

Please write clearly ir	n block capitals.	
Centre number	Candidate number	
Surname	-	_
Forename(s)		
Candidate signature	I declare this is my own work.	

Functional Skills Level 2 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.

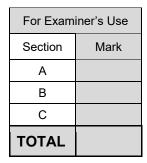
Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 30.
- There are 10 marks for each section.
- You may use a dictionary.

Advice

You are advised to check your work carefully.





	Section A	
	Read Source A and answer Questions 1 to 6 .	
0 1	According to Source A , why is sleep important?	[1 mark]
0 2	You are advised to use a dictionary for this question.	
	Source A states: 'you can drift off into peaceful, restorative slumber.'	
	What does the word 'restorative' mean in this quotation?	
	A uninterrupted	
	B deep C healing	
	D dreamless	
	Write the correct letter in the box.	
	Answer	[1 mark]
0 3	The text implies that	
	A the Calm app is good value for money.	
	B famous people do not have problems sleeping.C everyone suffers from anxiety and stress.	
	D the narrators are chosen because they have boring voices.	
	Write the correct letter in the box.	
	Answer	F4 13
		[1 mark]



Do not write
outside the
box

0 4	Use the information in Source A to decide whether each stateme Calm app is true or false . Put a tick (\checkmark) in the correct box.	nt about t	he
		True	False
	You must have a mobile phone to use the Calm app.		
	Users of the Calm app can change the background sounds.		
	There are 40 tranquil nature settings in the app.		
	An annual subscription to Calm costs £28.99.		
			[2 marks]
0 5	The writer of Source A presents both facts and opinions.		
0 5.1	Identify two facts about the sleep stories in the Calm app.		
	Fact 1		
	Fact 2		
			[1 mark]
0 5.2	Identify two opinions about the sleep stories in the Calm app.		
	Opinion 1		
	Opinion 2		
			[1 mark]



0 6	Explain how the writer of Source A uses words and language techniques to describ the effects of the Calm app.	Do not write outside the box
	You should provide examples from Source A in your answer. [3 mark	s]
		_
		_
		_
		10



Do not write outside the box

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	Read Source B and answer Questions 7 to 11 .	
0 7	You are advised to use a dictionary for this question.	
	Source B states: 'detrimental consequences for your physical health'.	
	What does the word 'detrimental' mean in this quotation?	
	A positiveB harmfulC significantD limited	
	Write the correct letter in the box.	
	A	
	Answer [1 n	nark]
0 8	According to Source B,	
	 A one in three people suffers from stress. B men are more likely to buy sleeping pills online. C sleep helps the body to produce glucose. D sleep-deprived people are more at risk of accidents. 	
	Write the correct letter in the box.	
	Answer	nark1



	True	False
The patient with the problem sleeping is a man in his forties.		
Leptin is a type of weight-loss medication.		
Overwork is the main cause of sleeping problems.		
This patient will be seen by a doctor before advice is given.		
	1	[2 ma
From Source B , list three ways lack of sleep can affect mood ar 1		health. [3 ma
2		
2		[3 ma
3		[3 ma
From Source B , list three benefits of good quality sleep.		[3 ma
From Source B , list three benefits of good quality sleep.		[3 ma



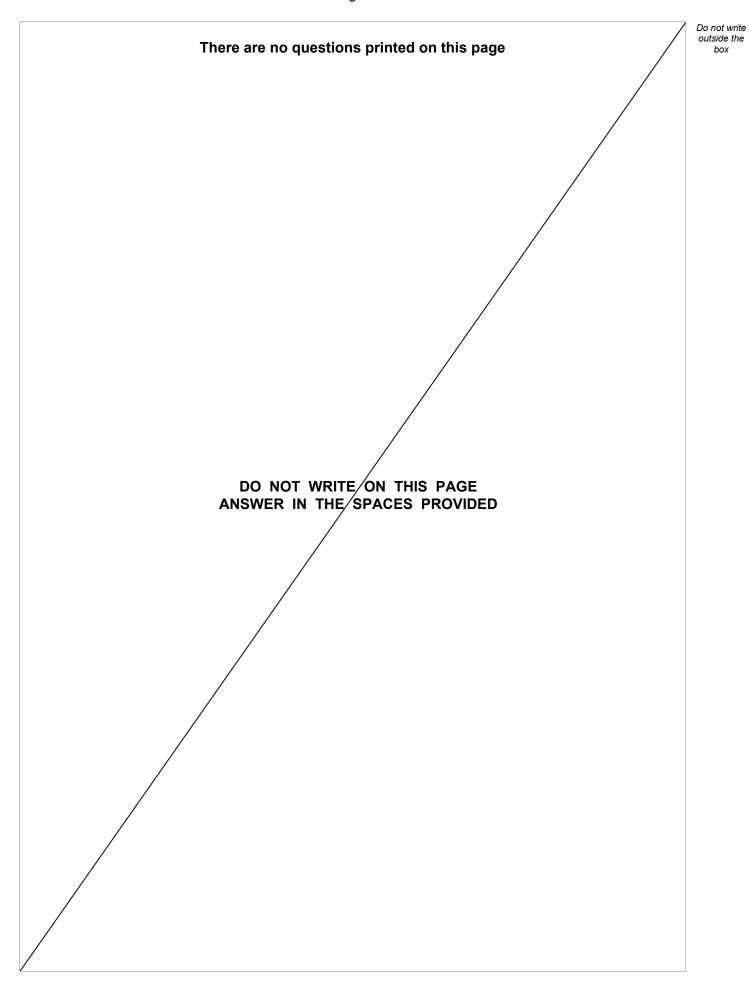
Section C

	Read Source C and answer Questions 12 and 13 .
	You will need to use both Source A and Source C to answer Question 14 .
1 2	You are advised to use a dictionary for this question.
	Source C states 'Blue lightwhich inhibits melatonin production'
	In this quotation, the word 'inhibits' means
	A stimulates. B prevents. C increases. D reverses.
	Write the correct letter in the box.
	Answer [1 mark]
1 3	From Source C , list three things a teenager should do to improve the quality of their sleep. [3 marks]
	2
	3



You may wish to refer to the level of detail, presentation and language,	formality,
possible bias and how the writers come across.	[6 marks







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



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