

## Assessment Schedule – 2023

### 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
<p><i>Demonstrate <b>understanding</b></i> involves:</p> <ul style="list-style-type: none"> <li>identifying information on food packaging</li> <li>describing influences of food packaging on food choices</li> <li>describing influences of food packaging on well-being.</li> </ul>	<p><i>Demonstrate <b>in-depth understanding</b></i> involves:</p> <ul style="list-style-type: none"> <li>explaining how food packaging influences an individual's food choices</li> <li>explaining how food choices affect well-being.</li> </ul>	<p><i>Demonstrate <b>comprehensive understanding</b></i> involves:</p> <ul style="list-style-type: none"> <li>recommending food choices based on packaging</li> <li>making reasoned arguments for why food choices and food packaging affect an individual's well-being.</li> </ul>

N1	N2	A3	A4	M5	M6	E7	E8
Identifies <b>some</b> nutritional information on food packaging.	Identifies nutritional information on food packaging.	Identifies and describes nutritional information on food packaging. AND Links food packaging to food choices <b>and</b> well-being, including <b>some</b> examples from the context.	Identifies and describes nutritional information on food packaging. AND Links food packaging to food choices <b>and</b> well-being, including <b>detailed</b> examples from the context.	Explains how food packaging influences food choices.  Explains the influence of food packaging <b>and</b> food choices on well-being.  May show <b>limited</b> understanding of <i>Food and Nutrition Guidelines</i> .	Explains how food packaging influences food choices.  Explains the influence of food packaging <b>and</b> food choices on well-being.  Shows understanding of <i>Food and Nutrition Guidelines</i> .	Explains, <b>in detail</b> , why food packaging influences food choices.  Uses food packaging and an applied context to recommend food choices. <b>Response is justified</b> .  Shows understanding of <b>a range</b> of <i>Food and Nutrition Guidelines</i> .	Explains, <b>in detail</b> , why food packaging influences food choices.  Uses food packaging and an applied context to recommend food choices. Provides a <b>well-reasoned justification</b> for the recommendation.  Shows <b>sound, in-depth</b> understanding of a range of <i>Food and Nutrition Guidelines</i> .

**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)	Choose ONE promotional or nutritional feature for EACH of the three breakfast cereals in <b>Resources A, B, and C</b> . Justify how each chosen feature could influence Lani's choice of cereal.	<b>Describes</b> the promotional / nutritional feature from the packaging of any ONE product.	<b>Explains</b> how the promotional / nutritional features from the packaging of any TWO products could influence Lani's food choices.	<b>Justifies</b> (with comprehensive reasons) how / why the promotional / nutritional features from the packaging of at least TWO products could influence Lani's food choices.
(i)	<p><b>Hubbards Light &amp; Right</b></p> <p>A: Made in Aotearoa:</p> <ul style="list-style-type: none"> <li>• Supports a New Zealand-made product, reducing food miles and, therefore, the family's carbon footprint. With climate change, Lani is aware of the need to buy local, or New Zealand-made products if possible.</li> <li>• Supports New Zealand businesses and the economy.</li> <li>• Being a New Zealand-made cereal may mean more familiarity with and confidence in the ingredients. New Zealand products have a reputation for being 'clean', hygienic, and nutritious.</li> </ul> <p>OR</p> <p>B: A good source of fibre and source of iron:</p> <ul style="list-style-type: none"> <li>• Includes elements of a healthy diet for the family. A source of iron is always beneficial for a diet without meat. Iron helps to carry oxygen around the blood and helps prevent tiredness and anaemia (non-haem iron not as readily available for the body to use as haem iron). The family will feel fuller for longer while surfing. It also helps move waste products through the digestive tract and may make bowel movements softer. Fibre in the diet helps reduce long-term risk of bowel cancer and a range of other cancers.</li> </ul>			

