



Surname _____

Other Names _____

Centre Number _____

Candidate Number _____

Candidate Signature _____

I declare this is my own work.

Functional Skills Level 2

ENGLISH

Paper 1 Reading

8725R

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 30.**
- **There are 10 marks for each section.**
- **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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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. [1 mark]

Answer

[Turn over]



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. [1 mark]

Answer



04

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

	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.		

[Turn over]



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. [1 mark]

Fact 1 _____

Fact 2 _____

05.2

Identify **TWO** opinions about the **SLEEP STORIES** in the Calm app. [1 mark]

Opinion 1 _____

Opinion 2 _____

[Turn over]



06

Explain how the writer of SOURCE A uses words and language techniques to DESCRIBE the effects of the Calm app.

You should provide examples from SOURCE A in your answer. [3 marks]



[Turn over]

10



SECTION B

Read **SOURCE B** and answer **QUESTIONS 7 to 11**.

0	7
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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 positive
- B harmful
- C significant
- D limited

Write the correct letter in the box. [1 mark]

Answer



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. [1 mark]

Answer

[Turn over]



09

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

	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 0

From SOURCE B, list THREE ways lack of sleep can affect MOOD AND MENTAL HEALTH. [3 marks]

1

2

3

[Turn over]



1	1
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From **SOURCE B**, list **THREE** benefits of good quality sleep. [3 marks]

1

2

3

10



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[Turn over]



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
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SOURCE C states ‘Blue light...which 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. [1 mark]

Answer



1 3

From SOURCE C, list THREE things a teenager should do to improve the quality of their sleep. [3 marks]

1

2

3

[Turn over]



14

Compare SOURCE A and SOURCE C. Write about what they say and how the material is conveyed.

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



[Turn over]



END OF QUESTIONS

<hr/>
10



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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For Examiner's Use	
Section	Mark
A	
B	
C	
TOTAL	

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