

Functional Skills English (4748)

Entry 1 Reading

Sample assessment



www.cityandguilds.com
November 2019
Version 1.0

Candidate Paper

Health

Time allowed: 30 minutes

Total marks: 10

Candidate's name: _____

City & Guilds enrolment number: _____

Date of registration: _____

Date of assessment: _____

You will need

- a pen with black or blue ink
- a dictionary.

Instructions

- Read each question carefully.
- Answer **all** the questions.
- You do not need to write full sentences.
- There are no marks for spelling or punctuation.

Candidate's declaration:

I confirm that this assessment is my own work.

Candidate's signature _____

Date _____

Activity 1

Read the text.

5 top tips for good health



Eat five fresh fruit and vegetables every day.



Drink lots of water.



Say NO to junk food and fizzy drinks.



Take a walk in the fresh air.



Have some fun.

To get a FREE ideas pack visit
the website
www.health-and-you.com



Complete the sentences about the text.

1. The text is about

- types of fruit.
- places to walk.
- ways to be healthy.

(Tick **one**)

2. Tip number _____ tells you what food to eat.

3. It's not healthy to eat _____
or drink _____.

4. Go for a _____ outside.

5. You can visit the website for

- free vegetables.
- an ideas pack.
- a shopping list.

(Tick **one**)

6 marks

Activity 2

Read the text.



Eat well

Home

Recipes

Exercise

Health

Diet

Healthy snacks

Here are some quick and easy snacks you can make at home. They are cheap to make. They can be enjoyed by all the family.

- Frozen grapes
- Crackers with peanut butter
- Low-fat yoghurt and fresh fruit
- Homemade popcorn
- Carrot sticks with dip
- Sweet potato chips



Sweet Potato Chips



Frozen Grapes

Send in your ideas for healthy snacks to

www.eat-well.co.uk

You can share your ideas with us on social media.



Answer the questions about the text.

1. Why would these snacks help you to save money?

2. What vegetable do you eat with dip?

3. Give **one** way you can share your ideas.

4. The text is

- a menu in a café.
- a set of instructions.
- a list of ideas for snacks.

(Tick **one**)

4 marks

Check your work.

End of assessment