

Functional Skills English

Entry 3 Reading

Sample assessment

Candidate Paper

Wellbeing

Time allowed: 45 minutes

Marks: 16

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.

Your *Health* magazine



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

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

BE ACTIVE 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.

Give 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.

TAKE NOTICE 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.

KEEP LEARNING 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.

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.

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Answer the questions about the text.

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

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

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

- _____
- _____
- _____

3. Look at the section 'Keep Learning'.
According to this section, what are **two** reasons to learn new things?

- _____
- _____

4. According to the section 'Take Notice', what will help you to value the important things in your life?

5. In the section 'Take Notice', what does 'Be curious' mean?
Tick **one**.

- Be very impatient.
- Wait for things to happen.
- Be very popular with others.
- Take more interest in things.

6. Where can you look to find out about events happening in your local area?

9 marks

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Activity 2

Read the text.

ONE YOU

How are you? Quiz

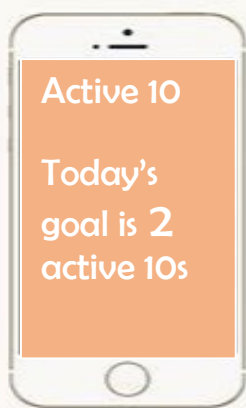
Every Mind Matters

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.



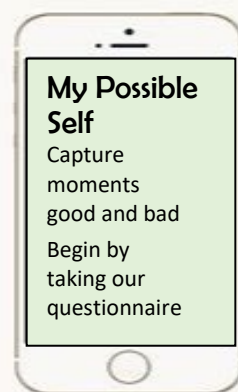
[EASY MEALS](#)

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



[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 the text.

1. What is the **main** purpose of the text?
(Tick **one**)

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

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

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

4. In the section 'Easy Meals', give **one** word used to describe the meal ideas.

5. Use your dictionary.
In 'My Possible Self', which of the following could replace **thinking**?
(Tick **one**)

point of view

judgements

brainwaves

thoughts

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

- _____
- _____

7 marks

Check your work.

End of assessment