



Sample Paper: P000295

NCFE Functional Skills Qualification in English at Level 1 – Reading
(501/1660/5)

Time Allowed 1 HOUR

You may use a dictionary during this assessment.

Read the scenario and each document carefully.

Read each question carefully before answering.

Marks are given in this section for evidence of accurate reading only and no marks are allocated for spelling, punctuation and grammar.

At the end of the assessment hand all documents over to the invigilator as instructed.

DO NOT TURN THIS PAGE OVER UNTIL YOU ARE INSTRUCTED TO DO SO BY THE INVIGILATOR.

For Examiner use only:

Activity	Reading		
	1	2	Total marks
Marks awarded			
Marks available	15	15	30

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Fears and Phobias



Scenario

You are afraid of flying. A member of your family is getting married abroad and you want to go to the wedding. You search for information and support which might help you.

Read the documents and answer the questions that follow.



Your Health and Well Being

Health information you can trust

Enter a search term

Search

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Fears and Phobias

Popular topics

**Common
Health
Questions**

Health A-Z

**Health
news**

**Directory of
Support
Services**

Hot Topics:

- **Sugar:** demon or delight?
- **Hayfever:** symptoms, tips and treatments

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What is fear?

Human beings are programmed to feel fear. It is one of our most basic instincts and it helps us to survive. We respond with fear when we sense danger or feel unsafe. This helps to protect us. Fear can be like a signal that cautions us to be careful.

Like all emotions, we can feel fear for a brief time or it can last a long time. Fear can feel strong or it can feel mild. These things depend on the situation and the person.

When we sense danger, our brains react instantly by sending signals to the nervous system. This causes physical changes in our bodies. Our heartbeat and breathing speed up and our blood pressure increases. Our blood is pumped to the muscles to prepare the body for action (such as running or fighting). Our skin sweats to keep the body cool.

This response is known as 'fight or flight'. Our bodies prepare to either fight off the danger or run fast to get away.

Fears can be healthy. They can make us take care around things which could be unsafe. Sometimes our fears can cause more caution than is needed, though.

Fear or Phobia?

A phobia is a reaction of extreme fear to a thing or situation. Phobias cause even stronger reactions in the body than fear. This can make a person avoid certain things or situations. For instance, a person with a phobia of dogs might feel afraid to go for a walk in a park. This can get in the way of normal life.

It can be very upsetting to have a phobia. People with phobias can feel like they miss out on doing things because fear is holding them back. They can be confused and embarrassed because they feel afraid of things that others seem to have no problem with.

FEAR/PHOBIAS

DON'T LET THEM CONTROL YOU ANY MORE

Share: Save: Print:

Questions relating to Document 1.

1. The webpage says that:

- A. fear means something is wrong
- B. fear is only felt by children
- C. fear keeps our bodies cool
- D. fear is a natural reaction.

Please circle your answer

1 mark

2. When do humans feel fear?

.....

..... 1 mark

3. Which sentence makes us think that the writer feels sorry for anyone with a phobia.

.....

..... 1 mark

4. List **two** other areas of the website you could look at to find information about health issues.

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..... 2 marks

5. You want to share this webpage with a friend. Identify **two** things on the page that would help you to do this.

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..... 2 marks

6. The webpage says it is helpful to feel fear. Find **two** reasons, given in the webpage, for this view.

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.....

..... 2 marks

7. Name **two** things which can happen in our bodies when we feel fear.

.....

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..... 2 marks

8. Give **one** reason why you might click on the 'Hot Topics' tab of this webpage.

.....

..... 1 mark

9. The writer tries to make us feel less worried about our fears or phobias. Give **three** examples of words or phrases which try to do this.

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..... 3 marks

Total marks available: 15

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Please turn over for the next activity.

Fearless Flying Course **Master your fear of flying**

fearlessflying.com

ARE YOU A NERVOUS FLYER?

It is thought that 1 in 6 people have a fear of flying. Whether you find it hard to relax, or are unable to even get on a plane, our **Fearless Flying course** is perfect for you. Lunch and refreshments are provided throughout the day. The course ends with a flight on one of our jets.

From £195

**Visit our website for more details and a list of course dates and locations or
Ring 0800 979766**

MORNING

You start the day by meeting our experienced staff over tea and coffee. This is followed by a talk from our pilots. They will explain how a plane flies and what to expect on a flight. There is strong evidence to suggest that one of the main causes of fear of flying is simply a lack of knowledge about how an aircraft flies and operates.

AFTERNOON

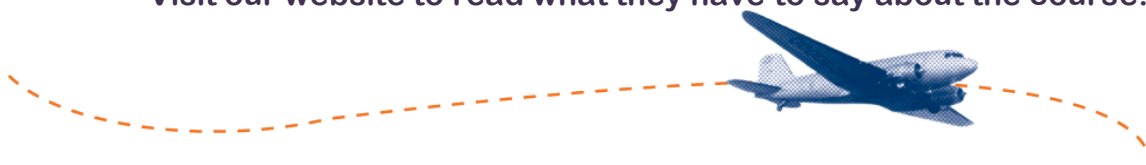
The day continues with a talk from one of our doctors about the nature of aerophobia (fear of flying). Many nervous flyers worry about lack of control, being in enclosed spaces and falling. Our doctor will teach you easy ways to cope with and reduce these fears.

THE FLIGHT

The day ends with a real flight on one of our jet aircraft. The flight will last 45 minutes. An extra pilot will be on the flight deck to reassure you and to explain to you just what is going on at each phase of the flight. People tell us that this is a key part of the course.

Thousands of people have conquered their fear of flying with our help.

Visit our website to read what they have to say about the course.



Questions relating to Document 2.

10. You would find this leaflet most useful if:

- A. you wanted to find out how to learn to fly
- B. you wanted to persuade a friend that flying is safe
- C. you wanted to overcome a fear of flying
- D. you wanted to find out how to relax more.

Please circle your answer

1 mark

11. According to the leaflet, what is the main cause of a fear of flying?

.....

..... 1 mark

12. What is the formal name given to the fear of flying?

.....

..... 1 mark

13. Is this course **only** suitable for people who find it hard to relax on a plane?
Explain your answer.

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..... 2 marks

14. You have decided that you would like to book onto the *Fearless Flying* course.
Using the leaflet, suggest one thing you could do next.

.....

..... 1 mark

15. Why do you think they use the word 'experienced' to describe their staff?

.....
..... 1 mark

16. What do nervous flyers worry about? Give **two** examples from the leaflet.

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..... 2 marks

17. Explain why there is an extra pilot on the aeroplane during the flight.

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..... 1 mark

18. What have people told the course organisers about the part of the day involving the flight?

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..... 1 mark

19. Give **two** examples of information you can get on their website.

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..... 2 marks

20. Someone in your family has offered to pay the cost of the course for you.

Select **two** things you could tell them about the course to show that it's something from which you would really benefit.

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..... 2 marks

Total marks available: 15

End of assessment

SAMPLE