

Write your name here

Surname

Other names

**Edexcel  
Functional Skills**

Centre Number

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Candidate Number

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**English**

**Level 1**

**Component 2: Reading**

14–18 May 2012

**Time: 45 minutes**

Paper Reference

**E102/01**

**You may use a dictionary.**

Total Marks

**My signature confirms that I will not discuss the content of the test with anyone until the end of the 5 day test window.**

Signature: \_\_\_\_\_

### Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Sign the declaration.
- Answer **all** questions.
- Answer the questions in the spaces provided  
– *there may be more space than you need.*

### Information

- The total mark for this paper is 20.
- The marks for **each** question are shown in brackets  
– *use this as a guide as to how much time to spend on each question.*

### Advice

- Read each task carefully before you start to answer it.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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**PEARSON**

## SECTION A

Read Text A and answer questions 1 – 7.

### Text A

You read this in your local library.

## Stress



Produced by Estrick Health Authority.

### Is stress new?

Stress isn't new. Stressful situations have always existed. In early times, stress may have come from being face-to-face with a sabre-toothed tiger or from other dangerous situations. To survive, our ancestors reacted by either fighting or running away. This is known as the **fight or flight** reaction. The heart beats faster and the body releases extra fats and sugars to make the muscles ready to cope with either fighting or running away.

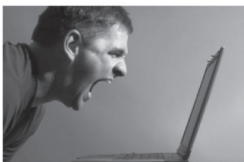
### Stress today

Today we no longer have to deal with sabre-toothed tigers but we still get stressed and our body reacts in the same way. Most people today think stress is a bad thing but a reasonable amount of stress can be a good thing. It can help a driver to slam on the brakes in an emergency situation to avoid an accident. It can also help when the pressure is on but it's not a matter of life and death, such as when a player is taking a penalty in a cup final or a learner is taking an exam!

However, sometimes stress can cause people problems. It can be the small, everyday things that get people really stressed, such as difficult journeys to work or school. But what's important is how we deal with this kind of stress in everyday life. If we treat every event like meeting a sabre-toothed tiger then we will always be stressed out and that isn't good for us or anyone else.

### Everyone is different

People deal with situations differently and this affects the level of stress they are feeling. How would **you** react to the following?



Computer crashes, **again!**



Stuck in traffic



Being shouted at down the phone

**To conclude**, it is usually **not the event** that causes stress but **how you deal with it**.

For more information visit our website [www.health.estrack.net](http://www.health.estrack.net)



Answer questions 1–3 with a cross in the box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

1 The **main** purpose of Text A is to:

- A inform the reader about ways to deal with stress
- B tell the reader everyone deals with stress the same way
- C inform the reader about stress in everyday life
- D tell the reader that everyone should avoid stress

(Total for Question 1 = 1 mark)

2 According to Text A, 'fight or flight' is:

- A a way of dealing with wild animals
- B a way of reacting to a stressful situation
- C a way of increasing the size of your muscles
- D a way of slowing your heartbeat down

(Total for Question 2 = 1 mark)

3 According to Text A, which **one** of these statements about stress is true?

- A People will always be stressed when stuck in traffic.
- B Stress can help you deal with an emergency.
- C People no longer have to deal with stress.
- D Stress is always bad for your health.

(Total for Question 3 = 1 mark)



4 Using Text A, give **one** way to get further information about stress.

.....

(Total for Question 4 = 1 mark)

5 List **two** features of Text A that help to present information.

You do **not** need to write in sentences.

1 .....

.....

2 .....

.....

(Total for Question 5 = 2 marks)

6 Your friend thinks that all stress is bad for you.

Using Text A, give **two** examples of how stress can be a good thing.

You do **not** need to write in sentences.

1 .....

.....

2 .....

.....

(Total for Question 6 = 2 marks)



7 People experience stress in everyday life.

Using Text A, give **two** examples of everyday things that can cause stress.

1 .....

.....

2 .....

.....

**(Total for Question 7 = 2 marks)**

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**TOTAL FOR SECTION A = 10 MARKS**



## SECTION B

Read Text B and answer questions 8 – 13.

### Text B

You find this on the website.

**Home Page**

Our *Take it Easy Hotel*, Estrick, was opened in 2008. We set up this hotel as a place for people to relax and get away from the stresses and pressures of living in today's world. We are located in some of the most beautiful countryside in England.

**How to find us**

The *Take it Easy Hotel* is a family-run business with 25 en suite luxury bedrooms. Each bedroom has beautiful views overlooking the sea. We offer breakfast, lunch and dinner. All the food is local to Estrick, freshly cooked by our award winning chef Katerina Keplova.

**Contact details**

There is something for everyone at the *Take it Easy Hotel*. There is a swimming pool for the more energetic and beautiful landscaped gardens for those who just want a gentle walk. We also have a well-stocked library so that you can read in a relaxed atmosphere. If you want to chill, you can watch a film in the comfort of your own room as each room comes with a DVD player. There are organised activities to take part in such as: yoga, painting classes and gentle aerobics.

**About us**

Staying at the hotel means you get offers such as free entry to Estrick Castle and reduced prices for Estrick's world-famous 18-hole golf course and boat trips around the coast.

**Room prices**

The hotel is open all year round, including Christmas and New Year and we do offer seasonal packages. If you don't want the hassle of cooking this Christmas, for example, come to us and we'll do it all for you!

**Activity times**

If you want to get away from it all, then the *Take it Easy Hotel* is the place for you!

**Menu**



Answer question 8 with a cross in the box  you think is correct. If you change your mind about an answer, put a line through the box  and then mark your new answer with a cross .

- 8 What is the **main** purpose of this webpage?
- A To persuade the reader to stay at the hotel
  - B To tell the reader that the hotel is by the sea
  - C To inform the reader about things to do in Estrick
  - D To tell the reader that Estrick has a castle

(Total for Question 8 = 1 mark)

Answer question 9 with a cross in the two boxes  you think are correct. If you change your mind about an answer, put a line through the box  and then mark your new answer with a cross .

- 9 According to Text B, identify **two** things from the list below which are true about the *Take it Easy Hotel*:
- A it has 25 en suite rooms
  - B it has an indoor gym
  - C it is next to a river
  - D it is a family-run business
  - E it has views of the golf course
  - F it is closed at Christmas

(Total for Question 9 = 2 marks)



**10** Using Text B, identify **two** local attractions where you get special offers when you stay at the *Take it Easy Hotel*.

You do **not** need to write in sentences.

1 .....

2 .....

**(Total for Question 10 = 2 marks)**

**11** Your friend wants a weekend break at a hotel which provides everything.

According to Text B, give **two** things the *Take it Easy Hotel* provides that would make it a good place for your friend to stay.

You do **not** need to write in sentences.

1 .....

2 .....

**(Total for Question 11 = 2 marks)**

**12** According to Text B, when is the *Take it Easy Hotel* open?

You do **not** need to write in sentences.

.....

**(Total for Question 12 = 1 mark)**





**13** Your friend is planning to stay at the *Take it Easy Hotel* and wants to find out more about the area around the hotel.

According to Text B, give **two** pieces of information about the area around the *Take it Easy Hotel*.

You do **not** need to write in sentences.

1 .....

.....

2 .....

.....

**(Total for Question 13 = 2 marks)**

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**TOTAL FOR SECTION B = 10 MARKS**  
**TOTAL FOR PAPER = 20 MARKS**



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