



National Certificate of Educational Achievement
TAUMATA MĀTAURANGA Ā-MOTU KUA TAEA

Exemplar for Internal Achievement Standard Home Economics Level 2

This exemplar supports assessment against:

Achievement Standard 91301

Analyse beliefs, attitudes and practices related to a nutritional issue for families in New Zealand

An annotated exemplar is an extract of student evidence, with a commentary, to explain key aspects of the standard. It assists teachers to make assessment judgements at the grade boundaries.

New Zealand Qualifications Authority

To support internal assessment

	Grade Boundary: Low Excellence
1.	<p>For Excellence, the student needs to comprehensively analyse beliefs, attitudes and practices related to a nutritional issue for families in New Zealand.</p> <p>This involves challenging assumptions and misconceptions related to beliefs, attitudes and practices, by showing that the weight of evidence does not support the point of view under examination.</p> <p>This student has challenged the assumption/viewpoint that hunger is not a problem for families in New Zealand. Some explanation of beliefs, attitudes and practices is provided to show why people may hold or express this viewpoint (1) (2) to enable relevant factors/determinants to be selected to challenge the assumption.</p> <p>Factors/determinants that are linked to the viewpoint and the issue have been examined, supported with evidence and examples: income and budgeting skills (3), lack of education (4), lack of cooking skills (5) balanced with lack of equipment and ingredients (6).</p> <p>The complexity of the issue has been briefly explained, and the student provides some understanding of the difficult choices that low income families face (7).</p> <p>For a more secure Excellence, the student could provide more evidence from people/organisations who work with low income earners to challenge the assumption that poor budgeting skills are a contributing factor.</p>

Hunger is/is not a problem for families in New Zealand

New Zealanders who are not affected by poverty and hunger may have contrasting beliefs towards this issue than people who have experienced it. Many New Zealanders find it hard to believe anyone in this country could have real problems getting enough healthy food to eat due to our community, which is rich in supply in terms of food and support. This is supported by statistics of 'approximately 15% of New Zealanders are unaware that hunger is a problem in New Zealand'. The ones that believe hunger is a problem often blame families for poor budgeting, bad planning, foolish buying habits, ignorance about healthy food, not knowing how to cook or garden, sheer carelessness and failing to get help from a food bank. These are all assumptions or misconceptions; however some of the underlying factors of why some of the New Zealand population do not believe that hunger is a problem are relevant to the issue. 1

The Hunger Project investors state that over one quarter of the New Zealand population thinks it is possible for anyone to feed a family well without spending much. This may be caused by location where members of our community are unaware of the difficulties from people living on the other side of New Zealand or in certain areas. This does not mean that every single family in an area has problems with hunger; it means that in certain areas, house rents and prices are lower than others, making it easier for some families to afford food (1). 2

Income (poor budgeting) may be out of the families reach. If a family has children, then school fees and costs of transport to get to school are all factors that are inevitable (3). A total of costs for a week related to school including activities, school fees or donations, uniform, lunches, transport etc can add up to \$25 per child. This amount may not seem like a large portion of money, but if the family has more than one child and if the parents are on a minimum wage of \$13.75 per hour, then one child's school related funds of \$25 is equivalent to nearly a quarter of a day's wages of one parent (\$110)... 3

With a lack of education, individuals have fewer qualifications which is why they often only receive the minimum wage. A lack of education may also mean individuals lack basic skills for cooking or knowledge of what is nutritious food. This could be reflected in someone buying a bottle of coke (high in sugar) instead of drinking water from the tap which is cost free and beneficial for your body – cleanses and hydrates. 4

Not having cooking skills may mean a family is spending more money buying takeaways. An average pizza costs \$10 so a family of four's dinner may be \$30 if they buy three pizzas. These are high in saturated fat and carry fewer nutrients than fresh ingredients. Making their own meal like a pizza could cost less than this – Countdown supermarket provides ideas for cheap meals for families. Their campaign is called 'Feed four for \$15'. (4) Their meal ideas include stir fries... 5

Having a low income can mean that even with cooking lessons, a family affected by low income and hunger may not have the needed equipment or may lack the basic ingredients such as flavourings and seasonings... 6

Hunger within families does exist but does not have one particular cause; it is the result of many contributing factors or determinants. For example, a large family may choose a rural location as housing is cheaper; however, this means that more money is needed for 7

transport for education, getting to work, accessing food and other necessities. Food is one of the areas where families tend to cut back. Some helping agencies see this as a problem of 'poor budgeting patterns – money for food always gets reduced.' (5) Some could argue that this is not poor budgeting, but merely a choice of priorities...

