



Functional Skills Certificate
June 2014

Functional English

47251

Component 1 Reading

Level 2

Insert

The three sources that follow are:

- **Source A:** an article about child obesity
- **Source B:** a leaflet about Fairtrade
- **Source C:** a webpage about eating disorders.

**Please open the insert fully
to see all three sources**

For this exam you are going to read **three** texts. They are all to do with food.

Source A

BBC NEWS MAGAZINE

Child obesity: Why do parents let their kids get

fat?

The recent start of the new school year was greeted with reports of a dramatic rise in demand for extra-large uniforms for primary school pupils. It came as no surprise to Carol. Her two nieces were wearing size 14 skirts by the age of 11, the average size worn by a grown woman in the UK. Her son also struggled to find a uniform big enough at secondary school as his weight crept up to nearly 20 stone (127 kg) in his teens.

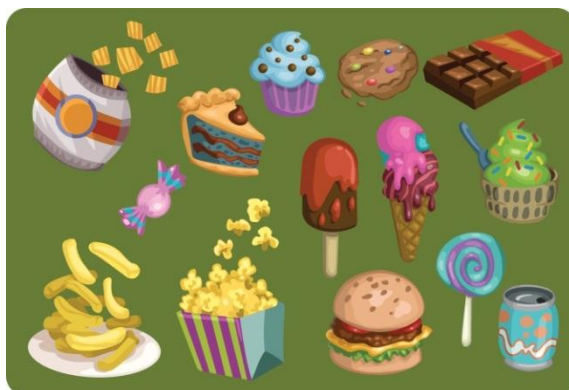
Just over 33% of eleven-year olds are now overweight or obese and among five-year olds it's 22%. New research published today by the University of Oxford also suggests that obese children and adolescents have several risk factors for heart disease, including raised blood pressure and cholesterol.

Obesity experts say parents are struggling with a multitude of problems when it comes to their child's weight. They include:

- lack of education about food
- limited cooking skills
- limited money to buy healthier food
- longer working hours
- marketing campaigns for junk food aimed at kids.

Some parents know they are a bigger part of the problem. Tracey says she allowed her daughter to pick up her own bad eating habits. Admitting to having a "complicated relationship" with food herself, she says she used it to bond with her daughter. "We would snack together in the evening while watching television and treat ourselves with sweets and puddings. It was like our special time together. I could see she was carrying a few extra pounds but she seemed happy. I didn't want to mention it because I didn't want her to feel negative about herself."

Many parents don't realise their child is fat when it might be obvious to other people. According to studies, 75% of parents underestimated the size of an overweight child, while 50% underestimated the size of an obese child.



Source B

Food for thought

Did you know that when you spend £1.75 on a cup of coffee in a café in Britain, the farmer who grew the beans may get as little as 5p? Or that some farmers get less than 2p for every kilogram of bananas that they grow?

So, what is Fairtrade?

Farmers in developing countries depend on rich countries to buy their products. But many companies in wealthy countries pay very low prices so that you and I can too. The Fairtrade Foundation helps farmers to get a fair price from companies. Produce sold in the UK with approval from the Fairtrade Foundation gets the Fairtrade Mark.



And the Foundation's vision?

Is to make products with the Fairtrade Mark part of everyday life – to make sure that these products can be bought all over the UK, in every newsagent, supermarket, café and canteen – to ensure farmers get a fair price.

There are about 1.5 million cocoa farmers in Ghana. They sell most of their cocoa beans to European countries, where the beans are made into chocolate.



More and more farmers want to sell their cocoa beans to companies approved by the Fairtrade Foundation. But they cannot because not enough chocolate with the Fairtrade Mark is sold around the world.

Make a difference – NOW!

Choose products with the Fairtrade Mark. You'll know your money has helped farmers in developing countries. Buy gifts which are approved by the Foundation. Your friends will love the quality of the product and they'll be proud of your concern for social justice.

Use your power as a consumer. Ask your local shop, youth club or gym to stock products with the Fairtrade Mark. Spread the word about Fairtrade among your friends. The more people who know about Fairtrade, the better.

Remember you can help to make Fairtrade's vision a reality. By choosing to buy products with the Fairtrade Mark, you will be sending a powerful message that you want to help fight poverty around the world.



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Source A: Child Obesity: Why do parents let their kids get fat? www.bbc.co.uk/news/magazine-19661085. Image © Thinkstock

Source B: Fairtrade Foundation Highlights leaflet and logo used by permission of the Fairtrade Foundation. Images © Thinkstock

Source C: Eating Disorders – www.thesite.org/healthandwellbeing/mentalhealth/eatingdisorders/eatingdisordersexplained. Images © Thinkstock

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Source C

Health & Wellbeing	Drink & Drugs	Home, Law & Money	Work & Study	Travel & Free Time	Our Community	Audio & Video
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Eating disorders

What is an eating disorder?

An eating disorder is an illness that stems from both emotional and psychological distress. This results in an obsessive relationship with food in terms of over- or under-eating. Having the ability to control the amount and type of food consumed offers sufferers a way to block out painful feelings.

Binge Eating Disorder (BED)

Binge eating disorder is similar to bulimia. Sufferers binge uncontrollably but do not purge (get rid of food by vomiting or using laxatives). It is believed that many more people suffer from BED than either anorexia or bulimia. Owing to the amount of food eaten, many people with BED become obese, which can lead to high blood pressure and heart disease.

Indications of binge eating might be eating much more rapidly than usual and until uncomfortably full. Sufferers may eat large amounts of food when not physically hungry. They may eat alone because of embarrassment at the quantities of food consumed or because they feel self-conscious eating in front of others. They often feel ashamed, depressed or guilty after bingeing.



How can I help myself?

First you have to accept that you have an eating disorder. It might help to:

- talk to someone you trust – a family member, a doctor, a friend or a trained counsellor
- find another doctor if your doctor can't help, or contact the [Eating Disorders Association](#)
- ask to be referred to a dietician or therapist
- be prepared to have counselling, if offered. Treatment tends to combine dietary control along with counselling to help deal with underlying problems.

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**Open out this page to see
Source B and Source C**