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Surname

Other names

**Pearson Edexcel  
Functional Skills**

Centre Number

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Candidate Number

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**English**

**Level 1**

**Component 2: Reading**

10 – 14 October 2016

**Time: 45 minutes**

Paper Reference

**E102/01**

**You may use a dictionary.**

Total Marks

**My signature confirms that I will not discuss the content of the test with anyone until the end of the 5 day test window.**

Signature: \_\_\_\_\_

### Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Sign the declaration.
- Answer **all** questions.
- Answer the questions in the spaces provided  
– *there may be more space than you need.*
- You do not need to write in sentences.

### Information

- The total mark for this paper is 20.
- The marks for each question are shown in brackets  
– *use this as a guide as to how much time to spend on each question.*

### Advice

- Read each question carefully before you start to answer it.
- Keep an eye on the time.
- Check your answers if you have time at the end.

Turn over ►

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**PEARSON**

## SECTION A

Read Text A and answer questions 1 – 7.

### Text A

You read this article.

## Blue Zones

by Laurence Martini

There are just five places in the entire world that are called Blue Zones. Two examples are Ikaria (a Greek island) and Okinawa (a Japanese island).



A Blue Zone is an area where most people live to be extremely old. They do not have much money, but they are healthy and active. Scientists have been investigating the lifestyle of these elderly people because they want to find out why so few of them suffer from common diseases. Why do they live to be so old?

Scientific studies show that how long we live depends 25% on the genes we have inherited from our parents. The other 75% depends on our lifestyle. This is good news, because it means that we can live longer by changing the way we live. Blue Zones are interesting because of the lifestyle of these elderly people.

Research has shown that people living in Blue Zones share a similar lifestyle. Everyone has a daily routine and continues to work, even in their nineties. They have a sense of purpose in life and are happy and content. Blue Zone areas are traditional places, with very little modernisation. People are not stressed. Family ties are important and everyone is valued as part of the community.

People living in Blue Zones have a diet that is rich in plant-based foods. There is no fast food. They eat natural, not processed, food and most avoid eating meat. They eat lots of beans and nuts, but do not use white sugar. They enjoy olive oil, green tea, coffee, dark chocolate and fish.

Many cities, such as Fort Worth in Texas, want their citizens to copy the lifestyle of people living in Blue Zones.

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Answer questions 1 to 3 with a cross in the box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

1 The **main** purpose of Text A is to:

- A give information about living in a Blue Zone
- B explain why unhappy people live in a Blue Zone
- C encourage the reader to live in a Blue Zone
- D describe how food is prepared in a Blue Zone

(Total for Question 1 = 1 mark)

2 According to Text A, people who live in Blue Zones:

- A have more diseases
- B eat a lot of meat
- C drink green tea
- D suffer from stress

(Total for Question 2 = 1 mark)

3 According to Text A, which **one** of the following statements is true?

- A Blue Zones are modern, busy places.
- B Okinawa in Japan is a Blue Zone.
- C People living in Blue Zones are wealthy.
- D Fort Worth in Texas is a Blue Zone.

(Total for Question 3 = 1 mark)



4 According to Text A, how many Blue Zones are there?

You do **not** need to write in sentences.

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(Total for Question 4 = 1 mark)

5 Paragraphs are one of the features of Text A that help to present information.

Name **two** other features of Text A that help to present information.

You do **not** need to write in sentences.

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2 .....

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(Total for Question 5 = 2 marks)

6 Your friend does not believe that living in a particular way can help people live longer.

Using information from Text A, give **two** examples of the lifestyle in Blue Zones that seem to help people live longer.

You do **not** need to write in sentences.

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(Total for Question 6 = 2 marks)

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7 Your relative thinks that people who live in Blue Zones do not pay attention to what they eat.

Using information from Text A, identify **two** types of food that people living in Blue Zones avoid.

You do **not** need to write in sentences.

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**(Total for Question 7 = 2 marks)**

**TOTAL FOR SECTION A = 10 MARKS**

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## SECTION B

Read Text B and answer questions 8 – 13.

### Text B

You read this letter written to the Editor of the Dintone Daily News.

Dear Ms Simms,

I recently read an article in your newspaper about Blue Zones. Since then I have read several library books on the subject and have carried out my own research on the internet. It would be wonderful if we could all be healthy and live longer. I think Blue Zones are great.

Because I feel strongly that we should all try to change our lifestyle, I organised a guest speaker to address a meeting in the library last Friday evening. Thirty people turned up. We have now set up an organisation, 'Dintone Blue Zoners', which we would like your readers to join.

I know that it is not possible to change our lifestyle completely. Dintone is a noisy city, unlike Blue Zones, which are quiet areas in the countryside. In Dintone, most of us have hectic lives, rushing about and having to meet deadlines at work. People in Blue Zones live simple lives and are far away from the stress and pressure of modern life. They also have the support of a close-knit family. Many of us in Dintone have no family nearby to help.

But there are lifestyle changes we can make to become more active. I now walk to the train station rather than taking the car. If I lived closer to work, I would walk. I have started to walk up the stairs rather than using the lift. During my lunch break I go outside for a quick walk and at home I try not to sit watching television too much. I now plan regular exercise and go jogging with my friends.

I would encourage your readers to join our group. Please email me on [mandy@dintonebluezoners.web](mailto:mandy@dintonebluezoners.web) or phone 02233445566.

We hope to see many new members soon!

Yours sincerely,

Mandy Kielty

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Answer question 8 with a cross . If you change your mind about an answer, put a line through the box  and then mark your new answer with a cross .

- 8 The **main** purpose of Text B is to:
- A advise people to retire young and go abroad
  - B encourage people to join a new organisation
  - C persuade people to live near their family
  - D describe the stress of people working in a city

(Total for Question 8 = 1 mark)

Answer question 9 with a cross in the two boxes you think are correct . If you change your mind about an answer, put a line through the box  and then mark your new answer with a cross .

- 9 According to Text B, which **two** of the following statements are true?
- A Mandy is retired and lives in the countryside.
  - B Mandy organised a meeting in the city hall.
  - C The meeting was held on a Friday evening.
  - D Two guest speakers addressed the meeting.
  - E Thirty people explained why they could not attend.
  - F Mandy is the organiser of Dintone Blue Zoners.

(Total for Question 9 = 2 marks)



**10** Using Text B, identify **two** places where the writer found information about Blue Zones.

You do **not** need to write in sentences.

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**(Total for Question 10 = 2 marks)**

**11** Your friend is thinking of moving to a Blue Zone for a better quality of life.

Using Text B, identify **two** ways life in a Blue Zone is described.

You do **not** need to write in sentences.

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**(Total for Question 11 = 2 marks)**

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**12** According to Text B, give **one** way of contacting the writer of the letter.

You do **not** need to write in sentences.

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**(Total for Question 12 = 1 mark)**

**13** Your relative lives in Dintone and would like to have a more active lifestyle.

Using information from Text B, identify **two** things your relative could do to have a more active lifestyle.

You do **not** need to write in sentences.

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**(Total for Question 13 = 2 marks)**

**TOTAL FOR SECTION B = 10 MARKS**

**TOTAL FOR PAPER = 20 MARKS**



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