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# Functional Skills Level 1

## ENGLISH

Paper 1 Reading

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### Insert

The three sources that follow are:

**Source A:** a news report about water shortages in England

**Source B:** a charity leaflet from The Water Project

**Source C:** a fact sheet about the benefits of drinking water

**Please open the Insert fully  
to see all three sources**

**Source A****Could hotter summers mean more water shortages for England?**

In August 2022, Solent Water brought in the first hosepipe ban in England for a decade. Almost one million of its customers were forced to curtail their water usage.

These measures meant a ban on using a hosepipe to fill a paddling pool or wash cars. Gardeners had to put away their hoses and sprinklers and find another way to water their gardens. Dr Alison Brannagh from Solent Water said, "River flows are nearly 25% lower than expected for August. This is like losing more than 25 million baths full of water."

**Tap Tips**

Customers were advised not to squander water and follow a range of water-saving tips. Firstly, fix leaky or dripping taps. Leaving the tap running while brushing teeth is unnecessary and can cost 6 litres of water a minute.

Every minute you spend in a power shower uses up to 17 litres of water. Setting a timer on your phone can keep your showers short, sweet and water-saving. Adding an efficient shower head can save water as well as cutting bills.

**Care in the kitchen:** save water by using a dishwasher instead of a washing-up bowl and only boil as much water as needed in the kettle.

**In the garden:** a water butt catches rainwater for use in the garden, saving up to 5000 litres per year. Gardeners should also cut back on the use of automatic sprinklers.



The hosepipe ban was not lifted until the end of October. The year 2022 was one of the driest on record for over a century with record temperatures. "These limits on water use could be needed more often in British summers," said Rylan McCarthy, a weather forecaster.

**Source B**

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**Source C**

# The benefits of drinking water

By [Nicola Shubrook](#)

We all know it's important to drink water – but why?

**'No-one drinks enough  
water nowadays'**

Water is a clear liquid made of hydrogen and oxygen. It is vital for life. Drinking adequate amounts of water (or staying hydrated) is important. Our bodies can supposedly last weeks without food, yet just a few days without water. This makes sense when you realise our bodies are made up of about 60% water.

The exact make-up of your water will depend on its source. Spring water may provide additional minerals like calcium.

## **What are the benefits of drinking water?**

Research shows not drinking enough water may impair memory. It may also impact mood and temper and increase anxiety.

A lack of water may also increase the risk of a headache in some people.

The brain can't tell the difference between hunger and thirst, so often we mistake thirst as a 'sugar craving'. The next time you feel the need for something sweet, try a glass of water first.

Drinking water or even diet drinks may also help with keeping a healthy weight. Research has shown that drinking before a meal prevents overeating as it fills you up more.

There has been lots of research into the effects of hydration in athletes. Runner Lorna Tripp said, "Drinking water is the best thing an athlete can do."

Water helps to 'keep things moving' in your digestion. So, drinking water may help you go to the toilet. There is some evidence that fizzy water may be especially helpful!

Poor hydration may increase the risk of developing kidney stones. Studies have also shown that drinking enough water may reduce the risk of bladder infections.

**END OF SOURCES**

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**Open out this page to see  
Source B and Source C**

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