

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Centre Number

Candidate Number

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Pearson Edexcel International GCSE

Time 2 hours

Paper
reference

4ES1/01

English as a Second Language PAPER 1: Reading and Writing

You must have:

Insert Booklet for Part 1, Part 2, Part 3 and Part 6 (enclosed)

Total Marks

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.
- Answer **all** questions.
- Answer the questions in the spaces provided – *there may be more space than you need.*
- Dictionaries may **not** be used in this examination.

Information

- The total mark for this paper is 100.
- 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.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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READING

Answer ALL questions in this section.

Part 1

Read '10 Interesting Places to Stay' in the Insert Booklet, Part 1, pages 2–3, and answer Questions 1–10.

Questions 1–10

Identify which paragraphs (A – J) contain information listed in Questions 1–10 by marking a cross for the correct answer ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

You must choose answers only from the information given.

Paragraphs may be used more than once or not at all.

- 1 Which paragraph refers to not wanting to be interrupted? (1)
- A B C D E F G H I J
-
- 2 Which paragraph refers to being the only people on an island? (1)
- A B C D E F G H I J
-
- 3 Which paragraph refers to a choice of meals? (1)
- A B C D E F G H I J
-
- 4 Which paragraph refers to a place that is usually somebody's home? (1)
- A B C D E F G H I J
-
- 5 Which paragraph refers to a challenging route to the beach? (1)
- A B C D E F G H I J
-
- 6 Which paragraph refers to children not being allowed? (1)
- A B C D E F G H I J
-



7 Which paragraph refers to enjoying the sky at night? (1)

- A
- B
- C
- D
- E
- F
- G
- H
- I
- J

8 Which paragraph refers to accommodation that moves? (1)

- A
- B
- C
- D
- E
- F
- G
- H
- I
- J

9 Which paragraph refers to being shown around? (1)

- A
- B
- C
- D
- E
- F
- G
- H
- I
- J

10 Which paragraph refers to a cheap place to stay? (1)

- A
- B
- C
- D
- E
- F
- G
- H
- I
- J

(Total for Questions 1–10 = 10 marks)

TOTAL FOR PART 1 = 10 MARKS



Part 2

Read Kim Pearson's article on snacking in the Insert Booklet, Part 2, pages 4–5 and answer Questions 11–25.

Questions 11–20

Answer the following questions. For each question write no more than THREE words that must be taken from one point in the text. DO NOT write full sentences.

11 What subject did Kim Pearson study? (1)

12 According to Kim, which eating habit is not good for us? (1)

13 According to Kim, what does she usually do at restaurants? (1)

14 Nowadays, what do busy people have less time for? (1)

15 Give one reason why people snack when they are not hungry. (1)

16 In which place should you keep your snacks? (1)

17 How does Kim describe the process of switching to healthy snacks? (1)

18 What needs controlling even with healthy snacks? (1)

19 How does Kim feel about the wording on some food labels? (1)

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20 According to Kim, when eating a healthy diet, how should snacks be used?

(1)

(Total for Questions 11–20 = 10 marks)



Questions 21–25

Identify which of the options (A–D) is correct for Questions 21–25 by marking 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 ☒.

- 21 According to the text, which of the following is true? (1)
- A Eating many times during the day is good for you.
 - B Research into fasting needs further development.
 - C Snacking between meals is sometimes acceptable.
 - D A small snack before exercising is recommended.
- 22 Snacking is more common nowadays because (1)
- A people are less likely to have breakfast.
 - B outlets offer a greater choice of snacks.
 - C people spend more time in their homes.
 - D snacks have become cheaper over time.
- 23 People can reduce the number of snacks they eat by (1)
- A putting only healthy food in the fridge.
 - B finding an activity to replace snacking.
 - C trying to forget the fact they are hungry.
 - D sharing large bags of snacks with others.
- 24 According to the text, which of the following is true? (1)
- A A healthy snack should not replace a main meal.
 - B It is acceptable to eat small healthy snacks all day.
 - C Healthy snacks should be bought in small amounts.
 - D Nuts should be avoided when buying healthy snacks.



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25 Which of the following is advised to maintain healthy eating habits?

(1)

- A Pick only natural or whole food snacks.
- B Avoid choosing snacks that contain sugar.
- C Plan your main meals for the week ahead.
- D Make sure you get the sleep that you need.

(Total for Questions 21–25 = 5 marks)

TOTAL FOR PART 2 = 15 MARKS



Part 3

Read Freddie Wilkinson's article on a new weather station in the Insert Booklet, Part 3, pages 6–7 and answer Questions 26–45.

Questions 26–30

Read the statements below. Decide whether they are TRUE, FALSE or NOT GIVEN according to the text.

Mark a cross for the correct answer. If you change your mind about an answer, put a line through the box and then mark your new answer with a cross .

