

TQUK Functional Skills Qualification in English at Level 1

Reading Document Booklet Past Paper 1

Instructions

- Read each question **carefully**
- Answer **all** questions
- Write your answers **clearly** in the spaces provided
- **Check** your answers.

Information

- There are **2** documents to read
- The maximum mark for this exam is **20**
- The marks available for each question are shown in **bold** beneath each question
- You do **not** need to write in complete sentences
- You will **not** be assessed on spelling, punctuation and grammar.

Items

- You **will** need the Examination Paper provided
- You **will** need a pen with black or blue ink
- You **are** allowed to use a dictionary
- You will **not need** any other stationery or equipment.

Time allowed: 60 minutes

Do not open this booklet until you are told to do so.

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Document 1: Blog

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<https://www.thehealthblog.com/budgetmeals>

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MEALS ON A BUDGET – EATING FOR LESS

People think eating healthy food means your wallet has to suffer. This simply isn't true! You can make tasty, healthy meals without breaking the bank and we'll show you how.

Why Eat Healthily?



Why? Because healthy eating is essential! Eating healthy food has been shown to reduce the risk of diet-related illnesses, give you more energy, keep you focused, help your body to grow and repair itself and even change your mood!

But It's Too Difficult!

We know it can be hard to eat well in the age of fast food and takeaways. You may feel like you have no time to cook, or you're too strapped for cash to afford the ingredients. You couldn't be more wrong! Keep reading for some easy tips and tricks to help you save money. Why not try our delicious carrot and lentil soup recipe (it feeds four people for less than a fiver). Make sure to season it well for maximum flavour!

TIPS AND TRICKS

1. Buy big packets of rice – the bigger the pack, the more money you will save over time.
2. Use beans, lentils and pulses instead of meat for a protein boost without the unhealthy fats.
3. Save money on expensive oils by grilling or roasting instead of frying.
4. Food will stay fresh for three days in the fridge, so make a big portion and use your leftovers for lunch – no more supermarket meal deals!
5. Love pizza? Try a cauliflower base instead of dough. It's low in carbohydrates and tastes great!

Spicy Carrot and Lentil Soup

Ingredients:

- 600g carrots, grated (99p)
- 100g red lentils (£1)
- 1L vegetable stock (89p)
- 400ml coconut milk (£1)
- ½ tsp chilli flakes (99p)

Total Cost = £4.87

Preparation Time – 10 mins
Cooking Time – 15 mins

Method:

First: Fry the chilli flakes in a hot pan.

Then: Add the remaining ingredients. Bring to the boil.

Idea: We recommend using baby carrots for an even sweeter taste.

After that: Turn down the heat and let the soup simmer for 15 minutes.

Next: Use a food processor to blend the soup mixture.

Finally: Sprinkle with salt and pepper, then serve!

Document 2: Blog Comments

Past paper

25 Comments on 'Meals on a Budget – Eating for Less'

[<< Older Comments](#)

Ashley175



I'm SO glad I found your blog! I learned so much about how to save money, which is useful because I always spend too much, and I can't wait to try the carrot and lentil soup recipe. I bet it tastes amazing! It's so easy even someone with terrible cooking skills (like me) will have no problem whipping this up on a cold winter evening. 3 out of 3 stars!

Comment posted at 15:43 on 03.05.2021

Foodlover8



I have to say, this is the most boring thing I have ever read. Boring, bland and bothersome. It's all very well and good telling us that eating healthily doesn't have to cost much, but if saving money means eating nothing but rice and beans, I'd rather go broke! If readers of this post want my advice, eat plenty of high-quality red meat and fish. That's all you need for a protein boost. If I could give this post a lower rating, I would. Unfortunately, your website won't let me pick 0 stars!

Comment posted at 11:22 on 04.05.2021

KHRoberts



Some of these tips are really useful. I've found that buying big packets of dry ingredients (like rice) really does help to save a few pennies each month, and I'm glad to see you're a fan of using leftovers. I get so annoyed when I see my friends throw away perfectly good food just because they made too much for one meal!

Your carrot and lentil soup recipe is great, but it does require a food processor – these are not cheap! My advice would be to use something usually less expensive, like a potato masher. I use one of these all the time to squash thick vegetables in soup, and it works just as well.

Comment posted at 20:59 on 04.05.2021

SunshineAlex



I enjoyed reading your tips. I'd advise readers to ditch the expensive oils too – they really are a waste of money! Honestly, though, after trying your soup recipe I had to lower my rating to 1 star. Yes, it's cheap and easy to make. I simply loaded up the recipe on my computer, read the recipe on the monitor and followed along - but it tasted like rubbish and it definitely wasn't enough for 4 people! Why bother with the hassle of making this when you can buy a carton or tin for less money? I promise you it will taste better.

Comment posted at 10:15 on 05.05.2021

This is the end of the booklet.