

Functional Skills English (4748)

Entry 2 Reading

Sample assessment



www.cityandguilds.com
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Version 2.1

Candidate Paper

Guide to Health

Time allowed: 40 minutes

Total marks: 14

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, punctuation or grammar.

Candidate's declaration:

I confirm that this assessment is my own work.

Candidate's signature _____

Date _____

Activity 1

Read the text.

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, and we can 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, the results showed that their levels of body fluid were more or less the same.

Answer the questions about the text.

1. Which word in the **first** section introduces more information?
(Tick **one**)

all

of

and

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

- _____
- _____

3. Give **two** examples of when we need to drink more water.

- _____
- _____

4. Use your dictionary.

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

(Tick **one**)

tests

checks

exams

5. Which foods can people eat to increase the amount of water in their bodies?

_____ and _____

7 marks

Activity 2

Read the text.

Find your balance!

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.

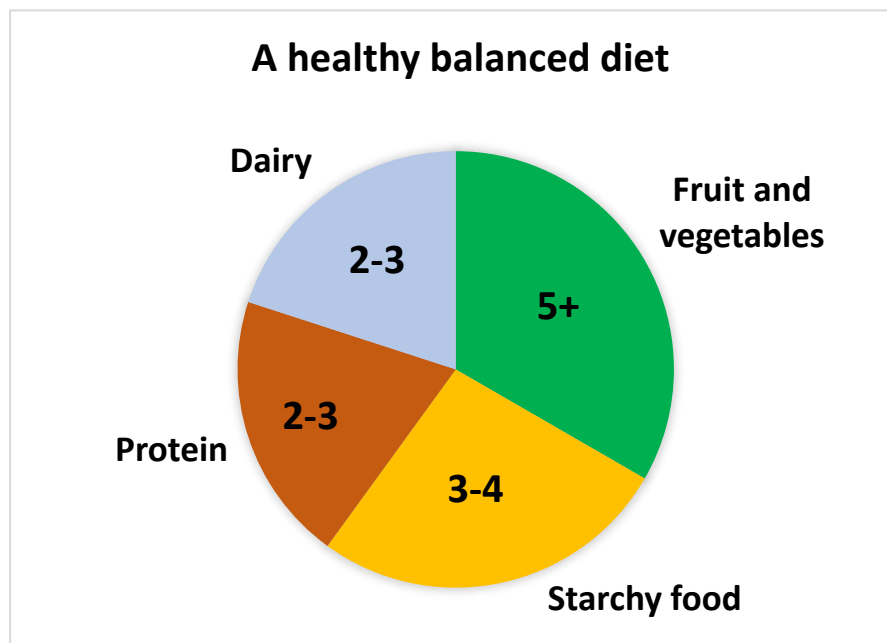
This guide gives you an idea of portion sizes for different foods and how many portions you need to have each day.



Your hand is perfect for measuring the right portion size for you

The guide is very quick and easy to follow!

The chart below shows how many portions to eat from each food group, such as, food which contains protein.



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

Connect with us



Answer the questions about the text.

1. What is the text about?
(Tick **one**)

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

2. How can people measure the right portion size?

3. Give **one** word used to describe the guide.

4. Which words in the sentence about the chart introduce an example?
(Tick **one**)

- how many
- such as
- which contains

5. How many portions of fruit and vegetables should people have each day?

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

- _____
- _____

7 marks

Check your work.

End of assessment