	True	False	Not Given	
26 More information is needed about some parts of the Himalayas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(1)
27 According to Freddie Wilkinson, more time should have been spent testing the weather station.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(1)
28 Freddie is impressed by the team's reaction to the missing metal tube.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(1)
29 The weather station did not work as expected once the team had finished.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(1)
30 More weather stations are planned for the Himalayas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(1)

(Total for Questions 26–30 = 5 marks)

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Questions 31–40

Complete the following sentences using no more than **THREE** words that must be taken from one point in the text.

- 31 Many people depend on that originates in the Himalayas. (1)
- 32 The scientists worked with on their ideas for the weather station. (1)
- 33 The expedition team had no more than to complete their mission and return to base. (1)
- 34 The expedition team was grateful for the on Mount Everest. (1)
- 35 The weather station had to be carried in to its destination. (1)
- 36 Not many Himalayan mountains are to provide key information to scientists. (1)
- 37 The expedition team had to find a way to connect the to the weather station. (1)
- 38 An expedition team member used a to adapt the tool handle. (1)
- 39 Scientists need more data about and how fast they are melting. (1)
- 40 For those living in the , the data from the weather station is important. (1)

(Total for Questions 31–40 = 10 marks)



Questions 41–45

Complete this summary of the text using words from the box below. Each word may be used once or not used at all.

The Himalayas are of great interest to professionals in terms of collecting data about climate change. For this reason, a new weather station, the

(41) one until now, was installed on

Mount Everest in 2019. Despite experiencing (42),

the expedition team successfully completed this mission.

The weather station will help monitor changes in water systems and

(43) in response to a warming environment.

Wilkinson is (44) that such information will

prove useful.

In terms of the future, (45) feel it is vital to further

increase our understanding of what is happening at high altitudes.

doubtful

difficulties

engineers

winds

largest

scientists

hunger

highest

clouds

certain

(Total for Questions 41–45 = 5 marks)

TOTAL FOR PART 3 = 20 MARKS
TOTAL FOR READING = 45 MARKS



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TOTAL FOR PART 4 = 10 MARKS



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TOTAL FOR PART 5 = 20 MARKS



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TOTAL FOR PART 6 = 25 MARKS
TOTAL FOR WRITING = 55 MARKS
TOTAL FOR PAPER = 100 MARKS



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Time 2 hours

Paper
reference

4ES1/01

English as a Second Language **PAPER 1: Reading and Writing**

Insert Booklet

For Part 1, Part 2, Part 3 and Part 6

Do not return this Booklet with the question paper.

Turn over ►

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Part 1

10 Interesting Places to Stay

A Brown Cottage

Just seven people and hundreds of sheep live on the island. This cottage is very popular. A teacher normally lives in the cottage but it is rented out over the summer. The island is reached by boat and with no shops, you should bring what you need.

B Gladstone's Library

This residential library is the first of its kind in Britain. It has 26 rooms, more than 250000 books, and no mobile phone signal. It's perfect for writers and serious readers who do not want to be distracted. Guests can take library books to their rooms.

C Still Waters

This is a comfortable houseboat, ideal for a small family. You don't need a licence to drive a houseboat. Simply work out how far you want to take the boat based on the length of your stay. Enjoy visiting new places and experiencing a slower pace of life.

D Christopher's Inn

This hostel is the only one in Britain that offers sleeping pods, such as those found in East Asia. Aimed at young travellers on a budget, it's a lively place to stay. The sleeping capsules have plug sockets, USB ports and a light. There is just enough room to sit up.

E Lighthouse Life

This lighthouse stands alone on its own small island and is a perfect getaway for up to four people. There are two beaches that are ideal for swimming and good spots for dolphin watching. Supplies must be bought on the mainland, which is 45 minutes away by boat.

F Cottage Retreat

Seven luxurious cottages are situated in a meadow beside a small lake. This is a peaceful adults-only retreat, where you can relax and appreciate the sights of wildflowers and the sounds of birdsong. In a nearby studio, you can enjoy yoga sessions or take a photography course.

G Cliff House

This house is located on a spectacular cliff above a quiet beach. It's very modern, sleeps up to six people and has a beautiful garden and fantastic views of the ocean. The steep path to the beach will test your fitness, but it is truly worth the effort.

H Lion Lodge

It is now possible to spend the night at London Zoo and sleep in a wooden lodge next to the lion enclosure. You are free to explore the zoo at night after it is closed to visitors. There is a private tour of the grounds to make your stay more memorable.



I Appleton Water Tower

This very tall structure has been converted to accommodate four people. There's a viewing room on the second floor that looks out onto the beautiful surroundings, and the rooftop is perfect for stargazing and watching the sun rise. It is a comfortable nest above the treetops.

