



# NCFE Entry Level 3 Functional Skills Qualification in English (603/5052/0)

## Paper Title: Entry Level 3 Functional Skills Qualification in English: Reading

Paper number: 1R

Time allowed: 40 minutes

### Assessor instructions:

- Read the below instructions and information to all learners.

### Learner instructions:

- Use black or blue ink.
- Read each question carefully.
- Answer **all** questions in the spaces provided.
- All of the work you submit **must** be your own.

### Learner information:

- The marks available for each question are shown in brackets.
- The maximum mark for this paper is **16**.
- You will need to use a dictionary.

To be completed by the assessor	Mark
Section 1	
Section 2	
TOTAL MARK	

Please complete the details below clearly and in BLOCK CAPITALS.

Learner name \_\_\_\_\_

Centre name \_\_\_\_\_

Learner number

Centre number

**Do not turn over until the Assessor tells you to do so.**

## Activity 1: Reading Composition

This section has a possible **8** marks.

You should spend **20** minutes on this section.

1

**Fit for You Wellness Centre  
Front Street  
Lancaster  
LA2 8JH**

Dear resident,

It is with pleasure that we announce the opening of our new wellness centre. Over the past eighteen months we have listened to local people and gained funding from the local borough council to develop this project. Work on our purpose-built premises is now complete and the centre is fully accessible.

According to recent research this part of the city experiences poor health. *The Encouraging Healthy Living* project is part of a plan to achieve an overall increase in the health of the local community.

The centre offers something for everybody:

- daily, instructor led, group exercise classes (suitable for all ages and abilities)
- a gym equipped with weights and fitness machines with well qualified coaches to guide you every step of the way
- a thorough induction lasting one hour with a personal trainer
- various health checks and measures (height, weight, blood pressure) from our health advisors
- learn about healthy eating at our dietary education and advice workshops led by local nurse, Sue Lawson.

We appreciate that gym costs are expensive and we promise to offer an affordable scheme for local\* people. We guarantee that our new centre will always have a low fee, currently set at £12 per month. We think you will find it a pleasant surprise that there are no contracts or unfair increased costs at busier times.

**\*available only  
to those living at  
an address with a  
LA2 postcode**

Call in now to receive your guest pass and experience this new centre for yourself.

We look forward to seeing you.

Yours faithfully

Sam Jones  
**Manager**

1 (a) Give an example of a service offered at the wellness centre.

State which member of the staff team will provide this.

[2 marks]

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1 (b) What will you need if you want to try out the Fit for You Wellness Centre?

[1 mark]

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1 (c) This letter has been written to:

[1 mark]

- A Ask local residents their thoughts about having a new centre in their area.
- B Give instructions about joining this wellness centre.
- C Promote this new centre to health care professionals within the city.
- D Tell local residents about the opening of this new centre.

Answer \_\_\_\_\_

1 (d) Sam Jones uses the word **achieve**. What does the word **achieve** mean in this context?

[1 mark]

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1 (e)

Where in this letter can you find information about who is allowed to join this wellness centre?

[1 mark]

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1 (f)

The letter states “The *Encouraging Healthy Living* project is part of a plan to achieve an overall increase in the health of the local community”.

What does the word **community** mean?

You can use a dictionary.

[1 mark]

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1 (g)

Who has provided the money to build this centre?

[1 mark]

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## Activity 2: Reading Composition

This section has a possible **8** marks.

You should spend **20** minutes on this section.

2

Health A - Z

Live Well

Care & Support

Health News

Services

**Step right up!** It is the wonder medicine we've been waiting for and you don't need a GP to prescribe some. Its name?

### Exercise.



Exercise is the miracle cure we've always had, but for too long we have ignored. It is perhaps a tough pill to swallow, as our health is now suffering. Whatever your age, evidence shows if you are more active you can lead a healthier life. Popular exercises include walking and running and these cost nothing and so require no gym fees or monthly debts. What a bargain this is for everyone!

People who increase their activity and exercise regularly are less likely to develop long-term conditions, such as heart disease, diabetes, stroke and cancer. It can also reduce your risk of **stress**, **depression** and **dementia**.

### LIFESTYLES

The average person spends more than seven hours a day in a sitting position and this has been described as the 'silent killer'. The cause of this sedentary lifestyle can be watching TV, texting and gaming, driving, and homework. Although these may exercise our fingers and thumbs, they are a definite cause of inactivity. We may not be condemned to ill health if we break up long periods of sitting. A determined effort will reap benefits.

To achieve better health, a mix of aerobic exercise that makes us out of breath, combined with some muscle strengthening activities is best.

**TABLE 1:** Exercise Types

Aerobic	Strengthening
walk briskly swim ride a bike climb the stairs move to music	lift weights work with resistance bands dig the garden do yoga

The NHS has created this webpage.

2 (a)

Who might find this information useful?

[1 mark]

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2 (b)

Two different types of exercise are recommended to achieve better health.

Give an example of each type.

[2 marks]

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2 (c)

The word **sedentary** is used in the 'Lifestyles' section of this webpage.

What does **sedentary** mean?

You may use a dictionary.

[1 mark]

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2 (d)

According to the website, which of these statements is true?

[1 mark]

- A Age is no barrier to being active and feeling better.
- B People who exercise regularly do not sleep well.
- C Riding a bike is a muscle strengthening exercise.
- D Sitting for long periods of time is the cause of heart disease.

Answer \_\_\_\_\_

**2 (e)** There is a separate text box in black.

What information can you find there?

[1 mark]

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**2 (f)** Where can you find examples of exercise to help increase strength?

[1 mark]

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**2 (g)** Name an activity that the website says is an example of being inactive.

[1 mark]

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**This is the end of the external assessment.**

Past Paper

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