

Functional Skills
English Reading Assessment
Level 1 SAMPLE

Learner name

Run number

Learner signature

Centre

Assessment date

NOCN use only			
Question	Available Marks	1 st Marker	2 nd Marker
1	2		
2	1		
3	2		
4	4		
5	1		
6	2		
7	1		
8	1		
9	4		
10	1		
11	2		
12	2		
Total	23		

Instructions to learners

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

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

There are 12 questions in this assessment.

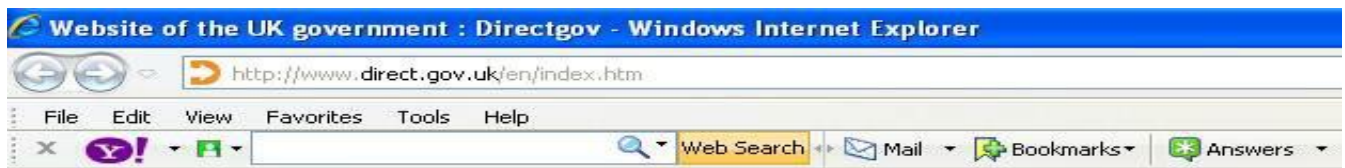
You may use a dictionary.

Total marks available: 23

You should try to answer ALL the questions.

You have **1 hour** to finish the assessment.

Document 1



Most of us will have a cold this winter. Here's how to look after yourself if you are affected.

Cold symptoms: Normal cold symptoms are coughing, sneezing, blocked nose, sore throat, headache, sinus congestion and a slight temperature. If these are the only symptoms you have, it's unlikely that your doctor will be able to help you.



What can you do?

Visit your pharmacy

You can get advice on how to manage the symptoms and buy over-the-counter medicine. Painkillers – such as paracetamol and aspirin – can really help if you have a cold. However, aspirin shouldn't be given to children under 16 years of age.

Drink lots and eat well

It's important to drink lots, especially if you have a high temperature. Avoid alcohol and caffeine as these can dehydrate you and make you feel worse. Water is the best thing to drink. Try adding ginger, lemon and honey to warm water as this will also help to sooth your throat.

There is an old saying that you should 'starve a cold'; however, this isn't true. You may not feel like eating but it's important that your body has a good supply of nutrients to fight the cold. Food such as soup and wholesome casseroles are easy to eat and highly nutritious. Alternatively, why not clear your sinuses with a hot curry!

Get plenty of rest

Don't be tempted to go on a shopping spree, climb a mountain or go to the gym, your body needs to rest. Curl up under your duvet and relax.

Steam

Steam helps to reduce headaches and clear congestion. There are different ways you can do this:

- Put warm water in a sink and place a towel over your head. Breathe in the soothing vapours.
- Have a hot steamy shower.
- Visit your local steam room. Most leisure centres now have them and they're not only great for sweating away colds, but also for relaxation, soothing aching muscles and even preventing colds in the first place!

If you think your symptoms are more serious either visit your doctor, call NHS 111 or get more advice from: <http://www.nhs.uk/livewell/coldsandflu>

Text adapted from: <http://www.nhs.uk/livewell/coldsandflu>

Task 1

Answer the following questions.

1. Name two features that help to present information in **Document One**.

(2 marks)

2. Who would be interested in reading **Document One**?

(1 mark)

3. Name one type of food that is good to eat when you have a cold. Give one reason why it is good to eat that type of food?

(2 marks)

4. Document 1 gives you advice about what you should not do if you have a cold. Choose two examples of things you should not do if you have a cold and explain why?

(4 marks)

5. Document 1 explains that for normal cold symptoms, the doctor will not be able to help. However, what should you do if you think your symptoms are more serious and you are worried?

(1 mark)

6. According to Document 1, give two reasons why you might want to use a steam room when you don't have a cold?

(2 marks)

Document 2

Tips to wipe out winter tiredness



What is winter tiredness?

Do you find it harder to roll out of bed every morning when the temperature drops and the mornings are darker? If so, you're not alone. Many people feel tired and sluggish during winter.

The lack of sunlight is to blame. As the days become shorter, your sleep and waking cycles become disrupted, leading to tiredness. Less sunlight means that your brain produces more of a hormone called melatonin, which makes you sleepy.

Try these winter energy boosting tactics:

Sunlight

Sunlight is great for winter tiredness, so open your curtains as soon as you get up to let more sunlight into your home. Get outdoors in to natural daylight as much as possible, even a brief lunchtime walk can be beneficial. Make your work and home environment as light and airy as possible.

Get a good night's sleep

A lot of people think you need more sleep in the winter, but this isn't true and it can actually make you feel more tired. You should aim for about eight hours of sleep a night and try to stick to a reliable schedule. Go to bed and get up at the same time every day and you will feel refreshed and ready to face the day.

Fight winter tiredness with regular exercise

There are many people who exercise regularly in the summer, but stop in the winter. Exercise may be the last thing you feel like doing on dark winter evenings, but you'll feel more energetic if you get involved in physical activity every day.

Winter is a great time to experiment with new and different kinds of activity. For instance, book a session at one of the many open-air skating rinks that open during the winter. Skating is a good all-round exercise. It's also great fun!

Relax

When the days are short, it's easy to feel you have less time to complete tasks and this can result in stress. Stress leads to tiredness. So, if you feel under pressure for any reason, calm down with meditation, yoga, exercise and breathing exercises.

Task 2

Answer the following questions from Document 2:

7. What is the main purpose of the text?

(1 mark)

8. According to document 2, why do you feel even more tired in the winter months?

(1 mark)

9. Your friend has been complaining that she feels even more tired than usual in the winter months. Choose two tips, from document 2, that you think will help her and explain why they will help.

(4 marks)

10. Why is a brief lunch time walk beneficial?

(1 mark)

11. Document 2 suggests people may feel more stressed in the winter. Give one reason why and what they can do to feel less stressed.

(2 marks)

12. Document 2 contains both facts and opinions. Identify two opinions.

(2 marks)

END OF ASSESSMENT

NOCN
Acero Building
1 Concourse Way
Sheaf Street
Sheffield
S1 2BJ

email: nocn@nocn.org.uk

Tel: 0300 999 1177