



Please write clearly in block capitals.

Centre number

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Candidate number

1	2	3	4
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Surname Doe

Forename(s) John

Candidate signature JD

I declare this is my own work.

Functional Skills Level 1

ENGLISH

Paper 1 Reading

Time allowed: 1 hour

Materials

For this paper you must have:

- **Sources A, B and C** which are provided in a separate Insert Booklet.

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided.
- Do not write outside the box around each page or on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book.
Write the question number against your answer(s).
- Do all rough work in this answer book.
- Cross through any work you do not want to be marked.
- You must refer to the Insert Booklet provided.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 26.
- You may use a dictionary.

Advice

- You are advised to check your work carefully.

For Examiner's Use	
Section	Mark
A	
B	
TOTAL	



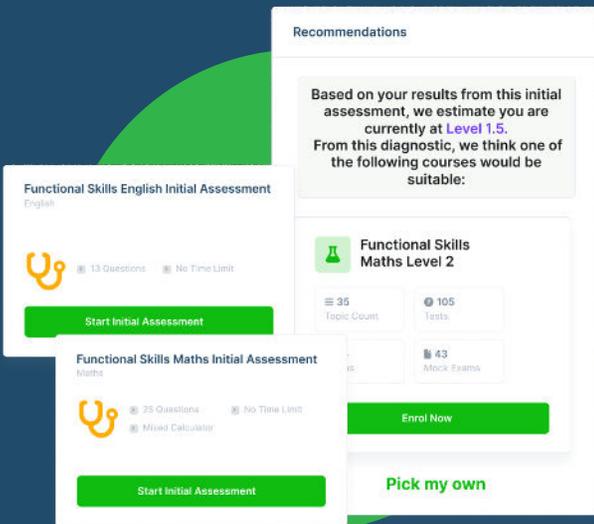
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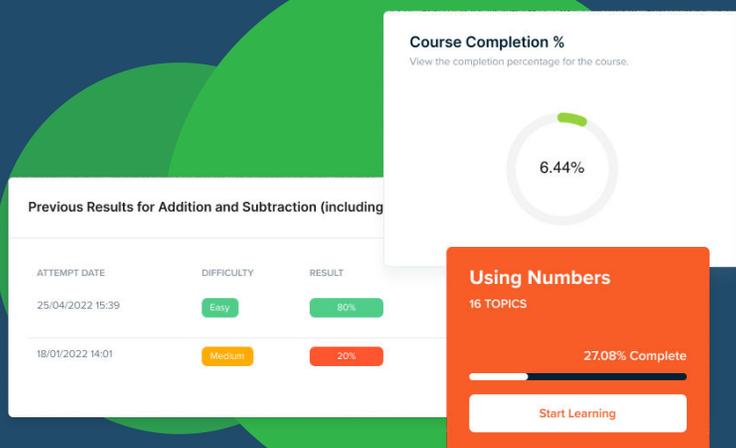
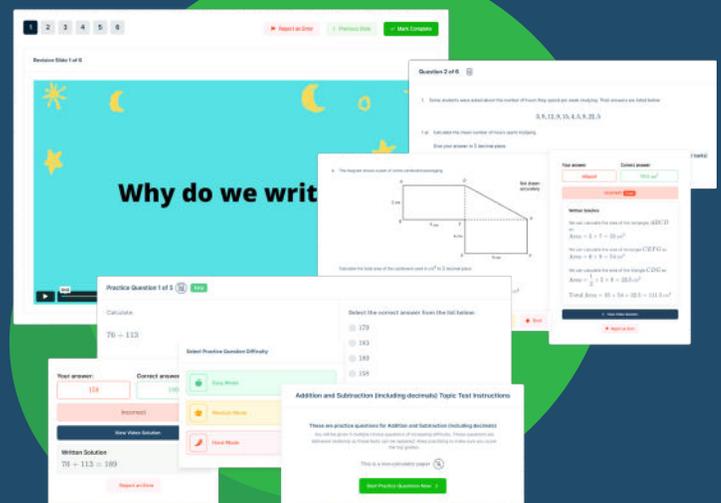


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Section A

Read **Source A** and answer **Questions 1 to 6**.

0 1

Use the information in **Source A** to decide whether each statement about the patient is **true** or **false**. Put a tick (✓) in the correct box.

	True	False
The patient is a woman.		✓
The patient got sleeping pills from the internet.	✓	
The patient had an accident due to being overtired.		✓
The patient will be seen by a doctor.	✓	

[2 marks]

0 2

You are advised to use a dictionary for this question.

The patient in **Source A** says: 'The next day I'm fractious'.

What does the word 'fractious' mean in this quotation?

- A tired
- B unwell
- C forgetful
- D irritable

Write the correct letter in the box.

Answer D

[1 mark]

0 3

Source A contains text and a photograph.What **extra** information about the doctors' surgery does the photograph suggest?

- A Both male and female doctors are available.
- B The surgery has an X-ray department.
- C Patients can get vaccinations at the surgery.
- D Doctors at the surgery can issue prescriptions.

