

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										

For Examiner's Use	
Examiner's Initials	
Question	Mark
1 – 6	
7	
8	
TOTAL	



Functional Skills Certificate
June 2014

Functional English

47201

Component 1 Reading

Level 1

Friday 16 May 2014 9.00 am to 9.45 am

You will need no other materials.

Time allowed

- 45 minutes

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 18. There are 6 marks for Section A and 12 marks for Section B.
- You may use a dictionary.

Advice

- You are advised to check your work carefully.



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IB/M/Jun14/E2

47201
QAN 500/8701/0

For this exam you are going to read **two** texts to do with healthy eating.

Answer **all** questions.

Section A

Read **Source A**. You have been asked to find out how successful this webpage is in getting information across by answering the questions that follow.

Source A

Weightlossresources.co.uk

Home

Food

Exercise

News

Childhood Obesity

Childhood obesity is big news and unfortunately, like the waistbands of our nation's children and teenagers, it's set to get bigger.

Childhood Obesity Statistics

Statistics from the most recent large-scale survey in the UK shockingly reveal that 25% of boys and 33% of girls aged between 2 and 19 years are overweight or obese.

Obesity currently costs the country around £2 billion annually and shortens lives by nine years, because it causes health problems. Some health experts even believe we'll soon see parents outliving their children.

Equally worrying is the fact that parents are getting so used to seeing overweight kids, they don't recognise their own children are obese.

School Dinners and Junk Food

Many studies confirm what celeb chef Jamie Oliver found when he started looking more closely at school dinners – that children consume too much sugar, salt and saturates and eat only two portions of fruit and veg each day. The problems start in early life. A survey by Mother & Baby magazine in 2004 revealed that nine out of ten toddlers eat junk food, with chocolate, biscuits, crisps, fish fingers, chips, cake and chicken nuggets appearing in their top 10 favourite foods.

And this is just the tip of the iceberg – children's diets generally get worse as they get older and more food is eaten outside the home. Indeed, according to school dinners catering company Sodexo, 8 to 16 year olds spend £549 million a year on the way to and from school, mostly on sweets, crisps and fizzy drinks – an increase of 213% in just seven years.



Rachel's 7 Stone Weight Loss!

"When I was big it was like I was invisible. Now it feels like the world has noticed I exist!"



For **Questions 1 to 6**, write the letter for each answer in the box given.

1 The main point of the webpage is to

- A** persuade children to eat school dinners.
- B** give information about overweight children.
- C** explain to parents how to cook healthy meals.
- D** advise parents to put their children on a diet.

Answer

[1 mark]

2 The webpage says that

- A** obesity costs the country £2 billion per year.
- B** nine out of every 100 toddlers eat junk food.
- C** 25% of boys aged 19 years are overweight or obese.
- D** it costs £549 million to provide healthy school dinners.

Answer

[1 mark]

3 The webpage advises that

- A** children should eat only two portions of fruit and veg a day.
- B** teenagers and children need bigger waistbands.
- C** children should eat less sugar, salt and saturates.
- D** Jamie Oliver should look more closely at school dinners.

Answer

[1 mark]

4 The main point being made about unhealthy eating is

- A** it's more of a problem for boys than girls.
- B** it stops when children start school.
- C** it stops parents from recognising their children.
- D** it starts very early in a child's life.

Answer

[1 mark]

5 The webpage informs us that

- A** parents are worrying about seeing overweight children.
- B** biscuits are one of Jamie Oliver's top ten favourite foods.
- C** obesity shortens lives by nine years.
- D** children start dieting when they are older.

Answer

[1 mark]

6 After reading the webpage, a parent worried about their child's weight might

- A** send an email to Jamie Oliver.
- B** buy their child some bigger trousers.
- C** stop their child from eating school dinners.
- D** find out more about eating healthy foods.

Answer

[1 mark]

6



Section B

Read **Source B** then answer the questions that follow.

Source B

EAT WELL, FEEL BETTER



Did you know good food is good for your mood? Your mind is affected by what you eat. This is called the 'food–mood' connection.

HOW DOES FOOD AFFECT MY MOOD?

Glucose, from carbohydrates, is the brain's main source of fuel. Without this, we can't think clearly. Some carbohydrates are better than others. Sugar, white pasta and biscuits will only give you a short burst of energy. You'll feel tired and grumpy when the sugar wears off. Foods like wholegrains, beans and vegetables are a better choice because they give you more long-lasting energy. If you eat lots of sugary foods and drink fizzy drinks, your blood sugar levels go up and down. This can make you irritable, anxious, and dizzy. It can also lead to poor concentration and aggressive behaviour.

Proteins from meat, fish and soya products are needed for good mental health. Not getting enough can lead to feelings of depression, tension or lack of motivation.

EAT WELL ON A BUDGET

Good food doesn't have to break the bank.

- ❖ Ready meals and takeaways are usually bad for you. They are also poor value for money.
- ❖ Crisps, ice creams and sweets should be an occasional treat. Fruits and vegetables are cheaper when they're in season. Fresh foods such as fruit, vegetables and meats go off easily. Therefore, it's better to buy these in small amounts.
- ❖ Tinned foods are popular and convenient. However, dried beans and pasta are cheaper than canned beans and processed pasta.
- ❖ Avoid fizzy drinks and fruit juices. They are often quite expensive. Use water and fruit instead.
- ❖ Cook and eat together with others and share the costs. Make a shopping list and plan your food budget every week.



Write your answers in the spaces provided. The questions in this section are testing what you have understood about the text. The questions are **not** testing your writing.

7 Your school or college is holding a Healthy Eating Week. You have been asked to give a talk to your class called 'Eat Well and Feel Better'.

Use the information and ideas in **Source B** to help you choose what to put in your talk.

You should include:

7 (a) **four** ways in which foods can have a bad effect on moods:

1 _____

2 _____

3 _____

4 _____

[4 marks]

7 (b) **four** things people could do to help them eat more cheaply:

1 _____

2 _____

3 _____

4 _____

[4 marks]

8



Turn over ►

8 Look at the way **Source B** has been presented.

List **two** ways it has been presented and say why each one would make it easy for people to understand.

First way presented: _____

This makes it easy to understand because _____

Second way presented: _____

This makes it easy to understand because _____

[4 marks]

4

END OF QUESTIONS



There are no questions printed on this page

**DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED**



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Source A: Childhood Obesity – www.weightlossresources.co.uk/children/childhood_obesity.htm. Image © Thinkstock

Source B: Eat Well, Feel Better – www.youngminds.org.uk/for_children_young_people/better_mental_health/look_after_your_body.
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