

Functional Skills English (4748)

Entry 1 Reading

Sample assessment



www.cityandguilds.com
July 2022
Version 2.0

Candidate Paper

Health Tips

Time allowed: 30 minutes

Total marks: 10

Candidate's name: _____

City & Guilds enrolment number: _____

Date of registration: _____

Date of assessment: _____

You will need

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

Instructions

- Read each question carefully.
- Answer **all** the questions.
- You do not need to write full sentences.
- There are no marks for spelling or punctuation.

Candidate's declaration:

I confirm that this assessment is my own work.

Candidate's signature _____

Date _____

Activity 1

Read the text.

5 top tips for good health



Eat five fresh fruit and vegetables every day.



Drink lots of water.



Say NO to junk food and fizzy drinks.



Take a walk in the fresh air.



Have some fun.

To get a FREE ideas pack visit
the website
www.health-and-you.com



Complete the sentences about the text.

1. The text is about

- types of fruit.
- places to walk.
- ways to be healthy.

(Tick **one**)

2. Tip number _____ tells you what food to eat.

3. It's not healthy to eat _____
or drink _____.

4. Go for a _____ outside.

5. You can visit the website for

- free vegetables.
- an ideas pack.
- a shopping list.


(Tick **one**)

6 marks

Activity 2

Read the text.

https://www.eat-well.co.uk



Eat well

[Home](#)

[Recipes](#)

[Exercise](#)


[Health](#)

[Diet](#)


Healthy snacks

Here are some quick and easy snacks you can make at home. They are cheap to make. They can be enjoyed by all the family.

- Frozen grapes
- Crackers with peanut butter
- Low-fat yoghurt and fresh fruit
- Homemade popcorn
- Carrot sticks with dip
- Sweet potato chips



Sweet Potato Chips




Frozen Grapes

Send in your ideas for healthy snacks to

www.eat-well.co.uk

You can share your ideas with us on social media.



Answer the questions about the text.

1. Why would these snacks help to save money?

2. What vegetable goes with the dip?

3. Give **one** way to share your ideas.

4. The text is

- a menu in a café.
- a set of instructions.
- a list of ideas for snacks.

(Tick **one**)

4 marks

Check your work.

End of assessment