	Grade Boundary: High Merit
2.	<p>For Merit, the student needs to analyse, in depth, beliefs, attitudes and practices related to a nutritional issue for families in New Zealand.</p> <p>This involves thoroughly examining and giving reasons, supported by evidence, for supporting or refuting the beliefs, attitudes and practices.</p> <p>This student has thoroughly examined the viewpoint that hunger is not a problem for families in New Zealand. Some explanation of beliefs, attitudes and practices is provided to show why people may hold or express this viewpoint (1) (2).</p> <p>Evidence is provided to support the existence of the nutritional issue (3). Some factors/determinants contributing to the nutritional issue are explained supported by evidence, refuting the viewpoint that hunger is not a problem: lack of income and education, and poor housing (4) (5). The effects on well-being linked to poor housing and insufficient food have been explained (6).</p> <p>To reach Excellence, the student could examine factors/determinants that are more closely connected to the point of view under examination. This would enable the assumption to be challenged by showing that the weight of evidence does not support the viewpoint.</p>

Hunger is a problem for families in New Zealand

In New Zealand many people have different beliefs about hunger and poverty. It is very common to hear many people being very discouraging as to the people that need help. These people have no experience of food insecurity, are not directly affected by it and cannot understand how and why people are going short of food in New Zealand.

1

The people that need help are commonly perceived as 'lazy' and that they 'abuse' the benefit/help that people give them. This meaning that they create a situation where they are able to work but choose not to because they believe that they have no need to if they are able to get money from the government. Therefore they do not attempt to find a job but just stay on a benefit when other people who actually do it are being put into this generalisation also. Such as '5279 drunks and druggies are staying at home and drawing a benefit, taking money off people who have a job.' (6)...

2

I believe food security in New Zealand is an issue meaning that hunger is a big problem for some families. This is because not all people have access to sufficient food, in particular a wide variety of foods. Many families that have a low income and limited transport do not have access to sufficient, affordable healthy food. "Poverty in New Zealand is living at less than 60% of the median wage. That's about \$16,999 a year and weekly, it's \$307.70. According to this definition 200,000 children are living in poverty, about 20% of the nation's young.' (1) This means that many of the families living in New Zealand aren't able to achieve food security because of financial distress, showing that many families are also going hungry as they can't afford to purchase or access even the simplest of foods.

3

The main reason why hunger is a problem in New Zealand is that not enough people have the money to be able to buy food. This is because a lot of families are living on a low income or a benefit and have to distribute this money between many things such as rent, power bills, school bills, clothing, food and so on.

4

One of the determinants connected to poverty and hunger is housing. Many people cannot afford to buy a house in today's market and are therefore forced to rent which in the long run costs even more and they never end up with something of their own. Because of limited income and sometimes a lack of education many people are forced to live in below standard housing. People without the knowledge and skills to get a decent income are stuck with the minimum wage and can't afford food and /or a warm house. '375,000 New Zealand kids live in cold, damp rental houses that are expensive to heat'. (2) If you were to look at a three bedroom apartment outside a city centre, you are looking at roughly \$1,800 per month so about \$450 a week and inside the city centre just under double that. (3) These prices are extremely expensive and some people are just unable to afford this therefore they have to live in very poor conditions.

5

It is not uncommon for people to become ill living in these conditions. "Children in the lowest income families are three times more likely to get sick.' (4) These same children who are getting sick from their poor housing conditions are also forced to go to school hungry and without having eaten breakfast. Because of this many of these children are becoming malnourished, thus making them more likely to get sick. '50 New Zealanders are admitted to hospital per day because of illnesses made worse by unhealthy homes.' (5) This statistic puts into perspective how many people are being seriously affected by having insufficient

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money to support their families and being able to provide both a roof over their head and sufficient food – both of which are essential for life.