Write the correct letter in the box.

Answer B

[1 mark]



0 4

Use the information in **Source A** to decide whether each statement about sleep is **true** or **false**. Put a tick (✓) in the correct box.

	True	False
Good sleep helps the body to fight infection.	✓	
Most people sleep for more than eight hours a night.		✓
Three people suffer from poor sleep.		✓
People who don't sleep well tend to eat more.	✓	

[2 marks]

0 5

You are advised to use a dictionary for this question.

Source A states: '...helping the body to withstand viruses and bugs.'

What does the word 'withstand' mean in this quotation?

- A resist
- B recognise
- C understand
- D weaken

Write the correct letter in the box.

Answer A

[1 mark]

0 6

What is the **main** purpose of the writing in **Source A**?

- A To advertise the Online Doctor service.
- B To advise people how to get better sleep.
- C To explain the serious effects of poor sleep.

Write the correct letter in the box.

Answer C

[1 mark]



Read **Source B** and answer **Questions 7 to 9**.

0 7

From the **Review section** of **Source B**, identify **one** positive thing and **one** negative thing Anita Jones tells us about the Calm app.

0 7 . 1

Positive thing There are more than 200 soundtracks.

[1 mark]

0 7 . 2

Negative thing Free content is limited.

[1 mark]

0 8

You are advised to use a dictionary for this question.

Source B says: '...almost 40 tranquil nature settings.'

What does the word 'tranquil' mean in this quotation?

- A beautiful
- B peaceful
- C colourful
- D wonderful

Write the correct letter in the box.

Answer

B

[1 mark]



0	9
---	---

In **Source B**, the writer says: 'Close your eyes and listen to 200 soothing soundtracks: a flowing river, garden rain, a tropical jungle...'

The colon (:) in the middle of this sentence

- A** reminds the reader to close their eyes.
- B** acts as a smiling emoji.
- C** is doing the same job as a full stop.
- D** introduces the list of soundtracks.

Write the correct letter in the box.

Answer

D

[1 mark]

Turn over for the next question



Questions 10 and 11 refer to Source A and Source B.**1 0**Compare **Source A** and **Source B**.Identify **two** ways these sources are **similar to each other**.

You could write about:

- what they look like
- how they are written
- what they are about.

[2 marks]1. Both sources are about sleep.

2. Both sources are informative.

1 1Compare **Source A** and **Source B**.Identify **two** ways these sources are **different from each other**.

You could write about:

- what they look like
- how they are written
- what they say.

[2 marks]

Difference 1

Source A uses medical language whilst Source B uses everyday language.

Difference 2

Source A is from a website whilst Source B is a review article.

16

Section BRead **Source C** and answer **Questions 12 to 17**.**1 2**Look at the language and structure used in **Source C**.What is the main purpose of **Source C**?

- A** To persuade parents to ban their children from using screens at night.
- B** To advise teenagers on lifestyle changes to help them sleep better.
- C** To describe to children the negative effects of a lack of sleep.

Write the correct letter in the box.

Answer

B

[1 mark]**1 3****Source C** says: 'Insufficient sleep at night can make you feel sleepy'.

In this quotation what does 'insufficient' mean?

- A** disrupted
- B** unsatisfactory
- C** too much
- D** not enough

Write the correct letter in the box.

Answer

D

[1 mark]**1 4**

What does '...lack of sleep amongst teenagers is escalating' mean?

- A** Teenagers find it difficult to deal with lack of sleep.
- B** Teenagers find it easy to deal with lack of sleep.
- C** The number of teenagers experiencing lack of sleep is rising.
- D** The number of teenagers experiencing lack of sleep is falling.

Write the correct letter in the box.

Answer

C

[1 mark]

1 5

Use the information in **Source C** to decide whether each statement is **true** or **false**.
Put a tick (✓) in the correct box.

	True	False
Lack of sleep can improve friendships.		✓
It's okay to have caffeine in the mornings.	✓	
Eight hours' sleep is the minimum a teenager should have.	✓	
You should switch off screens at bedtime.		✓

[2 marks]**1 6**

Use the information in **Source C** to decide whether each statement is **fact** or **opinion**.
Put a tick (✓) in the correct box.

	Fact	Opinion
Teenagers are just idle...		✓
Coffee is delicious...		✓
Everyone loves a long, lazy lie-in...		✓
... caffeine too near to bedtime can stop you falling asleep...	✓	

[2 marks]

1	7
---	---

A friend has told you that they have problems with sleeping. You have promised to research sleep problems to help your friend.

From **Source C**, make a **list** of things your friend could do **to help them sleep better**.
[3 marks]

- Limit screen use in the bedroom.
- Don't drink caffeinated drinks after midday.
- Don't overeat close to bedtime.
- Keep the bedroom dark or use a sleep mask.
- Don't lie-in too much.

10

END OF QUESTIONS



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ANSWER IN THE SPACES PROVIDED**





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