

## Assessment Schedule – 2022

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

#### Cut Scores

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

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.							

### 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.

Part	Sample Evidence	Achievement	Achievement with Merit	Achievement with Excellence
(a) (i)	<p><i>Personal influences</i></p> <ul style="list-style-type: none"> <li>Selena likes the taste of Asian food, and that is what she is used to.</li> <li>Selena feels like she is keeping her cultural links through Asian food.</li> <li>Selena feels like she needs to fit in with her friends.</li> <li>Selena feels uncomfortable eating Korean food around her friends.</li> <li>Selena has good knowledge of healthy eating.</li> </ul>	Describes a personal influence on Selena's current eating patterns and food choices.	Explains, in detail, a personal influence on Selena's current eating patterns and food choices.	
(ii)	<p><i>Selena's food choices are likely to impact her <b>mental / emotional</b> well-being through:</i></p> <ul style="list-style-type: none"> <li>how energised she feels</li> <li>her health</li> <li>her attention span (how she focuses on tasks)</li> <li>feeling out of place socially</li> <li>feeling different, or like she needs to fit in.</li> </ul> <p><i>Selena's food choices are likely to impact her <b>spiritual</b> well-being through:</i></p> <ul style="list-style-type: none"> <li>feeling connected to her culture through food</li> <li>staying true to her values of being Korean</li> <li>feeling like eating Western food goes against her values</li> <li>sticking to her healthy eating goal.</li> </ul>	Describes impacts on her mental / emotional and spiritual well-being.	Explains, in detail, how food choices impact on her mental / emotional and spiritual well-being.	<p>Provides:</p> <ul style="list-style-type: none"> <li>insightful explanations about how her food choices might impact her mental / emotional and spiritual well-being</li> <li>connections between the dimensions of well-being.</li> </ul>

(iii)	<p><i>Possible actions may include:</i></p> <ul style="list-style-type: none"> <li>• being assertive around her friends, standing up for her choices</li> <li>• researching healthy food options that Selena could eat when out with friends</li> <li>• using a food diary to monitor her goal.</li> </ul> <p><i>Gains in mental / emotional well-being may include:</i></p> <ul style="list-style-type: none"> <li>• feeling good about sticking to her values</li> <li>• empowered with new-found knowledge that she has gained</li> <li>• feeling focused</li> <li>• feeling confident in herself.</li> </ul> <p><i>Gains in spiritual well-being may include:</i></p> <ul style="list-style-type: none"> <li>• feeling good about being connected to culture</li> <li>• feeling able to continue valuing healthy Korean food</li> <li>• achieving her goal to have lots of energy to perform well.</li> </ul>	Describes an action Selena could take that is health-enhancing.	Recommends a health-enhancing action that Selena could take. Explains how the action is health-enhancing.	Recommends a health-enhancing action that Selena could take. Explains, with insight, how the action is health-enhancing. Justifies why the action is beneficial to addressing a personal influence.
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Part	Sample Evidence	Achievement	Achievement with Merit	Achievement with Excellence
(b) (i)	<p><i>Interpersonal influences</i></p> <ul style="list-style-type: none"> <li>Selena feels peer-pressured to eat what her friends eat in fear that she will get hassled.</li> <li>Selena feels pressured to fit in with peers.</li> <li>Selena's mum prepares food she likes.</li> <li>Eating food is a social occasion and a way to meet new friends on the weekend.</li> <li>Some of Selena's friends don't bring lunch from home and buy from the shops.</li> </ul>	Describes an interpersonal influence on Selena's current eating patterns and food choices.	Explains, in detail, an interpersonal influence on Selena's current eating patterns and food choices.	
(ii)	<p><i>Impact of Selena and her friends' food choices on physical well-being may include:</i></p> <ul style="list-style-type: none"> <li>unhealthy food choices, resulting in lack of energy, high sugar, fat, and salt intake.</li> <li>healthy food choices, resulting in increased attention span, energy, and stronger immune system (protection / prevention against diseases).</li> </ul> <p><i>Impact of Selena's and her friends' food choices on social well-being may include:</i></p> <ul style="list-style-type: none"> <li>feeling like she fits in with her friends</li> <li>feeling accepted due to having similar diets</li> <li>feeling awkward when teased by friends, due to her food choices.</li> </ul>	Describes impacts on physical and social well-being.	Explains, in detail, how food choices impact on physical and social well-being.	<p>Provides:</p> <ul style="list-style-type: none"> <li>insightful explanations about how her food choices might impact physical and social well-being.</li> <li>connections between the dimensions of well-being.</li> </ul>
(iii)	<p><i>Gains in physical well-being may include:</i></p> <ul style="list-style-type: none"> <li>having more energy</li> <li>being more focussed</li> <li>health benefits gained from improved health.</li> </ul> <p><i>Gains in social well-being may include:</i></p> <ul style="list-style-type: none"> <li>bonding over new-found knowledge around healthy food</li> <li>exposure to new foods.</li> </ul>	Describes an action Selena's family / friends could take that would be health-enhancing.	<p>Recommends a health-enhancing action that Selena's family / friends could take.</p> <p>Explains how the action would be health-enhancing.</p>	<p>Recommends a health-enhancing action that Selena's family / friends could take.</p> <p>Explains with insight how the action would be health enhancing, AND justifies why it would be beneficial to addressing an interpersonal issue.</p>

Part	Sample Evidence	Achievement	Achievement with Merit	Achievement with Excellence
(c) (i)	<p><i>Societal influences on community may include:</i></p> <ul style="list-style-type: none"> <li>lots of Asian restaurants, cafes, and supermarkets in the local community, so people are more exposed to a range of cuisine.</li> <li>dairy / shops near the school have limited healthy options, which influences an unhealthy culture at the nearby school.</li> </ul>	Describes a societal influence for the local community.	Explains, in detail, a societal influence for the local community.	
(ii)	<p><i>Actions student leaders could take may include:</i></p> <ul style="list-style-type: none"> <li>talking to the dairy / shops about a healthier menu / food options for students</li> <li>sharing posters with food information on</li> <li>education about healthy foods in assembly</li> <li>international food day at school.</li> </ul> <p><i>Overall well-being may be improved through:</i></p> <ul style="list-style-type: none"> <li>Physical – limits potential for obesity, increases energy, improves skin appearance and digestion, healthier bodies.</li> <li>Mental and emotional – improves concentration and mood, improved knowledge around healthy food choices.</li> <li>Social – More energy to socialise with friends, opportunity to explore new foods with friends, bonding experience.</li> <li>Spiritual – achieve goals (school and personal health goals), keep connected with culture, diversity in cuisines exposed to provide knowledge and appreciation of other cultures.</li> </ul>	Describes an action that the student leaders could take that would be health-enhancing.	<p>Recommends a health-enhancing action that the student leaders could take.</p> <p>Explains how the action would be health-enhancing.</p>	<p>Recommends a health-enhancing action that the student leaders could take.</p> <p>Explains, with insight, how the action would be health-enhancing, AND justifies why the action is beneficial to addressing a societal influence.</p>