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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**

9 – 13 October 2017

**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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SECTION A

Read Text A and answer questions 1 – 7.

**Text A**

You read this article in a newspaper.

# Popcorn sales soar in the UK

By Daniel Binns

Popcorn sales have risen by more than a third in the past year to a record £87 million – and it's not just down to cinema-goers. The average UK adult now eats 5 kilos a year of the treat, which is healthier than crisps, according to the trade magazine, *The Grocer*.

New flavours, including spicy peanut butter, cheese or chicken tikka masala, have also helped widen the appeal for people snacking in the cinema and sitting in their living rooms at home watching films and box sets.

Increasingly, more and more people are making their own popcorn to save money and eat when it is fresh. They buy the corn kernels at the supermarket and then heat them in a saucepan with a lid. When the corn pops it is ready to eat. Some people then add different flavours, for example honey or salt. Other people even dip the popcorn in melted chocolate. Microwavable popcorn is also

proving hugely popular with snackers who do not want to cook.



The snack is now bought by about 40 per cent of people in the UK. However, popcorn is still much less popular here than in America. The average adult in the UK eats only about a third of the amount eaten by a typical American. This suggests there is plenty of potential for the market to grow, say researchers for *The Grocer*.

A typical bag of popcorn has fewer calories, about 120, than an average bag of crisps, which has over 180 calories. Brands such as market leader Butterkist, which accounts for almost half of sales, also use rapeseed oil for lower fat levels. Anjna Mistry, from Butterkist, says, 'More people are buying popcorn more often. It is now seen as a healthy alternative snack for a variety of occasions.'

(Source: adapted from 'Popcorn sales soar in couch potato Britain', *The Metro*, September 2016)

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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 persuade the reader to buy crisps
- B warn about the dangers of eating popcorn
- C explain why crisps are a healthy snack
- D inform the reader that popcorn is popular

(Total for Question 1 = 1 mark)

2 According to Text A, in the last year, popcorn sales:

- A increased by 120%
- B rose by 40%
- C were under 5 kilos per adult
- D were worth £87 million

(Total for Question 2 = 1 mark)

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

- A More UK adults buy flavoured popcorn than adults in America.
- B The typical American adult eats more popcorn than a typical UK adult.
- C Americans spend more money on crisps than people in the UK.
- D Flavoured crisps are bought by more people in the UK than in America.

(Total for Question 3 = 1 mark)



4 Using information in Text A, give **one** reason why eating popcorn is healthier than eating crisps.

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

.....  
.....

**(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.

1 .....

2 .....

**(Total for Question 5 = 2 marks)**

6 Your relative does not understand why more people are eating popcorn.

Using information from Text A, give **two** reasons why more people are eating popcorn.

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

1 .....

2 .....

**(Total for Question 6 = 2 marks)**

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7 Your friend wants to know how to cook popcorn at home.

Using information in Text A, give him **two** pieces of advice on cooking popcorn.

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

1 .....

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2 .....

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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 magazine article.

## Move it

By Susan Rinkunas

You're probably aware that exercising is good for your health and not exercising is bad for you. Two reports this week further proved that inactivity is very unhealthy.

The first study, of men in Sweden, found that not exercising was second only to smoking as a cause of poor health. However, when some gave up smoking by using nicotine patches, their health improved. Being fit and healthy means taking regular exercise, eating healthily and staying at a sensible weight. The study found that the men's health levels were strongly linked to their exercise habits. The more exercise they did, the healthier they were.

Smoking is the biggest reason for poor health. Some people try to give up by using nicotine chewing gum. Others join support groups or go to hypnotists. However, some people manage by willpower.

Poor health can also be caused by lack of exercise, high blood pressure or cholesterol. The scientists think that being fit lowers the risk of disease, as do eating healthy food and getting enough sleep.

The second study, in Portugal, found that people who sit for eight hours a day – that's most office workers – need to do one hour of physical activity every day. That would make up for the health risks from all that time spent sitting down. People whose work involves standing all day, like hairdressers or shop assistants, still need to take regular exercise. Researchers say that the 60 minutes a day of activity doesn't have to be in the gym: things like running, swimming and cycling are good for you. Of course, avoiding fatty foods is also essential.

So, no pressure or anything. The evidence is clear. It's time to get moving. Are you healthy and, if not, what are you going to do about it?

(Source: adapted from <http://nymag.com/thecut/swellness/2016/07/sedentary-lifestyle-health-risks-and-costs.html>)

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Answer question 8 with a cross in the box you think is correct ☒. 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 persuade the reader to exercise more
- B warn readers about the dangers of exercising
- C explain about the dangers of smoking
- D encourage readers to work sitting down

(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 correct?

- A High blood pressure is the biggest cause of poor health.
- B All people need to do two hours of exercise every day.
- C Smoking is the main cause of poor health.
- D The more exercise you do, the healthier you are.
- E The first study took place in Portugal.
- F Being fit means you will definitely not get bad diseases.

(Total for Question 9 = 2 marks)



10 Using Text B, identify **two** ways, apart from taking exercise, that people can lower their risk of poor health.

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

1 .....

2 .....

(Total for Question 10 = 2 marks)

11 Your friend wants to stop smoking.

Using Text B, give **two** ways she could try to stop smoking.

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

1 .....

2 .....

(Total for Question 11 = 2 marks)

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**12** Using information in Text B, name **one** type of food people should avoid eating to stay healthy.

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

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

**13** Your relative works in an office and is concerned that she spends lots of time sitting down.

Using Text B, suggest **two** types of exercise she can take.

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

1 .....

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2 .....

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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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