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(ii)	<p><b>Hubbards Amazing Toasted Clusters</b></p> <p>A: High in Wholegrains:</p> <ul style="list-style-type: none"> <li>• This feature is shown like a flag on a mountain peak, suggesting success after strenuous effort, so may capture Lani's attention in regard to their surfing activity. Whole grains contain many useful vitamins such as B group vitamins, which the body uses for energy release, and minerals such as zinc and iron.</li> <li>• Complex carbohydrates provide slow-release energy and fibre to help support bowel function.</li> </ul> <p>OR</p> <p>B: Health Star Rating:</p> <ul style="list-style-type: none"> <li>• The Health Star Rating is very visible on the front of the package. However, the rating of 2.5 is not ideal, indicating that the product may contain high levels of fat or sugar, which may influence her not to buy the product. Health star ratings are a voluntary addition to products to help consumers make quick decisions based on nutritional value.</li> </ul>	<p><b>Describes</b> the promotional / nutritional feature from the packaging of any ONE product.</p>	<p><b>Explains</b> how the promotional / nutritional features from the packaging of any TWO products could influence Lani's food choices.</p>	<p><b>Justifies</b> (with comprehensive reasons) how / why the promotional / nutritional features from the packaging of at least TWO products could influence Lani's food choices.</p>
(iii)	<p><b>Vogel's creamy porridge</b></p> <p>A: No added sugar:</p> <ul style="list-style-type: none"> <li>• Sugar is a simple carbohydrate that provides quick-release energy, so Lani may expect this product to contain more whole grains, and to be a more energy-sustaining product. Sugar can also contribute to Type 2 diabetes, obesity, and tooth decay in the long term, so is not good for physical well-being.</li> <li>• Indicates a low GI.</li> </ul> <p>OR</p> <p>B: Ready in 90 seconds / contains 7 sachets:</p> <ul style="list-style-type: none"> <li>• The cooking instructions on the back confirm the porridge would be a quick, warm meal at the start of the day before the surf lesson.</li> <li>• The product contains seven sachets, so Lani knows there is enough for the family. However, extra sachets might be appreciated by those in the family who may want to eat more to feel full.</li> </ul>			

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(b)	<b>Not marked;</b> information to help the student answer all parts of question (b).				<b>Selects the porridge</b> as the most beneficial cereal for fibre.	<b>Explains</b> why the porridge is the most beneficial, with reference to fibre, and why fibre is needed. May include consideration of nutritional information, well-being, and <i>Food and Nutrition Guidelines</i> .	<b>Justifies</b> why the porridge is the most beneficial, demonstrating comprehensive understanding of fibre, its function, and its nutritional value.
	Per 100gms	Hubbards Light & Right	Hubbards Amazing Toasted Clusters	Vogel's Creamy Porridge			
	Protein	10.4g	9.3g	12.9g			
	Saturated fat	0.7g	5.5g	1.4g			
	Sugar	19.1g	18.8g	1.5g			
	Sodium	206mg	48mg	82mg			
	Fibre	9.0g	6.6g	15.7g			
(i)	<p><i>Focusing on <b>fibre intake</b>, state which cereal would be the most beneficial for physical well-being.</i></p> <p><b>Vogel's Creamy Porridge</b></p> <ul style="list-style-type: none"><li>• It is the least processed of the three cereals, meaning the bran layer has not been removed, and the grains will therefore contain more fibre.</li><li>• Fibre is needed in our bodies to help move food through the digestive system by making stools softer, easier, and regular to pass. It helps reduce long-term risk of bowel cancer, which is a major health concern in New Zealand.</li><li>• The <i>Food and Nutrition Guidelines</i> (FNG) recommend we eat a variety of foods each day to ensure we get sufficient nutrients, including fibre). FNG also advise drinking plenty of fluids, especially water, which is important for keeping fibre soft and our bodies hydrated.</li><li>• The porridge will contribute to the 6+ recommendations for breads and cereals in the diet every day, as per FNGs. (Merit). This food group contributes to complex carbohydrates, which have low GI and contribute to sustained energy release needed for surfing. (Excellence).</li><li>• <i>Comprehensive understanding</i> may include detail such as type of complex carbohydrate and forms of fibre digestibility, for example, soluble and insoluble fibre. (Excellence).</li></ul>						

