

Write your name here

Surname

Other names

**Pearson Edexcel
Functional Skills**

Centre Number

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Candidate Number

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English

Level 2

Component 2: Reading

18 – 22 July 2016

Time: 60 minutes

Paper Reference

E202/01

You may use a dictionary.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 30.
- The marks for each question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*
- This question paper assesses your reading skills, not your writing skills.

Advice

- Read all three texts before you attempt to answer the questions.
- Read each question carefully before you start to answer it.
- Keep an eye on the time.
- Check your answers if you have time at the end.

Turn over ►

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PEARSON

Context

You are interested in the effect of sugar on health. You decide to find out more about the topic.

Instructions

Read Text A, Text B and Text C, then answer questions 1 – 13.

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Text A

**‘Eat no more than SEVEN teaspoons of sugar a day’:
Government advisers tell families to slash intake by HALF**

Adults should restrict the amount of sugar in their diet to just seven teaspoons a day – half what is currently recommended, experts today advised the Government.



The Scientific Advisory Committee on Nutrition (SACN) said the move, which will mean a can of fizzy drink is more than a person’s daily sugar allowance, is vital if we are to try and fight spiralling obesity and stem the diabetes crisis. Furthermore, reducing sugar intake for children will help lower the risk of tooth decay.

Publishing its final report, SACN, an independent body of expert food scientists, recommends that sugar should account for no more than 5 per cent of daily energy intake.

SACN found:

- high levels of sugar consumption are linked to greater risk of tooth decay
- drinking high-sugar drinks results in weight gain in children and teens
- consuming too many high-sugar drinks increases the risk of type 2 diabetes.

NHS England Chief Executive, Simon Stevens, today suggested shops and supermarkets should raise the price of sugary drinks and ‘other nutritionally empty, health-destroying, entirely optional purchases’. Mr Stevens said a ‘win-win’ situation could see food and drink companies use the extra money from the ‘sugar tax’ to fund the National Living Wage for workers, ‘taking pounds off our children’s waistlines, while putting pound coins into the pockets of low wage employees’.

As well as looking at sugar, SACN also looked at the amount of carbohydrates and fibre being consumed. They concluded that:

- starchy carbohydrates, wholegrain where possible, should form 50 per cent of daily calorie intake
- those aged 16 and over should increase their intake of fibre to 30g a day.

The new advice has been met with support from charities and health bodies across the country.

(Source: adapted from <http://www.dailymail.co.uk/health/article-3164107>)



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Text B

Jamie Oliver slaps 10p sugar tax on all sweet drinks at his restaurants



Celebrity chef, Jamie Oliver, is to slap a 'sugar tax' on all sweet drinks served in his restaurants.

The restaurant owner has pledged to charge 10p for every drink containing added sugar, with the money raised going to fund better education over healthy eating. Oliver says he has imposed the tax in an attempt to highlight the dangers of consuming too much sugar, as well as sending a message to the government to take urgent action on childhood obesity.

He told *The Sunday Times*: 'I truly believe that by joining together on this issue, we not only send a powerful and strong message to the government, we also have the potential to make a long-lasting legacy that could ripple across the world.'

'I've seen first-hand the heart-breaking effects that poor diet and too much sugar are having on our children's health and futures. Young children are needing multiple teeth pulled out and one in three kids is now leaving primary school overweight or obese.'

The chef said an explanation of the sugary drink charge will be printed on all his menus and waiting staff will be able to offer alternative healthy drinks for children.

Oliver does not allow any fizzy or sugary drinks in his own home and claims his four children have grown up drinking mainly water or diluted fruit juice. He believes parents should explain to children which drinks are best for them and make healthy drinks fun – for instance, by adding freshly cut lemons, oranges or strawberries to iced water.

Money from the 'sugar tax' will be put into a fund run by the charity *Sustain* to support children's healthy food campaigns across Britain.

