
Functional Skills Level 2

ENGLISH

Paper 1 Reading

Insert

The three sources that follow are:

Source A: a news report about the chocolate industry

Source B: a blog about eating chocolate

Source C: a webpage about fund-raising for the British Heart Foundation

**Please open the Insert fully
to see all three sources**

Source A

The Hidden Cost of Chocolate

This source has been removed due to third-party copyright restrictions.

Source B**CHOCOLATE: A TRICKY TREAT**

We are bombarded with advice about what to eat, or not. So here's a look at the pros and cons of eating chocolate.

The average Brit will consume 7560 chocolate bars, 2268 slices of chocolate cake and 8316 chocolate biscuits in a lifetime. Along with over 3000 mugs of hot chocolate and 126 Easter eggs!



Owing to its delicious taste, chocolate is one of the most popular sweets in the world. And chocolate lovers will be glad to know that it also has some health benefits such as its mood-enhancing properties. Unfortunately, there are health risks associated with over-consumption of chocolate.

Busy modern life and poor diets can increase our stress levels, with the potential to raise blood pressure. The antioxidants in chocolate, particularly the dark variety, may help to combat this risk. The high amounts of sugar and fat in chocolate are linked to risks for diabetes, heart disease and weight gain. The cheaper the chocolate, the higher the sugar content so it's worth aiming for higher quality brands.

Chocolate contains myriad minerals and trace elements. These can contribute to overall health including some evidence of improvements to memory and vision. But beware of the high caffeine content which can disrupt sleep. Chocolate can give us a psychological lift and lower stress levels but every parent knows how bad it is for the health of our teeth.

So is chocolate good or bad? Well, clearly it's both. The key message is moderation. A little chocolate, particularly good quality dark chocolate, can provide a host of benefits; too much cheap confectionery carries a number of risks. So go easy and enjoy it!

Source C



The British Heart Foundation urgently needs your help to raise funds for our research into diseases of the heart and circulation. These affect approximately seven million people in the UK. Will you take on our Dechox Challenge and get sponsored to give up chocolate for one month?

You can prepare for Dechox by gradually reducing your chocolate consumption before stopping buying it altogether – if it's not in the cupboard, you can't eat it!

Once you're underway with your challenge, you may experience cravings which you need to alleviate. Our choc-free recipes and snack swaps should come in handy here. Make sure your sponsors remember your sacrifice by sharing your efforts on social media, including a link to your JustGiving page. You'll be able to use this page to gloat about achieving your goal once you've finished. In the meantime, monitor your progress using the progress badges on our site, where you will also be able to access fundraising tools and a survival kit.

Once you're done, make sure to collect in those donations and reward yourself with a chocolate treat – or two!

Each year, around 170 000 lives are cut short by diseases of the heart and circulation – that's one person every three minutes. By joining the thousands of other Dechoxers, you can help us keep more hearts beating and blood flowing.



END OF SOURCES

There are no sources printed on this page

**Open out this page to see
Source B and Source C**

There are no sources printed on this page

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