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(ii)	<p><i>Justify your choice of cereal with the other two cereals, by comparing the other four nutrients in the table.</i></p> <p><b>Protein</b></p> <ul style="list-style-type: none"> <li>• Creamy Porridge has more protein than Light &amp; Right or the Toasted Clusters (12.9g (12% DI); 10.4g, (9% DI); and 9.3g (9% DI), respectively).</li> <li>• There is not a great deal of difference in the protein amounts for the three cereals so this may not play into Lani's decision.</li> <li>• Protein is needed for growth, repair, and maintenance of the family's muscle and body tissues.</li> <li>• More protein can be added to the meal by adding trim milk.</li> </ul> <p><b>Sugar</b></p> <ul style="list-style-type: none"> <li>• Creamy Porridge has much less sugar than Light &amp; Right and Toasted Clusters (1.5g, 19.1g, and 18.8g respectively). Sugar provides initial energy but not long-lasting energy.</li> <li>• High consumption of sugar may lead to weight gain and heart disease, affecting the family's physical well-being.</li> <li>• It may lead to tooth decay, increasing the risk of dental caries.</li> <li>• High GI (i.e. quick-release energy so only has a short-term effect, with energy levels likely to peak and trough).</li> <li>• May contribute to Type 2 diabetes.</li> <li>• The FNGs advise choosing products low in sugar.</li> </ul> <p><b>Sodium</b></p> <ul style="list-style-type: none"> <li>• Although the porridge does not have the lowest quantity of salt, 82mg is relatively low and helps to bring out more flavour, making it more appetising.</li> <li>• High levels of salt may lead to hardening of the arteries, causing high blood pressure, and contributing to heart disease and strokes over time.</li> <li>• Salt is needed for water and mineral balance. It is also needed for conducting nerve impulses, and contracting and relaxing muscles. However, as salt is hidden in many foods, we tend to eat too much of it. This may contribute to high blood pressure and stress on organs, such as kidneys, potentially leading to kidney failure, strokes, and heart conditions.</li> </ul>	<p><b>Describes</b> at least TWO differences between the nutritional information for the porridge and at least one of the other cereals and may relate it to relate it to the family's planned activity and physical well-being.</p>	<p><b>Explains</b> why the porridge is the best choice, making some comparisons between specific data from the nutritional information; and relates it to the family's planned activity and physical well-being.</p> <p><i>Data must be stated.</i></p>	<p><b>Justifies</b> the porridge as the best choice, demonstrating a comprehensive understanding of nutritional information and making confident comparisons with the other cereals.</p> <p>Looks for interrelationships between protein, and other ingredients, discussing nutritional components.</p> <p>Makes clear links to the scenario and relevant reference to the FNGs.</p> <p><i>Discusses at least FOUR nutrients.</i></p>