	Grade Boundary: Low Merit
3.	<p>For Merit, the student needs to analyse, in depth, beliefs, attitudes and practices related to a nutritional issue for families in New Zealand.</p> <p>This involves thoroughly examining and giving reasons, supported by evidence, for supporting or refuting the beliefs, attitudes and practices.</p> <p>This student has given an explanation of the beliefs/attitudes behind the viewpoint that people on low incomes are always eating takeaways (1) (7).</p> <p>Some reasons are given, supported by evidence, to explain the practice that people on low incomes are always eating takeaways: income (3), cost of food (4) (6). Some factors/determinants such as lack of transport (2) (6) and shift work (5) have been briefly examined to show why low income earners may be choosing takeaways.</p> <p>For a more secure Merit, the student could give more reasons, supported by evidence, for refuting the selected viewpoint, and examine in more depth the factors/determinants that have contributed to the nutritional issue of food insecurity in New Zealand.</p>

People on low incomes are always eating takeaways

Since New Zealand is a first world country, people automatically assume that poverty and hunger are not problems in New Zealand. Or if people have issues then there are benefits and food banks that provide for people. Going to the food court at the shopping mall, there are always lots of people eating out or if you drive past fast food shops there always seems to be lots of people in them.

1

There are plenty of fish'n'chips shops around poorer suburbs, most of the time they are close enough to walk to, and you can easily get them home because one person can carry them. Some families don't have the transport to get to the supermarkets, and aren't able to get the groceries back to the house.

2

'Income is the single most important modifiable determinant of health, and is strongly related to health and well-being' (3). Families on low income cannot afford to buy the more expensive healthy foods, and instead are forced to purchase the cheaper food products, such as cheap meat, or buy takeaways more often, because often takeaways keep the children happy, and full for a while; they also most of the time hold more fat and salt than the more expensive foods, such as fish or fresh fruit causing the parents or children to become obese.

3

The biggest groups in New Zealand known for obesity are the Pacific people "young Pacific people have higher levels of obesity, 23.3 per cent, compared with the general population, 8.3 per cent". Most Pacific people do not have good paying jobs and when it comes to feeding their family they have to turn to the cheap foods, "usually we will eat white bread, it's cheap, its 89 cents a loaf, I can get two or three and then the kids will fill up on that but I know it's not good for you". Takeaways are also a cheaper option because they are quicker to get and everyone likes them.

4

For the parents of the families that have trouble paying for the healthy food they require because of the job types they may have will influence on what they will cook. Shift work parents usually do not have enough time for food preparation, meaning takeaway meals were the default choice for family evening meals, and we all know that a choice of takeaways for dinner is not a healthy choice which can enhance their chances of obesity in their life not just for the parent or individual person it will affect the whole family. Working late as well can result to the parent being too tired to be able to cook a proper healthier meal for the family so therefore they will turn to either a precooked meal or takeaways.

5

People who also do not get enough quality food to eat may also suffer psychological stress, social isolation, and diminishing ability to take part in the community....

"Low income households generally manage their resources efficiently to get the most food energy at the lowest cost, but this does not provide a healthy diet". Those only able to buy small quantities pay about a third more and those forced to buy from a local store (because of lack of transport or credit) may pay 20% more than supermarket 'own brands'.

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Fruit and vegetables and most healthy foods cost too much that is why the poor people turn to takeaways. The amount of money they would pay for the healthy foods they could feed the family a meal on fast foods even though they are not healthy for you and also have some money left over. It is not the peoples fault if they are poor because they chose not to pay

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attention in school and get a good education and end up not having good jobs that don't pay enough to help feed or supply things for the family when they need it.

	Grade Boundary: High Achieved
4.	<p>For Achieved, the student needs to analyse beliefs, attitudes and practices related to a nutritional issue for families in New Zealand.</p> <p>This involves explaining beliefs, attitudes and practices related to a nutritional issue for families in New Zealand.</p> <p>This student has briefly explained the beliefs/attitudes behind the viewpoint that people on lower incomes are always eating takeaways (1) and how this relates to the nutritional issue of food insecurity (4). Some evidence is provided to support the explanation (6). Some implications of the issue for well-being have also been provided (2) (5).</p> <p>Political change, low incomes and shift work have been briefly examined as factors/determinants that contribute to food insecurity (3) (7) (8).</p> <p>To reach Merit, the student could examine the contributing factors/determinants in more depth, and include more reasons and evidence to support or refute the selected viewpoint.</p>

People on low incomes are always eating takeaways

Having enough food to eat is probably the most basic human need, but it is not as simple as we think. It means having access to a healthy diet. Could this be why "people on low incomes are always eating takeaways." **We as humans are too quick to judge a situation. We are unable to see the truth about poverty.**

1

"At least 4% of New Zealand households nationally, and up to one third of households in the lowest income areas, do not have access to the variety of foods they need for a healthy life"(1) **A healthy diet means getting the correct balance of foods. If we do not get the balance we need or enough food we become malnourished. In addition we may also suffer stress and social isolation.** These will have a major effect on our future.

