

Pearson Edexcel Functional Skills – Entry 2

English

Entry 2 Reading TASK F

Set 3

Controlled Assessment Material

Valid from September 2016 to August 2017

Learner name

Learner signature and date

Instructions

- Use blue or black ink. Do not use pencil.
- Write your answers in the spaces provided.
- For each task answer ALL the questions on both texts.
- Some questions must be answered with a tick in a box.
- If you change your mind about an answer, put a line through the box and mark your new answer with a tick.
- You must use a dictionary.

Information

- There are 10 marks available for each task.

Advice

- Read each question carefully.
- Make sure you know what to do before you write your answers.
If you are not sure, ask.
- Use clear English and present your answers carefully.
- Check your work carefully after finishing each task.

Turn over ►

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PEARSON

Read Text F1 and answer questions 1 to 5.

Text F1

You read this.

A Healthy Diet



If you want to be healthy it is important to eat good food.

You should have a balanced diet. It is better to eat a little of everything than a lot of one type of food. A poor diet with too much fat or sugar can cause illness.

Do not add extra salt to your food as it can cause high blood pressure.

Missing a meal or not eating enough is not good for you.

Eat three meals a day with plenty of delicious fruit and vegetables.

Text F1 questions

- 1 Put a tick ☒ in the correct box.

According to Text F1, it is better to eat:

A	a little of everything	<input type="checkbox"/>
B	a lot of fatty food	<input type="checkbox"/>
C	very little food	<input type="checkbox"/>

(Total for Question 1 = 1 mark)

- 2 Write your answer on the line below.

According to Text F1, what can a poor diet cause?

.....

(Total for Question 2 = 1 mark)

- 3 Write your answer on the line below.

According to Text F1, how many meals a day should you eat?

.....

(Total for Question 3 = 1 mark)

4 Put a tick ☒ in the correct box.

According to Text F1, what must you **not** add to your food?

A	sugar	
B	fruit	
C	salt	

(Total for Question 4 = 1 mark)

5 Write your answer on the lines below.

Look up the word **delicious** in your dictionary and write down what it means.

.....

.....

.....

.....

.....

(Total for Question 5 = 1 mark)

TEXT F2 BEGINS ON THE NEXT PAGE

Read Text F2 and answer questions 6 to 10.

Text F2

You read this.

A Healthy Lifestyle

Try to do lots of exercise. It is good for your heart and lungs. You do not have to join a gym. You can exercise at home in your spare time and it is free.

You should do at least two and a half hours of gentle exercise a week. This can be gardening, walking or cycling on flat ground.

Try to do at least one hour a week of hard exercise such as running, playing football or mountain biking.

If you are working at a desk, get up and move about every 20 minutes.

Text F2 questions

6 Write your answer on the line below.

According to Text F2, what is good for your heart and lungs?

.....

(Total for Question 6 = 1 mark)

7 Put a tick ☒ in the correct box.

According to Text F2, every week you should do at least:

A	two and a half hours of hard exercise	<input type="checkbox"/>
B	one hour of gentle exercise	<input type="checkbox"/>
C	two and a half hours of gentle exercise	<input type="checkbox"/>

(Total for Question 7 = 1 mark)

8 Put a tick ☒ in the correct box.

According to Text F2, gentle exercise includes:

A	mountain biking	<input type="checkbox"/>
B	cycling on flat ground	<input type="checkbox"/>
C	playing football	<input type="checkbox"/>

(Total for Question 8 = 1 mark)

9 Write your answer on the line below.

According to Text F2, name **one** type of hard exercise.

.....

(Total for Question 9 = 1 mark)

10 Write your answer on the line below.

According to Text F2, if you are working at a desk how often must you move around?

.....

(Total for Question 10 = 1 mark)