

TQUK Functional Skills Qualification in English at Level 2

Reading Document Booklet (Sample Assessment Paper 2)

Instructions

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

Information

- There are **3** documents to read
- The maximum mark for this exam is **30**
- 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 Article

PARENTING MAGAZINE UK

MAKING MEALTIMES MAGIC

TIPS FOR ENCOURAGING YOUR KIDS TO TRY NEW FOODS

BY SAM WARNER

As a parent, you understand the challenge of making sure your kids eat a balanced diet. Some days they love carrots, some days they hate them. One week all they want is pasta, the next they're throwing it on the floor and refusing to even try it. Fortunately, there are ways to encourage your children to try new foods without resorting to bribes or threats.

PLAY WITH YOUR FOOD

Make mealtimes more enjoyable by getting creative with how you present the food. For example, you could turn vegetables into a spaceship or create a smiley face pizza. Get the kids involved too - when they help prepare the food, they are more likely to try new things! Alex from Northampton shared: "I'd never managed to get my three-year-old to eat broccoli, but after ten minutes of 'planting' it in a mashed potato and gravy 'field', the plate was empty!"

CHANGE THINGS UP

Serving the same meals every week may be convenient, but it doesn't encourage your child to develop a varied palate. If they're only used to certain types of food, it can be hard to encourage them to move out of their comfort zone. Try offering new flavours and textures alongside the foods they already like. Variety is the spice of life, after all!

Take the example of Taylor in Sheffield, who served up a strange-sounding combination of fish fingers and lentil dahl: "My two kids will always eat fish fingers, and after having the curry on their plates with their favourites, they tried it when they thought I wasn't looking!"

LISTEN TO THE EXPERTS

If your child is a fussy eater, don't give up. You're not alone - our latest parent survey found that 87% of parents had experience of food refusal, with over 50% of them saying that it had caused issues with eating out or visiting family. It can be frustrating and worrying, but some level of aversion to new foods is normal. Experts say that it can take up to ten tries before a child accepts an unknown food, so don't be afraid to keep trying. Take the pressure off and don't worry if they don't like something at first. With time, they'll develop a taste for more variety.

BE A GOOD ROLE MODEL

As a parent, you can set a good example by eating a wide range of foods yourself, helping your kids understand that new foods are not something to be feared and that eating new things can be enjoyable. My own toddlers were always more interested in what was on my plate than what was on their own!

YOU CAN DO IT TOGETHER!

Remember, mealtimes don't have to be a battle. Make them enjoyable: try new things together, play with your food (even if your parents told you not to!) and keep going! You might even discover some new favourites of your own along the way!

Document 2 Leaflet

Southbridge Community Centre

We're excited to introduce a new weekly club "Healthy Meals in Minutes" for anyone who struggles for time or inspiration when cooking

These days, we all have a lot to juggle: whether it's looking after the house, the kids, work, our relationships...the list goes on and on. With our smart phones connected 24/7 to any fast food we could imagine and the frozen ready meal aisles in the supermarket offering us convenience, is it any surprise that fewer of us are cooking fresh meals on a daily basis?

We've got the solution for those of you who want to eat healthier meals without it costing more time: our first series of healthy cooking classes for anyone in the Southbridge community.

The club runs for four weeks and starts with the basics. We'll help you make sure you have all of the equipment you might need and plan out your pantry staples.

We've had some donations from local businesses too. This means that you'll leave after the first week with everything you need to put what you've learnt into action.

The next week, we'll look at where you can save time while still cooking fresh. Our local café owner, Kai Sharma, will join us. We'll share some quick and healthy recipes that you can pull together in a hurry for any evening or lunchtime.

The final two weeks will build on what you've learnt. We've been to all of the most popular local takeaways and asked them to share their secrets. Do you want to rustle up a beautiful halloumi burger, a delicious stir-fry, or a perfect chicken tikka masala? Come along and we'll show you everything you need to know.



If you have any questions, please reach out to our Community Officer by sending us a message at email@newtoncc.co.uk or giving us a call on 01234 555 555.

Document 3 Report

Barriers to healthy eating in the Southbridge community

REPORT BY DSP GROUP

We carried out research on the barriers to healthy eating within the Southbridge community, at the request of the local community centre. Our goal was to identify factors that prevent individuals from eating healthily and to propose solutions to the council.

The report shows that the main barriers to healthy eating are cost, access and education.

Many residents cannot afford fresh fruits and vegetables due to price increases. Instead, they buy cheaper, less healthy foods which can have terrible impacts on their general wellbeing.

Since the closure of the local supermarket last year, fresh vegetables are not always available in nearby shops, and residents have to travel further to buy these. This is an additional challenge for those who use public transport. This problem has been discussed in previous council meetings.

Furthermore, many Southbridge residents, especially vulnerable young people aged 18-24, lack knowledge on how to prepare healthy meals. The solutions so far provided by the council do not reach this age group as they are more focussed on elderly residents.

To address these barriers, we recommend the council consider the following:

1. Encourage **local shops** to stock more healthy food options. Ensure that no more local shops are closed due to expensive rental prices.
2. Provide **free or subsidised transportation** to the larger supermarkets outside of the community.
3. Provide **cooking classes** to teach residents how to prepare healthy meals. These are currently provided by volunteers at the local community centre but should be funded by the council.
4. Work with **local schools** to promote healthy eating habits among children and families.

This is the end of the booklet.