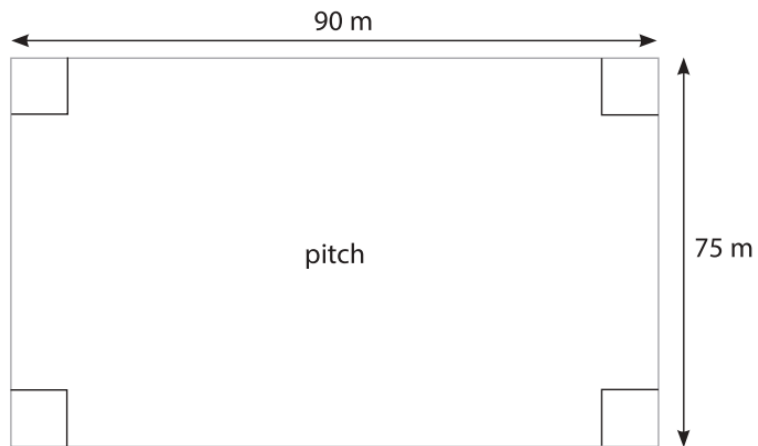


Functional Skills Maths | Level 1 Healthy Living (Non-Scaffolding Questions) Paper 2

1. Junaid is preparing for a race. He runs laps around a football pitch to prepare for the race.

The length of each lap is the total distance along the four edges of the pitch.



Junaid needs to run at least 10km.

What is the minimum number of laps Junaid should run?

2. Sandra has kept a record of the distances she cycled last month.

distance (miles)			
5	4	12	8
1	2	8	7
18	7	9	11
11	22	7	6
2	3	3	1

Sandra starts to show this information in a grouped frequency table.

Complete the table.

Use five equal groups.

distance (miles)	tally	frequency
1 to 5		8
6 to 10		

3. Sam aims to drink 2 litres of water a day.

They have a reusable bottle that holds 500ml of water.

How many times would they need to fill the bottle in a week?

4. Melinda is keeping a record of the number of steps she takes each day.

Monday	8 565 steps
Tuesday	14 707 steps
Wednesday	15 323 steps
Thursday	9 788 steps
Friday	12 482 steps

What is the range of the number of steps?

5. Lewis spends 25 minutes a day doing relaxation activities to help his stress levels.

How many hours and minutes will he spend doing this in a week?

6. Ian is making a curry. He uses a curry sauce in a jar.

The label states that the sauce contains 4.5 grams of fat per 100 grams.

The jar contains 420 grams of sauce in total.

Ian believes the jar contains less than 19 grams of fat.

Is he correct?

