



**Surname** \_\_\_\_\_

**Other Names** \_\_\_\_\_

**Centre Number** \_\_\_\_\_

**Candidate Number** \_\_\_\_\_

**Candidate Signature** \_\_\_\_\_

**I declare this is my own work.**

**Functional Skills Level 1**

**ENGLISH**

**Paper 1 Reading**

**8720R**

**Time allowed: 1 hour**

**At the top of the page, write your surname and other names, your centre number, your candidate number and add your signature.**

**[Turn over]**



**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.**
- **Answer ALL questions.**
- **You must answer the questions in the spaces provided.**
- **Do not write 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.**

**DO NOT TURN OVER UNTIL TOLD TO DO SO**



## SECTION A

Read **SOURCE A** and answer **QUESTIONS 1 to 6**.

0	1
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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. [2 marks]

	<b>TRUE</b>	<b>FALSE</b>
<b>The patient is a woman.</b>		
<b>The patient got sleeping pills from the internet.</b>		
<b>The patient had an accident due to being overtired.</b>		
<b>The patient will be seen by a doctor.</b>		



0	2
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**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.**

**[1 mark]**

**Answer**

**[Turn over]**



0	3
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**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.  
[1 mark]**

**Answer**



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. [2 marks]

	<b>TRUE</b>	<b>FALSE</b>
<b>Good sleep helps the body to fight infection.</b>		
<b>Most people sleep for more than eight hours a night.</b>		
<b>Three people suffer from poor sleep.</b>		
<b>People who don't sleep well tend to eat more.</b>		

[Turn over]



0	5
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**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.  
[1 mark]**

**Answer**





0	6
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**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.**

**[1 mark]**

**Answer**

**[Turn over]**



Read SOURCE B and answer  
QUESTIONS 7 to 9.

07

From the REVIEW SECTION of  
SOURCE B, identify ONE positive thing  
and ONE negative thing Anita Jones tells  
us about the Calm app.

07.1

Positive thing \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

[1 mark]



07.2

**Negative thing** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**[1 mark]**

**[Turn over]**



0	8
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**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.  
[1 mark]**

**Answer**



0	9
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**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.  
[1 mark]**

**Answer**

**[Turn over]**



**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** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2. Both sources** \_\_\_\_\_

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**[Turn over]**



1 1

**Compare 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** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Difference 2** \_\_\_\_\_

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**[Turn over]**

<b>16</b>



**SECTION B**

**Read SOURCE C and answer  
QUESTIONS 12 to 17.**



1	2
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**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.**

**[1 mark]**

**Answer**

**[Turn over]**



1	3
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**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.  
[1 mark]**

**Answer**



1	4
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**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.**  
**[1 mark]**

**Answer**

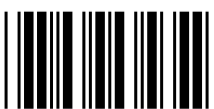
**[Turn over]**



1 5

Use the information in **SOURCE C** to decide whether each statement is **TRUE** or **FALSE**. Put a tick (✓) in the correct box. [2 marks]

	<b>TRUE</b>	<b>FALSE</b>
<b>Lack of sleep can improve friendships.</b>		
<b>It's okay to have caffeine in the mornings.</b>		
<b>Eight hours' sleep is the minimum a teenager should have.</b>		
<b>You should switch off screens at bedtime.</b>		



1 6

Use the information in **SOURCE C** to decide whether each statement is **FACT** or **OPINION**. Put a tick (✓) in the correct box. [2 marks]

	<b>FACT</b>	<b>OPINION</b>
<b>Teenagers are just idle...</b>		
<b>Coffee is delicious...</b>		
<b>Everyone loves a long, lazy lie-in...</b>		
<b>... caffeine too near to bedtime can stop you falling asleep...</b>		

[Turn over]



17

**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]**

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**END OF QUESTIONS**

<b>10</b>



**Additional page, if required.  
Write the question numbers in the  
left-hand margin.**




**Additional page, if required.**  
**Write the question numbers in the**  
**left-hand margin.**

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