



Please write clearly in block capitals.

Centre number

Candidate number

Surname _____

Forename(s) _____

Candidate signature _____

I declare this is my own work.

Functional Skills Level 2 ENGLISH

Paper 1 Reading

Time allowed: 1 hour

Materials

For this paper you must have:

- **Sources A, B and C** which are provided in a separate Insert Booklet.

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.
- If you need extra space for your answer(s), use the lined pages at the end of this book.
Write the question number against your answer(s).
- Do all rough work in this answer book.
- Cross through any work you do not want to be marked.
- You must refer to the Insert Booklet provided.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 30.
- There are 10 marks for each section.
- You may use a dictionary.

Advice

- You are advised to check your work carefully.

For Examiner's Use	
Section	Mark
A	
B	
C	
TOTAL	



M A R 2 2 8 7 2 5 R 0 1

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QAN 603/4285/7

Section ARead **Source A** and answer **Questions 1 to 6**.**0 1**According to **Source A**, why is sleep important?**[1 mark]****0 2**

You are advised to use a dictionary for this question.

Source A states: ‘...you can drift off into peaceful, restorative slumber.’

What does the word ‘restorative’ mean in this quotation?

- A** uninterrupted
- B** deep
- C** healing
- D** dreamless

Write the correct letter in the box.

Answer **[1 mark]****0 3**

The text implies that

- A** the Calm app is good value for money.
- B** famous people do not have problems sleeping.
- C** everyone suffers from anxiety and stress.
- D** the narrators are chosen because they have boring voices.

Write the correct letter in the box.

Answer **[1 mark]**

0 4

Use the information in **Source A** to decide whether each statement about the Calm app is **true** or **false**. Put a tick (✓) in the correct box.

	True	False
You must have a mobile phone to use the Calm app.		
Users of the Calm app can change the background sounds.		
There are 40 tranquil nature settings in the app.		
An annual subscription to Calm costs £28.99.		

[2 marks]

0 5

The writer of **Source A** presents both facts and opinions.

0 5 . 1

Identify **two** facts about the **sleep stories** in the Calm app.

Fact 1 _____

Fact 2 _____

[1 mark]

0 5 . 2

Identify **two** opinions about the **sleep stories** in the Calm app.

Opinion 1 _____

Opinion 2 _____

[1 mark]



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outside the
box*

0 6

Explain how the writer of **Source A** uses words and language techniques to **describe** the effects of the Calm app.

You should provide examples from **Source A** in your answer.

[3 marks]

10



Section BRead **Source B** and answer **Questions 7 to 11**.**0 7**

You are advised to use a dictionary for this question.

Source B states: '...detrimental consequences for your physical health'.

What does the word 'detrimental' mean in this quotation?

- A** positive
- B** harmful
- C** significant
- D** limited

Write the correct letter in the box.

Answer **[1 mark]****0 8**According to **Source B**,

- A** one in three people suffers from stress.
- B** men are more likely to buy sleeping pills online.
- C** sleep helps the body to produce glucose.
- D** sleep-deprived people are more at risk of accidents.

Write the correct letter in the box.

Answer **[1 mark]**

0 9

Use the information in **Source B** to decide whether each statement is **true** or **false**. Put a tick (✓) in the correct box.

	True	False
The patient with the problem sleeping is a man in his forties.		
Leptin is a type of weight-loss medication.		
Overwork is the main cause of sleeping problems.		
This patient will be seen by a doctor before advice is given.		

[2 marks]

1 0

From **Source B**, list **three** ways lack of sleep can affect **mood and mental health**.

[3 marks]

1 _____

2 _____

3 _____

1 1

From **Source B**, list **three** benefits of good quality sleep.

[3 marks]

1 _____

2 _____

3 _____

10



Section C

Read **Source C** and answer **Questions 12** and **13**.

You will need to use both **Source A** and **Source C** to answer **Question 14**.

1 2

You are advised to use a dictionary for this question.

Source C states 'Blue light...which inhibits melatonin production'

In this quotation, the word 'inhibits' means

- A** stimulates.
- B** prevents.
- C** increases.
- D** reverses.

Write the correct letter in the box.

Answer

[1 mark]**1 3**

From **Source C**, list **three** things a teenager should do to improve the quality of their sleep.

[3 marks]

1 _____

2 _____

3 _____



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ANSWER IN THE SPACES PROVIDED**