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	<ul style="list-style-type: none"> <li>The FNGs tell us to choose products low in salt.</li> <li>Salt binds to moisture making it unavailable for bacteria to grow, extending the shelf life of the product.</li> </ul> <p><b>Food and Nutrition Guidelines</b></p> <ul style="list-style-type: none"> <li>Creamy Porridge can benefit the family by following the FNGs:             <ul style="list-style-type: none"> <li>reduce fat, salt, and sugar intake</li> <li>eat enough for growth and physical activity</li> <li>prepare meals that are low in fat, salt, and sugar.</li> </ul> </li> <li>Creamy Porridge best meets the FNGs for low fat, sugar, and salt, as well as 6+ serves of breads / cereals, especially whole grain, for long-term, sustained energy release.</li> </ul> <p><b>Physical well-being</b> will come from the nutritious breakfast that is being consumed and taking healthy exercise during their weekends.</p> <p><b>Saturated fat</b></p> <ul style="list-style-type: none"> <li>Creamy Porridge has slightly higher saturated fat than Light &amp; Right but is lower than Toasted Clusters (1.4g / 100g, 0.7g / 100g, and 5.5g / 100g, respectively).</li> <li>Some fat is important in our diets for insulation and absorption of fat-soluble vitamins.</li> <li>Low fat products will lower the family's risk of heart disease and obesity.</li> </ul> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>Creamy Porridge has the shortest ingredient list, suggesting less additives, and 89% whole grains, which include prebiotic fibre that is good for bacteria in the gut. The seeds provide unsaturated fat, which helps reduce the risk of heart disease.</li> <li>Creamy Porridge has more complex carbohydrates than Toasted Clusters (46.7g and 39.4g respectively). Complex carbs provide slow-release energy and have a lower GI, making it a better choice for sustaining energy.</li> <li>Both Light &amp; Right and Toasted Clusters contain possible sulphites and added ingredients not necessary in a balanced diet, such as concentrated purees and humectant.</li> </ul>	<p><b>Describes</b> at least TWO differences between the nutritional information for the porridge and at least one of the other cereals and may relate it to relate it to the family's planned activity and physical well-being.</p>	<p><b>Explains</b> why the porridge is the best choice, making some comparisons between specific data from the nutritional information; and relates it to the family's planned activity and physical well-being.</p> <p><i>Data must be stated.</i></p>	<p><b>Justifies</b> the porridge as the best choice, demonstrating a comprehensive understanding of nutritional information and making confident comparisons with the other cereals.</p> <p>Looks for interrelationships between protein, and other ingredients, discussing nutritional components.</p> <p>Makes clear links to the scenario and relevant reference to the FNGs.</p> <p><i>Discusses at least FOUR nutrients.</i></p>

Part	Sample evidence	Achievement	Achievement with Merit	Achievement with Excellence
(c) (i)	<p>Select one brand of <b>chickpeas</b> Asafo might use for the salad as a protein alternative. Justify why your chosen brand would be the best option for Asafo's salad. Consider both <b>nutritional</b> and <b>promotional</b> information on the packaging in your answer.</p> <p>Macro Organic Chickpeas:</p> <ul style="list-style-type: none"> <li>Picture is bright, colourful, and shows what is in the tin it looks healthy.</li> <li>Bold lettering states it is organic, indicating no pesticides or chemicals were used in the growing or processing.</li> <li>5-star rating and no added salt may appeal to Asafo's healthy food choices, also meeting the FNGs for choosing foods low in salt. Salt is added to many foods and is a health concern, adding to risks of high blood pressure and heart disease.</li> </ul> <p>Delmaine Chickpeas:</p> <ul style="list-style-type: none"> <li>Delmaine is a well-known brand so may be more trusted.</li> <li>Attractive, simple packaging, not cluttered with information.</li> <li>5-star rating indicates it is high in beneficial nutrients.</li> <li>Preserved in brine, indicating it will have a high salt content, making it a less healthy choice for Asafo.</li> </ul>	<p><b>Describes</b> at least ONE nutritional or promotional feature of the chosen product, giving a reason why Asafo may or may not choose the product.</p>	<p><b>Explains</b> at least THREE nutritional and / or promotional features of the chosen product, giving reasons why it is the most nutritious option.</p> <p>Makes some comparisons with the other product.</p>	<p><b>Justifies</b> the chosen product as the most nutritious option, demonstrating a comprehensive understanding of promotional and nutritional information, and making confident comparisons with the other product.</p> <p>Makes clear links to the scenario and relevant reference to the FNGs.</p>
(ii)	<p>Select one brand of <b>cheese</b> Asafo might use for the salad as a protein alternative. Justify why your chosen brand would be the best option for Asafo's salad. Consider both <b>nutritional</b> and <b>promotional</b> information on the packaging in your answer.</p> <p>Lemnos Haloumi:</p> <ul style="list-style-type: none"> <li>Attractive packaging, showing an example of how to use the haloumi, implies it is easy to cook at home; it appears to include fresh ingredients, maybe making it more appealing; may also make the meal seem more nutritious and less manufactured.</li> <li>"Cyprus style" gives an international implication, which may appeal to Asafo. However, the packaging information shows it is made in Australia.</li> <li>Has non-animal rennet so will be okay for the family's diet.</li> <li>Labelling says it has no artificial flavours, no preservatives, and is suitable for vegetarians, so is likely to appeal to Asafo.</li> </ul>			

