

Functional Skills English

Entry 3 Reading

Sample assessment



www.cityandguilds.com
March 2019
Version 0.1

Candidate Paper

Health and Wellbeing

Time allowed: 45 minutes

Marks: 16

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 Document 1

Your *Health* magazine



5 Ways to

WELLBEING

Research suggests that small changes to wellbeing can not only improve mental health but also help people to develop and grow.



Connect with the people around you, with family, friends, colleagues and neighbours. Think of these as the cornerstone of your life and invest time in developing these relationships. Growing your relationships will help to support you every day.



Be curious. Look for the beautiful things and remark on the unusual. Value the moment - whether you are walking to work, eating lunch or washing the dishes. Be aware of the world around you and what you're feeling. Reflecting on your experiences will help you appreciate what really matters to you.



Go for a walk or run outside. You can cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, choose an activity you really enjoy and one that suits your level of fitness. Join a class or group and have fun with people who enjoy the same hobbies as you.



Try something new or rediscover an old interest. Sign up for a course. Take on a different responsibility at work. Fix a bike or learn to play an instrument. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



Do something nice for a friend or a stranger. It's easy to just thank someone or smile. Volunteer your time. Join a community group. Linking to the wider community can be incredibly rewarding and create new relationships with the people around you.

If you'd like to find out more information about our wellbeing projects and what's happening where you live, go to our website www.lifestyleconnect.com. We'd love to hear from you.

Answer the questions about document 1.

1. What is document 1?
Tick the correct answer

- A news item.
- A lifestyle article.
- A website feature.
- A community advert.

2. Which **three** paragraphs talk about getting to know other people?

1. _____

2. _____

3. _____

3. The word 'cornerstone' could be replaced by

- wall
- angle
- centre
- problem.

4. What will help you to value the important things in your life?

5. What does it mean to 'be curious'?

- to be very impatient
- to wait for things to happen
- to be interested in new things
- to be very popular with others

6. Which word in the section 'Give' means 'a group of people who have the same interests or live in a particular area'?

8 marks

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Activity 2

Read Document 2

ONE YOU

How are you? Quiz

Every Mind Matters

For Your Body

For Your Mind

[Apps](#)

Making better choices today can have a big impact on your health. One You aims to help you be healthy and feel better by giving you free tips, tools and support. Whether it's moving more or eating more healthily – [ONE YOU](#) can help you make small, practical changes that fit in with your life. [Find out more](#)



[ACTIVE 10](#)

Active 10 tracks your walking and shows you when to increase your pace to benefit your health. The app is designed to quickly and simply help you walk faster in 10-minute sessions. It tracks all your walking and rewards your progress.



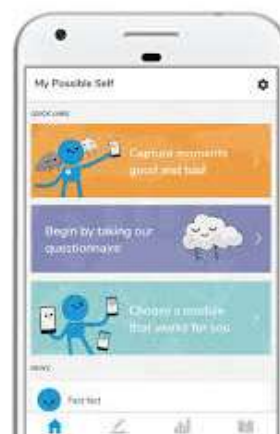
[EASY MEALS](#)

Our free Easy Meals app is a great way to help you eat foods that are healthier. You'll find delicious, easy meal ideas if you are ever short of inspiration. Search recipes by meal time and create shopping lists.

Content proven to reduce stress, anxiety and low mood

[FEEL STRESS FREE](#)

The Feel Stress Free app helps you manage stress and anxiety. Use the app to relax before a stressful situation or as part of your regular routine.



[MY POSSIBLE SELF](#)

The My Possible Self app aims to help you take control of your thinking, feelings and behaviour. Use the app to help manage fear, anxiety and stress.

For information about all the NHS recommended apps for smart phones and tablets [click here](#)

ALL OUR APPS ARE FREE AND AVAILABLE TO [DOWNLOAD](#)



Answer the questions about document 2.

7. What is the purpose of document 2?

Tick the correct answer

- To advertise online shops.
- To promote health technology.
- To support online communities.
- To offer advice on mental health.

8. What is the **main** purpose of the 'One You' organisation?

9. Give **one** benefit of using ACTIVE 10.

10. Which word in the section 'Easy Meals' means '*to have new ideas*'?

11. In My Possible Self which word could replace **thinking**

Tick the correct answer

- point of view
- judgements
- brainwaves
- thoughts

12. Which **two** apps are designed to support mental health?

1. _____

2. _____

13. Which link would you click for information about NHS recommended tools?

Tick the correct answer

- Find out more**
- click **here**
- DOWNLOAD**
- ONE YOU**

(8 marks)

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Functional Skills English
Entry 3 Reading
Sample assessment

Assessment Pack

Health and Wellbeing

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Assessor notes for marking

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

Reading Activity 1

Q No.	Answer	Marks	SCS
1	'A lifestyle article' indicated	1	10
2	<ul style="list-style-type: none">• Connect• Be active• Give One mark for each correct answer Do not penalise spelling	1 1 1	12
3	'centre' indicated	1	8
4	Reference to 'reflecting on your experiences' accept similar wording do not penalise spelling	1	9
5	'to be interested in new things' indicated	1	11
6	'community' Do not penalise spelling	1	8
8 marks available for Activity 1			
Candidate marks		/8	

Reading Activity 2

Q No.	Answer	Marks	SCS
7	'To promote health technology' indicated	1	10
8	To help people be healthy and feel better Accept similar wording Do not penalise spelling	1	9
9	Reference to One of: <ul style="list-style-type: none">• tracks your walking• shows (you) when to increase (your) pace• (to) benefit (your) health• rewards (your) progress Do not penalise spelling	1	9
10	'Inspiration' Do not penalise spelling	1	8
11	'Thoughts' indicated	1	11
12	<ul style="list-style-type: none">• Feel Stress Free• My Possible Self One mark for each correct answer Do not penalise spelling	1 1	9
13	'click here ' indicated	1	12
8 marks available for Activity 2			
Candidate marks		/8	

Assessment Record

Candidate's name: _____

Date: _____

C&G Enrolment number (ENR): _____

Totals	Candidate scores	
8 Marks available for activity 1	/8	
8 marks available for activity 2	/8	
Total marks available for Reading 16	/16	
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)		