



**GCSE**

4171/01

**ENGLISH/ENGLISH LANGUAGE  
FOUNDATION TIER  
UNIT 1 (READING)**

P.M. WEDNESDAY, 7 November 2012

1 hour

**ADDITIONAL MATERIALS**

Resource Material.

A 12 page answer book.

**INSTRUCTIONS TO CANDIDATES**

Use black ink or black ball-point pen.

Answer **all** questions.

Write your answers in the separate answer book provided.

**INFORMATION FOR CANDIDATES**

The total mark available for this unit is 40.

The number of marks in brackets will give you an indication of the time you should spend on each question or part-question.

*Answer **all** of the following questions.*

*The **separate Resource Material** is a newspaper article, ‘Boy of 15 who eats nothing but jam sandwiches’.*

*On the opposite page is a factsheet for parents:  
‘The Importance of a Balanced Diet for Children’.*

**Look at the newspaper article in the separate Resource Material, ‘Boy of 15 who eats nothing but jam sandwiches’.**

1. (a) List **two** of the foods Craig Flatman has refused to eat. [2]
- (b) List **five** foods Craig has eaten or tried to eat, besides jam sandwiches or rolls. [5]
- (c) List **three** things Craig’s parents did that show they were worried about their son’s unusual diet. [3]

2. How has the writer tried to make this newspaper article interesting?

You should write about and comment on:

- what the writer tells us about Craig Flatman that is interesting;
- what we learn about Craig’s parents and how they have coped with their unusual son;
- the use of the photograph;
- any other ways the writer tries to make the article interesting. [10]

**Now look at the factsheet for parents, ‘The Importance of a Balanced Diet for Children’.**

3. (a) According to the factsheet, what are the benefits of a balanced diet for children? [5]
- (b) Why is breakfast such an important part of a balanced diet? [5]

**You should now use details and information from both texts to answer the following questions.**

4. The factsheet identifies the problems and dangers of a poor diet. The newspaper article is about Craig Flatman’s unusual diet.
  - (a) From the **factsheet**, list the problems and dangers linked with a poor diet.
  - (b) From the **newspaper article**, list the details that suggest Craig Flatman is a healthy teenager in spite of his unusual diet. [10]

## **The Importance of a Balanced Diet for Children**

### **A Factsheet for Parents**

Children are not always the easiest to please when it comes to food choices. They are often picky eaters who are unwilling to touch anything green. However, a well-balanced diet is essential to your children's healthy growth and development. Teaching your children about good eating habits will help them look after their bodies and help them to make good food choices throughout their childhood and into adulthood.

Eating a balanced diet will have both short and long-term benefits for your children: in the short term, it helps your children grow and develop healthily. In the long term, your children will be less likely to develop life-threatening conditions such as high blood pressure and heart disease.

Experts have said that children who eat large portions of food, skip breakfast, eat snacks frequently but get too little exercise have a greater risk of becoming obese. By comparison, eating fruit and vegetables will help to keep your children healthy and help to reduce the risks of chronic disease.

#### **Avoid High-Sugar Foods**

Foods that are high in sugar are not good for your children. Encourage them to eat fruit and try to avoid foods such as biscuits, sweet spreads and jams, frozen desserts and even juice drinks. Eating foods that are high in sugar often results in obesity and tooth decay. On the other hand, a healthy breakfast that is low in sugar but rich in whole grains and fibre can help your children concentrate and improve their memory.

#### **Get the Balance Right**

A balanced diet is important for everyone, but it's especially important for children. Researchers have linked a poor diet with short height, so eating a healthy, balanced diet will certainly help children to reach maximum growth. A balanced diet will help them to look and feel good too. It also promotes a healthy scalp, leading to the growth of new, strong hair, while a poor diet can result in thin or greasy hair.

#### **Lower the Risk of Disease**

Many diseases are related to a poor diet. Too much fatty food can damage arteries, while too much salty food can increase blood pressure to unhealthy levels. Simply carrying extra weight can also increase the chance of developing diabetes, heart disease and many forms of cancer later in life. Following a healthy balanced diet can reduce these risks.

#### **Eat Breakfast**

Providing your children with a healthy breakfast is important because this is an essential part of a balanced diet. Eating breakfast will give your children energy to take part in physical activities throughout the day, whether that's taking part in school sports or simply playing games or running around with friends. That's why many health experts believe it is actually the most important meal of the day for children. A good breakfast is also more likely to mean they will continue to eat healthily throughout the day and it will help with maintaining a healthy weight. Children who eat breakfast are less likely to snack on high-fat foods before lunch and therefore have a much healthier diet.