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# Functional Skills Level 2

## ENGLISH

Paper 1 Reading

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### Insert

The three sources that follow are:

**Source A:** a website charity appeal

**Source B:** a magazine article

**Source C:** a news report

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

## Source A

**PAKISTAN RED CRESCENT****Who We Are****Learn More****Donate Now**

<b>Get help</b>	<b>Get involved</b>	<b>First aid</b>	<b>About us</b>	<b>Shop</b>	<b>Stories</b>
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**Pakistan Floods Appeal****Your Donation**

Around 33 million people in Pakistan have been impacted by devastating floods.

That's the equivalent of almost half the population of the UK.

Families have lost their homes and livelihoods.

[You can donate to the Pakistan Floods Appeal now.](#)



Over 100 bridges have collapsed and thousands of kilometres of road have been destroyed. The impact is unimaginable. People are in desperate need of shelter, food, clean water, toilet facilities and medical support. As the local markets are affected, people are unable to buy essential everyday items or feed their families. Sewers are overflowing and floating rubbish is ubiquitous.

**Donate now**

£20 could help to provide a hygiene kit that includes things like toothbrushes, soap and toilet paper. £40 could help to provide ten families with a jerrycan so that they can store clean water for drinking and cooking.

**The Relief Operation**

In what is one of its biggest relief operations ever, the Pakistan Red Crescent has mobilised to reach almost 250,000 people with emergency life-saving assistance. With the increased risk of waterborne diseases, Red Cross teams are helping out with free medicines and treatment for diseases like cholera and diarrhoea. They are also providing access to clean water and hygiene by installing water treatment plants in six districts.

**The Causes**

In April, this unfortunate country also experienced its highest ever temperature – 49 degrees Celsius, causing the glaciers in the mountains to melt faster. Consequently, swollen rivers overflowed while the hard-baked ground struggled to absorb the water. The monsoon rains lasted for twice as long as normal resulting in increased rainfall and flash floods. It will take months for the water to subside.

Globally, extreme weather events are happening more frequently, putting more and more people in danger, particularly those in less-developed countries. Climate activist Lawrence Garland believes everyone is responsible. "Sooner or later," he says, "we are all going to be affected by it."

**Source B**

## Going wild swimming!



It can be a bit scary but wonderfully invigorating to enter open water wearing just a swimming costume.

Wild swimming provides a sense of elation, soothes muscles, relieves depression and boosts the immune system. It's also a fantastic way to explore the countryside.

Wild swimmers know a natural high that raises mood and excites senses. The cold water starts a process of 'cold adaptation' which makes the water feel more comfortable and your body healthier. This reduces your body's sensation of coldness. Research proves it boosts mood and the immune system – shown in NASA experiments from the 1980s. Cold-water swimming also burns calories quickly and builds muscle tone.

People explain that wild swimming helps them de-stress and eases anxiety. It can become an addictive urge!

Wild swimming appeals to many people, from teenagers who enjoy mucking about in rivers to pensioners who find it keeps them alert. There are also groups of middle-aged people who have discovered it from reading about wild swimming.

Water pollution in the 1960s was dreadful but our rivers are now cleaner than ever; over 70% of rivers are now in good or excellent condition. They are places to observe the wonders of nature.

For your first-time wild swimming, put on lots of warm clothes. Plan a brisk walk so you arrive feeling really warm. Once in the water it takes a few minutes before the cold feeling goes away, so persevere. Generally, the more you swim in cold water the less you will feel the cold and the greater the health benefits. Wearing old footwear can help with exploring. Don't stay in so long that you start to shiver. Get out and warm up after 20 minutes by doing more exercise and putting your clothes back on.

## Source C

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

In August 2022, Solent Water imposed the first hosepipe ban in England for a decade, with almost one million people forbidden to use a hosepipe to water gardens, fill paddling pools or wash cars.



People in England are facing shortages by 2050 unless we save water fast, so don't let your water consumption run out of control. Save 6 litres of water a minute by turning off your tap while you brush your teeth. Take showers rather than baths, but set a timer to keep your showers short and sweet.

In terms of reducing water usage, everyone thinks about the bathroom, but the kitchen is equally important. Vast amounts of water are utilised in the production of our cereal, fruit and other food. Minimising the seven million tonnes of food and drink wasted by UK households each year could really help reduce water use. Only boil the amount of water needed when you use the kettle and try steaming your vegetables rather than boiling them. If you do boil, consider using the leftover water as a tasty stock for soups, or let it cool and use it to water plants.

Got a dishwasher? Fill it up completely each time you run it: a full load uses less water than hand-washing the dishes. Equally, washing a full machine load of clothes uses less water and energy than two half-loads. These measures mean lower bills as well!

People in Hampshire lived under water restrictions until the end of October 2022. If we don't want similar situations to become more frequent and widespread, we need to stop taking water for granted and treat it as the precious and vital resource it is.

**END OF SOURCES**

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

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