J Chewton Glen

This is a traditional country house hotel with three modern treehouses in its grounds where guests can also stay. The hotel is home to a world-class spa and a popular Italian restaurant serving a range of dishes. It is only a short walk through the gardens to the sandy beach and sea.

Part 2

Is Snacking Good or Bad?

Many years ago, when I completed my first course in food nutrition, the idea was that having three meals a day and snacks in between was the best approach to eating. However, our understanding of eating habits has developed since then. Research into fasting has shown how going for periods of time without food can be beneficial for health when done in the right way. I now believe that the 'little and often' approach to eating is unhealthy.

When there is a long time between two meals and you are genuinely hungry, having a healthy snack is a good idea. For example, if your lunch break is at 1 pm but you won't get home in time to have dinner before 8 pm, consider a healthy snack around 4 or 5 pm. Also, if you have planned a late meal with friends in a restaurant, have a small healthy snack beforehand to manage your appetite. Otherwise, due to a delayed mealtime, you may be likely to overeat once you get there – something I am always guilty of. A recovery snack after a workout or run is a good idea too.

Snack culture is a relatively recent phenomenon. One explanation for this is that protein-based breakfasts have been widely replaced with carbohydrate-based breakfast foods like cereals or toast. These don't tend to keep us full until lunch, leading to the increased likelihood of hunger around mid-morning. Another explanation is the explosion of snack foods on the market and our more active, work-focused lifestyles that lack set mealtimes and often require quick and easy on-the-go refuelling options.

Knowing when and how to snack healthily is important. Every time you reach for a snack ask yourself whether or not you are actually hungry. There are many triggers for snacking that have nothing to do with hunger. For example, snacking out of boredom is common. If you're opening the fridge and looking for food just for something to do, think about how you could change this unhealthy habit. Consider taking a quick walk or read a magazine article. Find an activity that works for you and next time you're tempted, do that instead.

Constant snacking can become a habit, so keep snacks out of sight in a kitchen cupboard. If you have unhealthy snacks lying around, such as a large bag of crisps open and in front of you, you're likely to keep eating them until they're finished. Alternatively, do a little research and investigate which healthy snacks you could buy instead. I did, and it's simple. Then, if you really do need to eat because you're hungry, you'll have only healthy snacks to choose from.

A snack is designed to be a small refuel between meals, not a meal in itself. Even when you're snacking on something healthy, this is something to keep in mind. It's easy to forget this when snacking on foods like nuts, eating handfuls at a time. By doing this, you can quickly end up getting through a meal's worth of calories. Portion sizes still need monitoring so take the amount you need and put them in a bowl, rather than eating directly from a big packet.

When shopping for healthy snacks, you need to be aware that a lot of food labels use descriptions like 'natural' or 'whole food' to make us think that they're healthy options. Some actually contain a surprisingly high amount of sugar. I am truly shocked that some food producers would do this. For example, fruit bars might simply list fruits as their ingredients, but their sugar content can be incredibly high.



If you want to eat healthily, I advise you to plan each meal with the aim that it keeps you full until your next mealtime. You can then have your snacks as a back-up if you really need to – this is what I do anyway. Ensuring you have a healthy protein source as the base of each meal and plenty of fibre-rich vegetables is a good start. Being tired can be a trigger for snacking, so work on getting enough quality sleep so that you're not snacking from tiredness.



Part 3

A New Weather Station

The Himalayan Mountains are considered an important source of water for the planet and up to a quarter of the world's population is reliant on this resource. This area is one of many in the world that is quickly becoming warmer due to climate change. However, there is no real data on the impact of climate change on regions that are over 5000 metres above sea level.

In 2019, an expedition led by two climate scientists, Tom Matthews and Baker Perry, set out to install a new weather station on Mount Everest that would be the highest weather station on Earth. The aim was to improve understanding of climate change.

The two scientists had worked closely with a crew of engineers to plan carefully and build a structure that could withstand the extreme cold and hurricane-force winds it would face on the highest point of the planet. They had tested it in America and Nepal. They then had practised putting it up as quickly and efficiently as possible with the team going on the expedition with them. In my opinion, the team could not have been better prepared. They all knew that the lack of oxygen on Mount Everest, and the resulting effects of exhaustion, would give them a maximum of four hours to get the weather station up and working before they had to make their way down the mountain.

Just after dawn on 23 May 2019, the team stood on the Southeast Ridge of Mount Everest at over 8000 metres above sea level, at the point of making history. They had spent months preparing for this moment: the installation of the highest weather station in the world. With the sun beginning to rise, everything seemed to be working well. Even the weather, which can be unpredictable at this time of year, was thankfully, calm. However, as the team unpacked their gear, a terrible truth began to sink in: a key piece of the weather station was missing.

