

Functional Skills English

Entry 2 Reading

Sample assessment

Candidate Paper

Health

Time allowed: 40 minutes

Marks: 14

Name: _____

City & Guilds enrolment number: _____

Date: _____

You will need

- a pen with black or blue ink
- a dictionary.

Instructions


- Read each question carefully.
- Answer **all** the questions.

Draft materials
Subject to Technical Evaluation by Ofqual.

Activity 1

Read the leaflet and answer the questions.

**Facts
about
Water**



1. Why do we need to drink water?

We all know that our bodies need water, but did you know that about 70% of our body is water. Water cleans our body, controls our body heat, and helps to keep us healthy.

2. How much water do we need to drink a day?

It is often said that we need to drink at least eight glasses of water a day. In fact, the amount of water we need depends on what we are doing. When we are hot, do sport or exercise we need to drink more.

3. Can we get the water we need from other drinks or food?

We can get water from food, especially fruit and vegetables. We can also get water from other drinks like tea and fruit juices.

4. Do cola and coffee lower the amount of water in our bodies?

In experiments in America some people drank only water and other people drank water, cola and coffee. In both groups of people their levels of body fluid were more or less the same.

1. Which **two** layout features in the document help to make it easy to read?

Tick the correct answers.

- | | |
|---|--|
| <input type="checkbox"/> underlining | <input type="checkbox"/> headings |
| <input type="checkbox"/> numbers | <input type="checkbox"/> images |
| <input type="checkbox"/> block capitals | <input type="checkbox"/> bullet points |

2. Give **two** reasons why it is important to drink enough water.

3. Give **one** example of when we need to drink more water.

4. Which word could replace **experiments** in the text?

- tests
- checks
- exams

5. Which image matches the information in number 3?



7 marks

Activity 2

Read the text.

Find your balance!

The right amount!

An easy guide for finding the right balance for you.

Having a healthy, balanced diet is about getting the right types of food and drinks in the right amounts for you.

This guide gives you an idea of portion sizes for different foods and how many portions you need to have each day.



Your hands are perfect for measuring the right portion size for you

The guide is very quick and easy to follow!

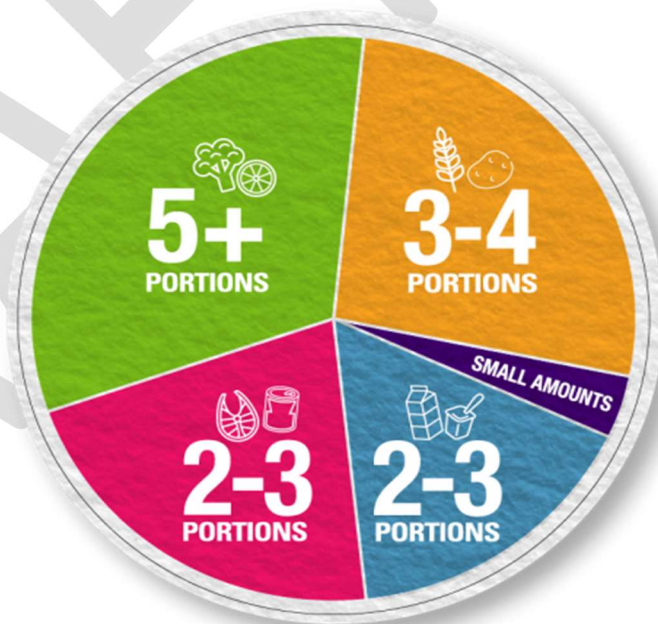
More details about food groups and portion sizes are available on our website which you can find at www.findyourbalance.org

Connect with us



Find your balance across the day

The diagram below shows how many portions from each food group to eat for a healthy balanced diet.



From each food group:

Fruit and vegetables: **5+ portions**

Starchy foods: **3-4 portions**

Proteins: **2-3 portions**

Dairy: **2-3 portions**

Fats: **small amounts**

Answer the questions.

1. What is the text about?

- Meal plans.
- Healthy diets.
- Large portions.

2. Which type of foods does this section of the diagram show?



3. How can you measure the right portion size for you?

4. Give **two** words used to describe the guide.

5. Give **two** pieces of information you can find on the website.

7 marks

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DRAFT

Functional Skills English
Entry 2 Reading
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Assessment Pack


Health

DRAFT

Assessor notes for marking

The assessor should mark the test according to the mark scheme.

Reading Activity 1

Q. No.	Answer	Marks	SCS
1	'numbers' indicated 'headings' indicated One mark for each	1 1	9
2	Two of: <ul style="list-style-type: none">• (water) cleans our body• (controls) body heat• (helps to) keep (us) healthy• (about) 70% (of our) body is water (maximum of 2 marks) Do not penalise spelling	2 (1)	11
3	One of: <ul style="list-style-type: none">• (when we are) hot• (do) sport• (do) exercise Do not penalise spelling	1	8
4	'tests' indicated	1	10
5	 indicated	1	12
7 marks available for Activity 1			
Candidate's total mark		17	

Reading Activity 2

Q. No.	Answer	Marks	SCS
1	'Healthy diets' indicated	1	8
2	Fruit and vegetables / fruit / vegetables Do not penalise spelling	1	12
3	(Use your) hand Do not penalise spelling	1	8
4	quick easy Do not penalise spelling	1 1	7
5	Two of: <ul style="list-style-type: none">• more details• food groups• portion sizes Do not penalise spelling	2 (1)	11
7 marks available for Activity 2			
Candidate's total mark		17	

Assessment Record

Candidate's name: _____

Date: _____

C&G Enrolment number (ENR): _____

Totals	Candidate scores	
7 Marks available for activity 1	/7	
7 marks available for activity 2	/7	
Total marks available for Reading 14	/14	
Candidate has achieved (tick one)	Yes <input type="checkbox"/>	No <input type="checkbox"/>
	Date	Signatures
Assessor name		
IQA name (if sampled)		
EQA name (if sampled)		