

## Achievement Standard

**Subject Reference** Home Economics 1.1

**Title** Demonstrate knowledge of an individual's nutritional needs

**Level** 1      **Credits** 5      **Assessment** Internal

**Subfield** Health and Physical Education

**Domain** Home Economics

**Status** Registered      **Status date** 30 November 2010

**Planned review date** 31 December 2018      **Date version published** 20 November 2014

This achievement standard involves demonstrating knowledge of an individual's nutritional needs by the planning, preparing and service of food.

### Achievement Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<ul style="list-style-type: none"> <li>Demonstrate knowledge of an individual's nutritional needs.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate in-depth knowledge of an individual's nutritional needs.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate comprehensive knowledge of an individual's nutritional needs.</li> </ul>

### Explanatory Notes

- This achievement standard is derived from *The New Zealand Curriculum*, Learning Media, Ministry of Education, 2007; Level 6, achievement objectives A1, (Personal growth and development) and A3 (Safety management), and is related to the material in the *Teaching and Learning Guide for Home Economics*, Ministry of Education, 2010 at <http://seniorsecondary.tki.org.nz>. Assessment will be consistent with and reflect the underlying concepts (hauora, socio-ecological perspective, health promotion, and attitudes and values) of the Health and Physical Education learning area in *The New Zealand Curriculum*, page 22.

This standard is also derived from Te Marautanga o Aotearoa. For details of Te Marautanga o Aotearoa achievement objectives to which this standard relates, see the [Papa Whakaako](#).

- The individual could be a child, teenager, adult, or older person. Information on the individual may include but is not limited to – information on age, gender, physical activity, likes and dislikes. This information could be supplied by the teacher.

- 3 Nutritional needs must relate to a recognised food classification model, e.g. Food and Nutrition Guidelines, Food and Beverage Classification System, or similar models approved by the Ministry of Health.
  - 4 *Demonstrate knowledge of the nutritional needs* involves the planning, preparation and service of food and liquid that meets the nutritional requirements of an individual.
  - 5 *Demonstrate in-depth knowledge of the nutritional needs* involves explaining how and why the chosen food and liquid meets the nutritional needs of an individual, e.g. the reasons are linked to a food classification model.
  - 6 *Demonstrate comprehensive knowledge of the nutritional needs* involves justifying why the chosen food, liquid, and preparation practices (actions) meet the nutritional needs of an individual, e.g. food and liquid choices will be linked with nutrients and their function and their relevance to the individual.
  - 7 The actual planning, preparation and service of food is required for, and will contribute evidence towards, this achievement standard.
  - 8 Conditions of Assessment related to this achievement standard can be found at <http://ncea.tki.org.nz/Resources-for-Internally-Assessed-Achievement-Standards>.
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### Replacement Information

This achievement standard replaced unit standard 6631 and AS90747.

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### Quality Assurance

- 1 Providers and Industry Training Organisations must have been granted consent to assess by NZQA before they can register credits from assessment against achievement standards.
- 2 Organisations with consent to assess and Industry Training Organisations assessing against achievement standards must engage with the moderation system that applies to those achievement standards.

Consent and Moderation Requirements (CMR) reference

0233