# Functional Skills English (4748) Entry 3 Writing Sample assessment



# Writing Candidate Paper

| A Healthy Lifestyle   |  |  |  |
|---|--|--|--|
| Time allowed: 40 minutes  |  |  |  |
| Total marks: 30   |  |  |  |
| Candidate's name:   |  |  |  |
| City & Guilds enrolment number:   |  |  |  |
| Date of registration:   |  |  |  |
| Date assessment started:  |  |  |  |
| Date assessment completed:  |  |  |  |
| You will need  • a pen with black or blue ink.  You must not use a dictionary or spell check. |  |  |  |
| <ul><li>Instructions</li><li>Answer all of the questions.</li></ul>                           |  |  |  |
| Candidate's declaration: I confirm that this assessment is my own work.                       |  |  |  |
| Candidate's signature   |  |  |  |
| Date  |  |  |  |

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### **Activity 1**

Put the words into alphabetical order.

|    | chicken | cucumber | chocolate                             | cheese                                |
|----|---------|----------|---------------------------------------|---------------------------------------|
| 1. |         |          |                                       | · · · · · · · · · · · · · · · · · · · |
| 2  |         |          |                                       |                                       |
| 3  |         |          |                                       |                                       |
| 4. |         |          | · · · · · · · · · · · · · · · · · · · |                                       |

1 mark

#### **Activity 2**

Write the plural of the words in bold.

| Example: | More than one <b>person</b>        | two   | people |
|----------|------------------------------------|-------|--------|
| a.       | More than one <b>loaf</b> of bread | five  |        |
| b.       | More than one <b>child</b>         | three |        |

2 marks

#### **Activity 3**

You want to do a running challenge to help you get fit. Invite a friend to do the challenge with you.

Write an email to explain:

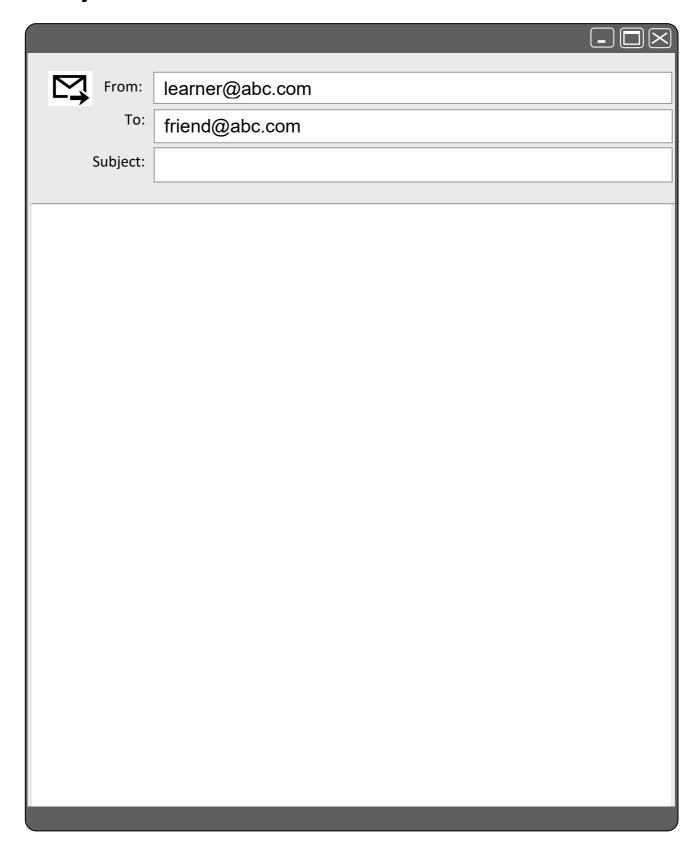
- why you want to get fit
- when you want to start the challenge
- what you think the benefits to your health will be
- why you want your friend to join you in the challenge.

Write at least 4 complete sentences. Include at least one sentence which has a linking word.

Use language and format suitable for the task.

| You can use this space to plan your writing. | 11 marks |
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## Write your email here.



#### **Activity 4**

Write a report about your health and fitness.

Talk about:

- how you stay fit and healthy
- the challenges of keeping fit
- why good food is important
- changes you can make to improve your lifestyle.

Write your report using:

- complete sentences
- language suitable for a report
- format suitable for a report (e.g. bullet points, headings).

Write at least 3 paragraphs and include at least 2 sentences using linking words.

|  | 16 marks |  |  |  |
|--|----------|--|--|--|
| You can use this space to plan your writing. |          |  |  |  |
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| Write your report here. |  |  |  |
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Check your work.

**End of assessment**