

Functional Skills English Assessment
Reading Level 1

Learner name _____

Learner Registration Number _____

Learner signature _____

Centre _____

Assessment date _____

NOCN USE ONLY

Question	Mark
1	
2	
3	
4	
5	
6	
7	
Total	

Instructions to candidates

Check that you have the correct paper. Please complete the information above.

You do not need to use complete sentences for the reading assessment.

Use black or blue ink. Do not use a pencil.

You may use a dictionary.

There are 7 questions in this assessment. You must answer all the questions.

Total marks available: 29

You should try to answer *ALL* the questions

You have **one hour** to finish the assessment.



You have been asked to prepare a meal for a local community event and you decide that you need to check up on food safety so that no one falls ill. You find the following documents. Read through the four documents and answer the questions about them.

Document 1

Food Standards Agency - Eat well, be well - Keeping food safe - Windows Internet Explorer

http://www.eatwell.gov.uk/keepingfoodsafef/


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Checking if meat has been properly cooked

If you're checking a whole chicken or other bird, pierce the thickest part of the leg (between the drumstick and the thigh) with a clean knife or skewer until the juices run out. The juices shouldn't have any pink or red in them.



Rare meat

It's fine to eat steaks and other whole cuts of beef and lamb rare, as long as the outside has been properly cooked or 'sealed'. Steaks are usually sealed in a frying pan over a high heat.

It's important to seal meat to kill any bacteria that might be on the outside. You can tell that a piece of meat has been properly sealed because all the outside will have changed colour.

It's OK to serve beef and lamb joints rare too, as long as the joint is a single piece of meat, not a rolled joint (made from different pieces of meat rolled together).

But pork joints and rolled joints should **not** be served rare. To check these types of joints are cooked properly, put a skewer into the centre of the joint. The juices should not have any pink or red in them. If they aren't properly cooked any bacteria in the meat might not be killed.



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Document Two

You are not sure what a 'skewer' is so you look the word up in a dictionary:

Skerry (n): A skerry is a small rocky island, usually defined to be too small for habitation. It may simply be a rocky reef.

Skew (v): to cause something to be not straight or exact; to twist or distort

Skewer (n): A skewer is a thin metal or wood stick used to hold small pieces of food together. Metal skewers are typically stainless steel and will have a pointed tip on one end and a grip of some kind on the other

end for ease of removing the food. Metal skewers are recommended for reuse, whereas wooden skewers are not.

Ski (n): A ski is a long, flat device worn on the feet designed to help the wearer slide smoothly over snow. Originally intended as an aid to travel in snowy regions, they are now primarily used for recreational and sporting purposes. Also, a **ski** may denote a similar device used for other purposes than skiing, for example, for steering snowmobiles.

Document Three

You are aware that there may be some vegetarians at the meal, but you are not sure what you could give them to eat instead of meat. You look on www.nhs.uk for help.

Meal guide to help vegetarians eat a balanced diet with plenty of nutrients - Windows Internet Explorer

http://www.nhs.uk/Livewell/Vegetarianhealth/Pages/Vegetarianmealguide.aspx

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<p>Featured Topics</p> <p>Alcohol Fitness Good Food Cancer</p>	<p>Vegetarians live on a diet of grains, pulses, nuts, seeds, fruit and vegetables, dairy products and eggs. They don't eat any meat, poultry, game, fish, shellfish or crustacea (such as crab or lobster), or animal by-products (such as gelatine).</p> <p>There are three main types of vegetarian:</p> <ul style="list-style-type: none"> • Lacto-ovo-vegetarians eat both dairy products and eggs. This is the most common type of vegetarian diet. • Lacto-vegetarians eat dairy products but not eggs. • Vegans do not eat dairy products, eggs, or any other animal product. 	<p>Quick Links</p> <ul style="list-style-type: none"> • Vegetarian food on a budget • Vegetarian health Q&A • Five essential nutrients for vegetarians • Good food • Video: how much is five a day?
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Document 4

You find a food hygiene leaflet to help you.

Food Hygiene at Home

Preparing food

Bacteria spreading from one food to another is a major cause of food poisoning. This can happen when raw food touches or drips onto ready-to-eat food, or when chopping boards, utensils and people's hands have touched raw food.

Preventing bacteria spreading

To prevent bacteria from spreading, remember to do the following:

- **always** wash your hands before preparing food and after touching raw food, especially raw meat
- prepare raw and ready-to-eat food separately
- if you have used a knife or chopping board with raw meat, **do not** use them with ready-to-eat food (such as fruit, salad and cooked food) unless you have cleaned them thoroughly first
- keep cloths, tea towels and hand towels clean and change them frequently

Chilling food

Some foods need to be kept chilled to keep them safe, for example food with a 'use by' date, food that you have cooked and will not serve immediately, or other ready-to-eat food such as prepared salads.

Always remember to:

- put food that needs to be chilled in the fridge straight away
- cool cooked food as quickly as possible and then put it in the fridge
- store raw meat and poultry in a sealed container at the bottom of the fridge to stop it touching or dripping onto ready-to-eat food

Take extra care

If you are preparing food for elderly people, babies, toddlers, pregnant women or someone who is ill, avoid giving them eggs with runny yolks, or foods that contain eggs that won't be cooked, for example homemade mayonnaise and some types of ice cream, icing or mousse. This is because eggs can contain harmful bacteria. When preparing eggs for these people, cook them until the white and yolk are solid.

http://www.direct.gov.uk/en/HealthAndWellBeing/HealthyLiving/DG_4002927

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Please answer the following questions about the documents. You do not need to use full sentences.

Question 1

Identify two ways that the writer of **Document Four** has made the information easier to read.

1. _____

2. _____

2 marks

Question 2

Document Two explains what a skewer is. Using the information in **Document One and Two**, which type of skewer would you use to check whether food is cooked through? Give a reason for your answer.

2 marks

Question 3

What must you do with raw meat when you put it in the fridge and why?

3 marks



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Question 4

According to **Document Four**, what must you do to stop bacteria spreading? List three ways, giving a reason for each of your choices.

Method 1

Method 2

Method 3

6 marks

Question 5

If you were to write a leaflet on Food Hygiene, using information from the texts, under which subheading in **Document Four** would the whole of **Document One** best fit and why?

2 marks



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Question 6

You decide to put the information in **Document Three** into a table to make it easier to read. Complete the table.

Type of Vegetarian	Meat	Poultry	Game	Fish	Eggs	Dairy
Lacto-ovo-vegetarian	X	X	X	X		
Lacto-vegetarian	X	X	X	X		
Vegan	X	X	X	X		

6 marks

Question 7

Document One says you must not eat some meat rare. Complete the table below. In the last column, explain what you must do to make meat safe to eat if you want to eat it rare and how would you know that it had been cooked properly.

Type of Meat	Can be eaten rare? Yes/No	Special notes for cooking
Pork Joints		
Beef Joints		
Steaks		
Chicken		

8 marks