2

The main reason for not being able to have the right food to eat is due to lack of income. In the late **1980's unemployment rose dramatically and from 1991 onwards the government created changes to the incomes and costs for those on benefits. The government decided to bring in new restrictions for those on benefits, raised state house rents to market levels from 25% of income and enforced benefits cuts of up to 24%. As well as the above, the government also introduced new charges for government services that had previously been free. This could include public transport which many families on low income would use.** It seems the government wasn't looking at the closer picture. Many individuals could blame the government for their food problems as they are unable to earn a decent income in which to afford a healthy balanced diet.

3

Being **deprived of a healthy balanced diet is a lifestyle choice for some but for others it is a choice forced upon them from not being able to constantly supply a healthy diet and have enough money to source food for tomorrow.**

4

Many people on low incomes **stress about whether or not they will be able to supply a meal tomorrow and so they "manage their resources efficiently to get the most food energy at the lowest cost, but this does not provide a healthy diet."**(1) **Foods that are primarily fat satisfy and fill people up fast, and generally are cheaper.** Due to this families choose cheaper forms of takeaways which are mainly fat and carbohydrates which isn't the healthiest choice but it keeps them satisfied and in budget. It was noticed that **low income families and groups had the highest total number of occasions where ready-to-eat foods were used in a month. "The fish-n-chip stores had the highest number of occasions and work place cafes had the lowest number of occasions"** (3). This is because more fast food shops are located in poorer suburbs...

5

It is easy for us to ask "why don't they just get a job" but the truth is it is not that simple. Most jobs today require **qualifications and experience which don't always match those of the unemployed. Generally the jobs available that don't need qualifications have a low income.** **Due to the lack of qualifications and lack of income available from jobs, the poor struggle to find jobs.**

7

If people on low incomes have a job, it is normally **shift work where the timings aren't always suitable. "Shift work also encroached on food preparation time, meaning takeaway meals were the default choice for evening meals."** (5) **Some people resort to eating takeaways because it suits their timetable much better. In addition some families are inclined to takeaways because they are able to have family time and sit and eat together.**

8

People on low incomes realise that it is more important to have enough food to eat rather than a healthy diet.

	Grade Boundary: Low Achieved
5.	<p>For Achieved, the student needs to analyse beliefs, attitudes and practices related to a nutritional issue for families in New Zealand.</p> <p>This involves explaining beliefs, attitudes and practices related to a nutritional issue for families in New Zealand.</p> <p>This student has briefly explained the beliefs/attitudes behind the viewpoint that hunger is not a problem for families in New Zealand, and related it to the nutritional issue of food insecurity (1). Some implications of the issue for well-being have also been provided (2) (4).</p> <p>Household expenses, low income, unemployment and lack of education have been briefly examined as factors/determinants that contribute to hunger in New Zealand (3) (5) (6) (7).</p> <p>For a more secure Achieved, the student could explain in more detail the beliefs and attitudes behind the viewpoint - where it has come from or how it has developed.</p>

Hunger is/is not a problem for families in New Zealand

The belief that hunger is not a problem in New Zealand is not true; it is assumed because we are a well off country. There are people that are struggling and on benefits that don't know how to get off the on-going treadmill. This is supported by the fact that 7.3% of households in the 2008/2009 NZ Adult survey (1) have low food security. Considering that we are a pretty wealthy country this should not be the case. 1

People who are commonly affected by food insecurity are the ones that are unemployed or on a low income or have larger families meaning it is more difficult to afford to feed them. Many of the families are forced to use food banks which provide a limited range of foods. 20% of New Zealanders are facing some degree of hardship. (1) This means one in five people go without the basics that most New Zealanders take for granted e.g. can't afford fresh fruit and vegetables. This can lead to families becoming obese as the foods they are living off are high in fat and salt e.g. fast foods such as fish and chips. 2

