NCFE Functional Skills Qualification in English at Level 1
Speaking, Listening and Communication
501/1660/5

Sample Set 1 – Healthy Eating

Pre-Release Source Documents

Pre-Release Source Documents will help you to understand the context of the assessment. They can also be used to provide ideas, facts or opinions that you can use in discussion. You're also encouraged to undertake your own research.

Read the documents carefully. You may discuss the contents with your Tutor before the assessment. Pre-Release Source Documents can be taken into the assessment. Extra copies will be available.

Source Document 1: 'Vending machine ban too easy an answer'
Source Document 2: 'Any Answers?' Discussion forum

SAMPLE

Source Document 1: ‘Vending machine ban too easy an answer’

Vending machine ban too easy an answer.

An expert in eating disorders has said that just taking ‘unhealthy’ food out of school vending machines is ‘interfering and too simplistic’. Dr Dee Dawson, Medical Director of Rhodes Farm clinic, said, “There is no such thing as an ‘evil food’, fat is an important part of any diet, and children need to learn to make their own food choices.”

Balanced diets

School vending machines are no longer able to sell chocolate, crisps or fizzy drinks. But Dr Dawson said children needed to learn to eat a balanced diet - including foods which are higher in fat. She said chips and chocolate should not be taken off school menus entirely, "Children need to be able to make proper choices. They are only in school for a few hours per day - they can get chocolate and crisps on their way home. Banning certain foods from vending machines is too simplistic. It’s not that easy. We should be educating parents and children about food and the value of exercise, and it is wrong that we are doing neither."

Eating disorders

She went on, "There is no such thing as an 'evil food' - only an ‘evil diet’. Saying certain foods are ‘evil’ sends out the wrong message. People start to think that a healthy diet should contain as little fat as possible. Calling a food ‘evil’ can lead to a feeling of guilt. With some people that could lead to eating disorders.” She added, “Some might take on board this message and think ‘If I eat a no-fat diet, I can be better than everyone else’.”

The best solution

Dr Dawson said that fat is an important, normal part of everybody's diet, which is needed for cells, hair and skin and the functioning of the brain. She added, “To be healthy, children need to have a diet which is around 30% fat. Eating too little fat would lead to poor concentration and headaches. For some children eating chocolate every day may be no bad thing if they have a normal diet and are doing large amounts of exercise, it’s really a question of helping children to find out for themselves what is best.”

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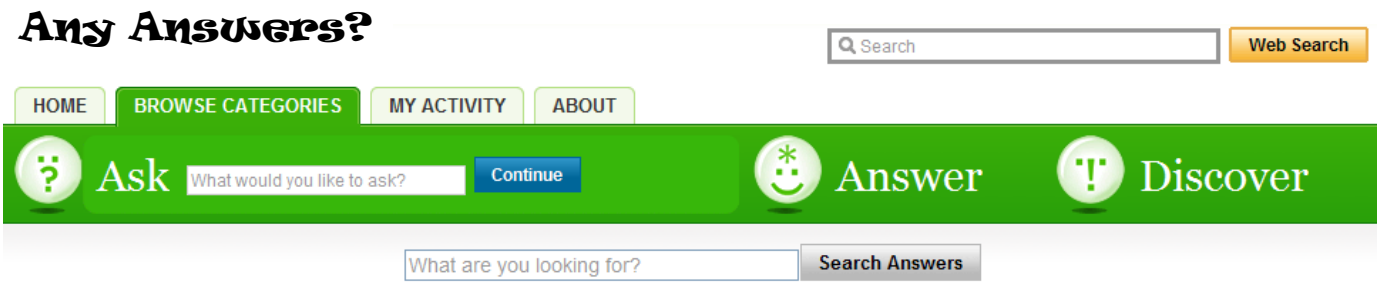
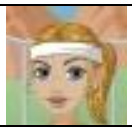
Source Document 2: ‘Any Answers?’ Discussion forum



	I’m 17 years old and I’m overweight. I’m researching how to eat healthily, because frankly, I’ve been eating hamburgers and chicken nuggets my whole life. I know I need to change. But my parents continue to buy hot dogs and ice cream bars, especially my dad. They don’t want to change but I want to educate them on how to eat whole grains, vegetables, and fruits instead of all meat.
	You could start by dumping the hot dogs straight in the dustbin along with all the other fat-ridden junk food they buy.
	Bring home some pamphlets and leave them lying around the place. Anything on eating healthy, losing weight, controlling diabetes, preventing heart disease ... anything to do with living a healthy lifestyle. I threw diabetes in there because most people who are overweight develop diabetes, and getting a handle on your health now will be a huge factor in preventing heart disease and diabetes, which is what you’re headed for in about 20 years time.
	Hey, don’t like to be rude, but wake up! It’s really down to you, start making healthy choices for yourself. No excuses, even when you go out, all fast food restaurants, canteens and school meals have healthier choices nowadays, including fruit cups and salads and fruit juices.
	Start asking your mum to pick up fruits, vegetables, and whole grain bread for you, and make sure you eat those things FIRST, before you eat any of the junk food in the house.
	Someone else mentioned eating healthy yourself before criticising your folks ... and that, by the way, is the right way to handle things. Nobody likes being criticised. Try encouragement and serious discussions ... they are liable to be much more effective in the long run!
	Yeah – and throwing away the food they spend their money on is also not likely to go down too well. However, asking Mum to prepare a healthy salad with the chicken nuggets instead of fries is a good compromise. So is eating a sandwich piled high with lettuce, tomatoes, or any other crunchy vegetable (sliced carrots, sliced cucumber, alfalfa sprouts, etc etc etc) alongside a handful of chips and dip or a couple of oat biscuits.
	Making a conscious decision to make better choices while still using up the not-so-healthy foods in the house is a better decision than throwing away things behind your parents' back. Start cooking on weekends or whenever you can. Ask them to pick up specific items, and then cook them dinner or lunch or breakfast using those items. Practice with small amounts first, so you get some practice in and can be sure the food you are serving is edible, and then they’ll never look back.

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