinner table and take the stress off the twins' mother who has been cooking two separate meals.</p>	Recommends a health-enhancing action that the twins' parents or friends could take to ensure they support their new diet and describes how the action enhances well-being.	Recommends a health-enhancing action that the twins' parents or friends could take to ensure they support their new diet and explains how the action enhances well-being.	Recommends a health-enhancing action that the twins' parents or friends could take to ensure they support their new diet and explains how the action enhances well-being. Justifies the recommendation with insightful evidence and includes connections between the influences or impacts of well-being.
(e) <i>Justifies how one of the class's proposed actions is health-enhancing / will enhance overall well-being.</i>	Example answer: I believe that action 3 would be the most health-enhancing as they will receive information on how and why it's important to eat healthy. This method will promote good role modelling, having older students teaching younger ones. It will provide practical tips students can implement in their own lives hoping to change habits and promote overall well-being.	Describes how an action is the most health-enhancing for student well-being	Explains how the selected action is the most health-enhancing option for student well-being.	Explains with insight, how the selected action is the most health-enhancing option for student well-being and includes connections between the influences or impacts of well-being.

N1	N2	A3	A4	M5	M6	E7	E8
Sparse information. Some answers not attempted.	Some relevant material, but insufficient evidence to meet requirements for Achievement level.	The responses generally meet the requirements for Achievement, but the answers may be inconsistent across the criteria.	The responses meet the requirements for Achievement, demonstrating understanding of influences and / or impacts on well-being, as well as making health-enhancing recommendations.	The responses generally meet the requirements for Merit, but the answers may be inconsistent across the criteria.	The responses meet the requirements for Merit, including in-depth explanations of influences and / or impacts on well-being, as well as making health-enhancing recommendations.	The responses generally meet the requirements for Excellence, but the answers may be inconsistent across the criteria.	The responses meet the requirements for Excellence, providing insightful explanations of influences and / or impacts on well-being, as well as making critical health-enhancing recommendations.
N0 = No response; no relevant evidence.							