Transporting the weather station to the top of the world had required sharing the many pieces out between the members of the expedition. Among the coils of wire, aluminium poles, and various scientific instruments, there was supposed to have been a metal tube that was vital to the mission. The men, amazingly, without any sign of panic, searched and searched for it again, but it was nowhere to be found.

The reason any of this was worth the effort, risk and cost is because only Mount Everest, and a few of the other mountains in the Himalayas, are tall enough to reliably pierce the subtropical jet stream—one of the narrow bands of powerful winds that circle the globe at high altitudes. These winds influence everything from storm tracks to agricultural growing seasons. I cannot stress enough how essential it is for climate scientists to understand the jet stream. The weather station would provide scientists with an important new tool to gather data about it.

Yet, there they were, on the roof of the world, with no way to attach the wind sensors that were the most important part of the weather station. They could not go down without doing this, and they were not prepared to send someone down the mountain to get the missing part, so they had to find a solution.



The team realised that the handle to a tool they had brought with them was roughly the same size as the missing piece. However, there was one issue: the tool handle was oval, while the attachments on the weather station needed circular tubing. One of the team grabbed a hammer and began to shape the handle into a circle. They then wrapped strips of tape around the handle to increase the size of it, making the fit tighter. In this way, the weather station was completed and the team was able to begin the lengthy walk back to base camp. It is a super-modern, fully-operational weather station, but if you look closely you will see the tape and the tool handle.

As we begin to develop a better insight into what the future will be like, understanding what is happening in areas that lie between 5000 to 8800 metres above sea level will become extremely important. Virtually all the glaciers in the Himalayas originate in the zones above 5000 metres. This means that scientists cannot put together an accurate picture of how quickly they are melting, until they venture above this height to understand the environment where they are formed. By installing the weather station, scientists will have a better understanding of how the hydrosphere, the water system, will react to increased temperatures and how the winds will change. This information is critical for predicting the future of the northern hemisphere and of its residents.



Part 6

The Impact of Technology on Shopping

Easy in-store shopping

We may soon see hi-tech checkout-free stores in the UK. In such stores, an app will track customers as they walk about, recording the items they pick up and take away. The cost of purchases will be automatically billed to people's accounts. This is claimed to be the world's most advanced shopping technology, but other businesses are also trialling shop-assistant-free concepts. One store in Sweden, for example, relies on a mobile app that lets residents into the store day or night, scans their shopping and then they pay via a monthly invoice. There are many new technologies, such as these, which could further change the way we shop.

A virtual you

For many shoppers, buying clothes online is not always successful. Sizes vary between outlets and getting the right fit means many clothing items are returned. This is bad for both the shopper and the company. This could change thanks to new software that creates an accurate 3D model of the shopper, meaning it is possible to 'try on' clothes.

There is technology that can be used with retailers' websites so customers can create what it calls 'Me Models' as well as 3D images of the products on sale. Shoppers can then see what they would look like in different outfits. In addition, retailers can use customer data to suggest and display outfits to their customers, boosting their sales.

Robot shop assistants

Retailers are definitely moving on, with a view to replacing staff with sophisticated 'intelligent' software. In America, one company is testing a customer service robot that speaks several languages, helps shoppers find items and provides information to them.

In some home appliance stores in Japan, a humanoid robot called Pepper is being used to sell coffee machines. The robot can explain products and services and have conversations with customers, reading and responding to their emotions.

Digital help in the home

Nearly all major technology firms are developing small devices for the home. These act as digital home assistants that respond to voice commands. These devices are designed in such a way that they can help you with your shopping. Useful apps let you call out shopping lists and allow you to add items to your virtual trolley as you walk around the house.

Eventually these assistants should learn what you want and when you want it without commands. However, these devices may be very short-lived because 'smart' home appliances, like fridges, coffee machines and printers, that can automatically reorder stock without any interaction with their owner, have already been developed. They are all linked to the internet.



Drone deliveries

As retail sales increasingly transfer from the high street to the internet, one of the biggest problems for companies is making deliveries. In busy cities where traffic congestion is a problem, one solution already being tested is using drones. One online retailer has started working with the UK Government to test the possibility of delivering small parcels, which make up 90% of the company sales, by drone.

So, how will you shop in the future?

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Source information

Part 1

Source: <https://www.telegraph.co.uk/travel/destinations/europe/united-kingdom/galleries/unusual-places-to-stay-in-the-uk-and-channel-islands/capsule-beds-st-christophers-inn-london-bridge/>

Part 2

Source: <https://www.standard.co.uk/lifestyle/healthy-at-home/healthy-snack-ideas-a4461281.html>

Part 6

Source: <https://www.theguardian.com/business/2016/dec/10/future-shopping-mannequins-drones-shop-leave-withjout-paying-amazon-go>

