

## Functional Skills Level 1 ENGLISH

Paper 1 Reading

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### Insert

The three sources that follow are:

**Source A:** a news report about cocoa bean picking

**Source B:** an article from a health magazine

**Source C:** a webpage from the British Heart Foundation

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

**Source A****The bitter truth about chocolate and child labour**

More than half a million tonnes of chocolate is sold in the UK each year. This Easter, Britons will eat their way through 80 million chocolate eggs. But not many of us know where the beans for our chocolate come from. In 2010, a reporter named Paul Kenyon investigated whether child labour in West Africa has been used to pick the cocoa beans for our sweet treats.

In Ghana he met 12-year-old Ouare, who was sold by his uncle and taken from his home to work as a cocoa picker. More than a year later, he had not been paid a penny for his work.

Aly, a farmer in Ivory Coast, relies on his eight-year-old brother and 11-year-old son to help harvest cocoa for large chocolate companies. Neither of the young boys goes to school.

Chocolate companies buy the cocoa beans to make their products. In 2010, the chocolate industry pledged to reduce child labour by 70%. Since then, the number of children working in cocoa production in Ghana and Ivory Coast has increased to almost two million.

Children work from 6 am until the evening and many sleep on wooden planks in rooms without proper toilet facilities. They are fed meagre helpings of the cheapest food and have no access to water. Some work may be dangerous, including climbing the trees to pick the pods. Children also use sharp knives to cut open the bean pods. Some of these children are as young as five.

**From Cocoa Bean to Chocolate Bar**

**Source B****The Trouble With Chocolate***By Linda Mills*

The average Brit will consume 7560 chocolate bars, 2268 slices of chocolate cake and 8316 chocolate biscuits in a lifetime. And an average person will drink over 3000 mugs of hot chocolate and eat 126 Easter eggs in their lifetime!



Chocolate is rich in sugar and fat, which appeal to our taste buds, but may not be good for us. Chocolate can brighten up our mood but there's also a risk of becoming addicted to it.

People may not know that chocolate also contains lots of caffeine, which may interfere with sleep. And, of course, every dentist will tell you that chocolate is bad for your teeth.

**Is Chocolate Completely Bad For Us?**

Modern life can be very stressful, causing some people to suffer from high blood pressure or heart disease. The antioxidants in dark chocolate can help to reduce blood pressure and protect against cancer. Studies have shown that chocolate can improve memory and help people to focus and it may be better for our health than other sugary sweets.

To many people, chocolate is comfort without words. But if you can't live without it, make sure you buy good quality chocolate and don't eat too much of it!

**TOP TEN CHOCOLATE BARS 2020**

- |                          |                  |
|--------------------------|------------------|
| 1. Dairy Milk (original) | 6. Snickers      |
| 2. Galaxy                | 7. Galaxy Ripple |
| 3. Wispa                 | 8. Toffee Crisp  |
| 4. Twix                  | 9. Bounty        |
| 5. Mars                  | 10. Kit Kat      |



## Source C



Diseases of the heart and blood circulation affect around seven million people in the UK. So we are asking chocolate lovers to give up chocolate for one month to raise funds for our vital research.

Are you up for the **Dechox** challenge?

Chocolate isn't an essential part of a healthy diet but is a common indulgence in the UK. More than 40% of Brits confess to being chocoholics and most of them would really struggle to give it up.

Jo Pullin, **Dechox** Campaign Manager at the British Heart Foundation, said: "We know that it can be difficult to break our chocolate habits. **Dechox** is the perfect way to help break our habit whilst raising money for a good cause."

### Tips for Success

Before **Dechox**, start reducing your chocolate intake so it's not such a shock when you stop completely. Get as many sponsors as you can to support you and set up your JustGiving pages ready for donations to the British Heart Foundation.

### During Dechox

You will probably crave chocolate. To help with this, try out some of our delicious choc-free recipes and snack swaps. You are doing **Dechox** to help fund our life-saving research. So make sure you download our fundraising tools for support and ideas. Our survival kit will help you keep your hands off chocolate.

There is no point doing this in secret! Share your efforts on social media and include a link to your JustGiving pages. Your sponsors will want to know how you're doing. So share your progress badges with them. And once you've made it to the end of the month, make sure everyone knows you've conquered your **Dechox!**



**END OF SOURCES**

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

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