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	<p>Moodew Queso Fresco:</p> <ul style="list-style-type: none"> <li>The product is in clear packaging, making it easy to see what you are buying.</li> <li>The Kiwi icon confirms it is New Zealand made. New Zealand is known for fresh produce and the icon could make Asafo think that they are local ingredients, and that this product is better than the other brand.</li> <li>Salt content is 0.329g per 100g, compared to 1.55g in the haloumi, making this a slightly healthier choice.</li> <li>It is a 500g packet, compared to the haloumi at 180g, meaning there could be enough for other meals.</li> <li>The ticked descriptors indicate it is suitable for a range of dietary needs (vegetarian, gluten-free, keto).</li> <li>No artificial flavours or colours suggests the product is more natural and so a healthier option.</li> <li>The red heart icon is similar to the New Zealand Heart Foundation, suggesting it is a healthy option.</li> </ul>	<p><b>Describes</b> at least ONE nutritional or promotional feature of the chosen product, giving a reason why Asafo may or may not choose the product.</p>	<p><b>Explains</b> at least THREE nutritional and / or promotional features of the chosen product, giving reasons why it is the most nutritious option.</p> <p>Makes some comparisons with the other product.</p>	<p><b>Justifies</b> the chosen product as the most nutritious option, demonstrating a comprehensive understanding of promotional and nutritional information, and making confident comparisons with the other product.</p> <p>Makes clear links to the scenario and relevant reference to the FNGs.</p>
(d)	<p><i>Using the healthy heart guide in <b>Resource F</b>, consider how to improve the protein, vitamin, and mineral (calcium and iron) content of the lunch.</i></p> <p><i>Choose at least TWO foods from other food groups that could be included in the salad to make a balanced meal.</i></p> <p><i>Justify the nutritional benefits of the additional foods you have chosen, and how these foods may affect the family's planned weekend and their physical well-being.</i></p> <p>(Excellence students may identify that vegetarians need a variety of proteins to obtain all nine of the essential amino acids for complete protein.)</p>	<p>Provides at least TWO suitable options (vegetables, fruit, dairy, eggs, whole grain bread, etc.).</p> <p><b>Describes</b> the impact on physical well-being of at least ONE of the added nutrients (protein, calcium, iron, and vitamins).</p> <p><i>Should <b>not</b> include meat options as family are lacto-ovo vegetarian.</i></p>	<p>Provides at least TWO suitable options (vegetables, fruit, dairy, eggs, whole grain bread, etc.).</p> <p><b>Explains</b> the impact on physical wellbeing of the added nutrients (protein, calcium &amp; vitamins) AND demonstrates knowledge of the other food groups in the healthy heart model.</p>	<p><b>Comprehensively justifies</b> the choices made by considering factors such as:</p> <ul style="list-style-type: none"> <li>the effects of the added nutrients and impact on physical well-being</li> <li>knowledge of the healthy heart food groups</li> <li>the scenario (planning food for an active weekend, dietary requirements, and nutritional needs)</li> <li>understanding of serving sizes and FNG's.</li> </ul> <p><i>Answers may mention other well-being dimensions.</i></p>