Most families have household bills they have to pay before they buy food. Rent is the most important outgoing and takes up about half a family's weekly pay. Bills tend to be a fixed amount and have to be paid whereas food is a flexible amount and will be bought with whatever is left over. In a low income household there is little money left over for purchasing food. 'Families that live on a low income have to budget very carefully about how they spend their money and food is one thing that can be cut back.' (2) After all the bills have been paid they still struggle to find enough money for food so they have to either eat nothing or choose foods that will fill the family up such as fish and chips or just chips. 3

Some people believe that these people can always go to a food bank. This is not always a straight forward solution because most people find it very embarrassing to seek help from the food bank. 'I am very embarrassed but we have to use food banks for the children's sake. I always send my husband.' (3) 4

There is a limit to going to food banks as they rely on donations to supply food but often have very limited fresh food such as vegetables and fruit or meat. 'Close to 12% of all households are now having to seek help from food banks including people in paid work.' (3) This shows that people that are in employment are sometimes receiving such low wages that they cannot meet their basic living costs of rent, phone, transport, electricity etc. 5

Unemployment has risen – 'in January 2013 the New Zealand unemployment rate was 6.2% when in 1985 the unemployment rate was 3%.' (4) An issue with unemployed or low income households is that people are often not well educated and lack qualifications which make getting jobs more difficult. People on low incomes may be working more than one job or long shifts... 6

An issue with low income households is that people may not be well educated in nutrition or have a range of cooking skills... If people are working late or are shift workers buying takeaways reduces the stress for the parents as they can be eaten straight away and could be cheaper than buying fresh ingredients and then having to cook the meal. There is less wastage as perishable foods like fruit and vegetables go off if not stored properly and low income households do not always have storage facilities or equipment needed to cook some meals. 7

	Grade Boundary: High Not Achieved
6.	<p>For Achieved, the student needs to analyse beliefs, attitudes and practices related to a nutritional issue for families in New Zealand.</p> <p>This involves explaining beliefs, attitudes and practices related to a nutritional issue for families in New Zealand.</p> <p>This student has briefly outlined some factors/determinants that may contribute to the nutritional issue of food insecurity: low income (2), household expenses (3), cost of food (4), and two parents working (7). Some implications of the issue for well-being have also been provided (1) (2) (5) (6).</p> <p>To reach Achieved, the student could explain the beliefs and attitudes behind the viewpoint that people on low incomes are always eating takeaways - where it has come from or how it has developed.</p>

People on low incomes are always eating takeaways

In New Zealand 40% of families are not getting the required nutrients in their diets, or they go hungry or eat fast foods. Being hungry affects everything you do, you don't have enough energy to work properly or concentrate in school.

1

Low income households generally manage their resources efficiently to get the most food energy at the lowest cost, but this does not provide a healthy diet. (1) Cheaper foods such as fish and chip takeaways can easily full a hungry stomach and give off plenty of energy. When trying to manage your budget this is a really good idea to save money; short term. But long term, people living off takeaways like this will face obesity and weaken their immune system.

2

Low income families are worried about paying the power and rent bills, aren't always focused on getting their five plus fruit and veggies every day. "We focused on carbohydrates because they are cheap, filling and easy to carry home without a car from the supermarket."

3

It's easy for everyone else to say what low incomer's are doing is wrong and they can't be doing anything for their health or their family's health when they eat takeaways. But for a bag of apples at 12 dollars you could get a family dinner box at either KFC or McDonalds at the same price. So under the pressure of being on a low income trying to budget everything you buy; what choice would you make, a bag of apples or a fulfilling meal for your family.

4

Some aspects of food production and marketing contribute to the difficulties low income households have in getting access to enough healthy food. (2) New Zealanders think they cater for poverty through things such as food banks. Having to get food to survive from food banks can give anyone a feeling of powerlessness and helplessness in a country where we aren't meant to. No wonder people on low incomes buy takeaways; they are a cheap way to put food on the table and still having the honour you paid for it yourselves.

5

People who do not get enough food to eat may also suffer psychological stress, social isolation and a diminishing ability to take part in community life. There is now increasing concern among public health and social service agencies in New Zealand about what adults and children in low income households are eating and not eating and how this is affecting their current and future health. (5) Depression is serious and New Zealanders are facing it more and more every day because of all sorts of reasons.

6

With two parents working and no money to afford afterschool care for young children it's easy to buy takeaways after a stressful day in the office and there's no time to cook because you have to help the kids with their homework and get them ready for bed. Buying ingredients, budgeting the ingredients, cooking the meal can take up to a few hours for people with not many cooking skills and especially no time.

7