



NCFE Level 1 Functional Skills Qualification in English: (603/5058/1)

Component: Speaking, Listening and
Communicating

Assessment Activity Number: Sample
Topic: Healthy Eating

Level 1 Functional Skills in English: Speaking, Listening and Communicating.

Assessment Activity:

Scenario

Most people nowadays are keen to live a healthy life-style. Many food producers advertise their products as being healthy, but are these foods really healthy or are the companies just saying this in order to increase their sales? Is the reality that people still have an unhealthy diet?

Task 1 – Presentation (5 minutes)

Select and agree with your Assessor **one** of the topics on which to prepare your presentation. You will describe what the activity would involve.

Topic 1: Does the food and drink industry encourage healthy eating?

Topic 2: Is dieting worthwhile? Are there any diets that actually work?

Topic 3: What is a balanced diet? How can this be achieved.

Topic 4: Which companies promote healthy eating and how do they do this?

Topic 5: Why do you think more young people are becoming vegetarian or vegan?

You will have **3 hours** of optional preparation time to prepare a **5-minute** presentation on the selected topic to a group of **at least three learners**.

A further **20 minutes** of optional preparation time is allowed for you to prepare, directly before the presentation takes place.

After you have finished your presentation you will be required to answer questions from the audience about the topic.

Task 2 – Question-and-Answer Session (3-5 minutes per learner)

As the presenter:

Once your presentation has finished, you **must** invite questions about your topic from the audience, responding to each question in turn.

As the audience:

During the presentation you are required to identify **at least one relevant** question to ask the presenter in the question-and-answer session.

There can be no questions asked during the presentation. Your question can only be asked after the presentation has finished.

Task 3 – Group Discussion (4-6 minutes per learner)

Following Tasks 1 and 2, you will be required to take part in a group discussion. Your group will consist of **a minimum of three learners**. You have been provided with the **title** and **aim** of this group discussion below.

For this scenario of fundraising, please prepare your discussion points for the following **title** and **aim**.

Title: How can people ensure they have a healthy diet and what role can the food industry play in this?

Aim: The group should aim to reach a consensus to identify four main factors for a healthy diet and the main change(s) the food industry needs to make to increase healthy eating.

During the discussion about the above topic and aim, you are also required to:

- ask **relevant** questions to obtain specific information.

You will not be told when to do so by your Assessor - you must decide when in the discussion is best to ask at least **one** question.

You will have **1 hour** of optional preparation time for your discussion on the selected topic.

A further **20 minutes** of optional preparation time is allowed for you to prepare, directly before the discussion takes place.