(Source: © MailOnline)

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Text C

Top tips for reducing your sugar intake

Look at drinks first

Drinking sugar is often a habit rather than necessity: the sugar in the tea, the fruity drink with lunch or the soft drink when socialising. Look to cut down gradually the amount of sugar you eat and drink, especially fizzy drinks. For example, put just half the teaspoon of sugar into your tea or use a smaller juice glass in the morning.

One thing at a time

It can be depressing when you first start looking to cut back on sugar and you realise you're eating a lot of it. Start by making one change at a time, like having less sugar on your cereal or making your own salad dressing. Small changes over time are more likely to last than a drastic all-or-nothing approach.

Find lower sugar substitutes for your favourite foods

Quite often there can be a big difference in sugar content between brands of the same food. Spend a little time researching by visiting websites, such as *Sustain*. Finding the foods that don't have as much added sugar can make a difference if you're eating them daily. If eating out, ask your waiter if there are any low sugar options available.

Avoid hidden sugar

You probably sometimes eat sugar without realising it. It goes without saying that you should avoid doing this. Double-check sauces, dressings, cereals, soups, etc. Look to make your own where you can and cut back on processed foods as much as possible.

Consider your use of sugar

It's very common for people to use sugar as a way of coping with stress. It's accessible, cheap, quick and easy. If you find that you are consuming sugar as a way of coping with stress then you should do something about it. Use coping mechanisms that don't involve sweet food, such as going for a run or playing a favourite game.

Review the rest of your food intake

It's not all about sugar! Cutting down your sugar intake to the recommended maximum of seven teaspoons a day will reduce your risk of becoming overweight and getting diabetes. It's also important to eat lots of vegetables and cut down on salt and saturated fats.

(Source: Top tips for reducing your sugar intake © Laura Thomas, The Telegraph 2014)



Answer question 1 with a cross ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

1 According to Text A, the Scientific Advisory Committee on Nutrition believes that:

- A sugary drinks are far too expensive
- B people should try to eat less sugar
- C sugary drinks should be banned
- D people should buy health foods

(Total for Question 1 = 1 mark)

2 In Text A, what do the following quotations suggest about eating sugar?

'spiralling obesity'

.....

..... (1)

'nutritionally empty'

.....

..... (1)

(Total for Question 2 = 2 marks)

3 What is the **main** purpose of Text A?

.....

.....

(Total for Question 3 = 1 mark)

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6

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4 Give **one** reason why Text B is the most suitable for someone who wants to know how restaurants can help people to reduce their sugar intake.

.....

.....

(Total for Question 4 = 1 mark)

Answer questions 5 and 6 with a cross in the box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

5 In Text B, the paragraph beginning 'Oliver does not allow...' suggests that:

- A parents should try to make children's packed lunches fun
- B children do not like to eat lemons, oranges and strawberries
- C parents should teach children about drinks that are good for them
- D children should have only iced water and diluted fruit juice to drink

(Total for Question 5 = 1 mark)

6 In Text B, 'long-lasting legacy' is an example of:

- A command
- B alliteration
- C metaphor
- D cliché

(Total for Question 6 = 1 mark)



11 You are preparing a talk for an adult education class on practical steps that we can take to eat less sugar.

Which text is the most useful when preparing your talk?

Give **one** reason for your choice and **one** example to support your answer.

Text (1)

Reason (1)

Example (1)

(Total for Question 11 = 3 marks)

12 You are interested in the effect too much sugar has on health.

Identify **one** piece of evidence from **each** of the three texts that tells you about the effect too much sugar has on health.

Text A (1)

Text B (1)

Text C (1)

(Total for Question 12 = 3 marks)

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Answer question 13 with a cross in the box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

13 Which statement below is an accurate summary of points made in the texts?

- A Texts A and B both refer to published reports about sugar intake.
- B Texts A and B both state that food producers should pay more tax.
- C Texts A and C both advise on the recommended daily sugar intake.
- D Texts B and C both encourage the government to ban sugary drinks.

(Total for Question 13 = 1 mark)

TOTAL FOR PAPER = 30 MARKS



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