

**Pearson Edexcel  
Functional Skills**

**English**

**Level 2**

**Component 2: Reading**

30 April – 4 May 2018

**Text Booklet**

Paper Reference

**E202/01**

**Do not return this Text Booklet with the question paper.**

**Information**

- This Text Booklet contains the three texts required for the Level 2 Component 2: Reading examination.
- This Text Booklet must be securely destroyed by the centre immediately after the exam has been completed.
- Learners must not therefore write any responses to questions in this Text Booklet.
- Only answers given in the answer paper booklet will be marked.

**Advice**

- Read all three texts before you attempt to answer the questions.

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## Text A

### Walking and you

Walking is a great leisure pursuit, as well as being one of the easiest ways to lose weight and get more active. Not everyone appreciates the advantages of walking as exercise, but it is ideal for people of all ages and fitness levels who want to be more active. Use the following advice to increase the amount of walking you do every week.

It is best to purchase shoes or trainers that are comfortable, provide adequate support and don't cause blisters. Shop for comfortable clothing that allows you to move freely, and choose thin layers, which you can add or remove depending on conditions.

If you're walking to work, you could wear your usual work clothes with a comfortable pair of shoes and change them when you get into work. Get people on board and meet along designated routes through town, sourcing a list of walking routes for your area on the Walking UK website. Think how many car and bus journeys that might save and how much cleaner the air could be with less pollution.

If, to begin with, you can only walk fast for a couple of minutes, don't worry. Be careful not to overdo it on your first day by trying to walk too far. You may think that walking short distances won't help, but it will. Make it manageable by gradually building up to more challenging routes and distances.

To get health benefits from walking, it needs to be of moderate intensity. Adults aged between 19 and 64 should walk for 150 minutes every week. The NHS recommends that everyone tries to walk 10,000 steps a day – most of us walk between 3,000 and 4,000 steps a day anyway, so reaching 10,000 isn't as off-putting as it might sound and will have a major impact on your physical and mental well-being. You can buy a pedometer or use a phone app to count your steps.

Try to make every step count, whether by walking to the shops, walking to work or walking the dog.



## Text B

### PLACES FOR WALKING

Living Streets is a charity that promotes everyday walking in the UK. Walking is vital for increasing physical activity. It is something that anyone can do to improve their fitness, lower their blood pressure, and reduce their chance of getting heart disease.

Leaders around the world are beginning to realise that, by designing town centres for walking, they will have happier residents and attract businesses to their areas. Many countries have shown that streets can be made safe for people and that this can be done both easily and cheaply. These changes have proved to be popular.

Streets can be improved for both walking and cycling in all areas of the UK, if we adopt a more people-friendly and healthy approach that encourages people to feel safe enough to walk or cycle. We want our council leaders to take bold and brave decisions to make where we live and work world class places for walking.

#### Why?

Living Streets wants our towns and cities to be healthier and cleaner places, where walking is enjoyable for people of all ages and abilities.

#### How?

Here are the four things our local councils should do to facilitate walking:

#### 1. Appoint a walking champion

Walking champions will promote walking and oversee a programme of behaviour changes. They should encourage people of all ages and backgrounds to walk more and increase their energy levels.

#### 2. Clean up the air and free up space for people

Introduce ambitious low emission zones that lower vehicle pollution, making our urban areas better places to live, visit and work.

#### 3. Create walking-friendly town centres

Make town centres walking-friendly, with safe routes to college and work that encourage people to make local journeys on foot.

#### 4. Make our roads safer

Take a proactive approach and put road safety at the heart of the transport system. Introduce 20 mph speed limits on streets where people live, work and shop to make walking much safer.

(Source: adapted from: <https://www.livingstreets.org.uk/>)



## Text C

Dear Editor

I recently read an article about making towns and cities better places for walking. But, I maintain that it's the walkers and pedestrians who need to change. They are the real problem.

Checking phones, texting friends, using maps to find your way – these now seem part of everyday mobile phone use. Far too many people don't seem to think twice about being on the phone while they're walking. It really makes me angry! Why? Because, while they're looking down at their mobile, they're not watching where they're walking. And that can lead to serious accidents. Wallop!

Walking is a simple and healthy activity – one which is greatly underrated by many people – but walking and phoning or walking and texting can be dangerous, especially in built up areas such as on busy pavements and when crossing even busier roads. While pedestrians' concentration is taken up by what's on the screen, they are not focusing on what's going on around them. Their texting and phone world is like being in a bubble. A survey by Confused.com found that one in seven pedestrians admitted to being so distracted by their phones that they've stepped out into a busy road without looking. I suspect that figure is on the increase!

I believe this trend is known as 'distracted walking'; when your concentration is on your phone instead of the world around you. According to the survey, there were over 24,000 pedestrian injuries, almost 40 per cent caused by a failure to look properly.

I think walking is a valuable form of healthy exercise and I am a long time member of my local walking club. I would strongly urge people to walk far more and drive far less, but 'distracted walking' can be just as dangerous as 'distracted driving'.

So, even if council leaders make towns and cities completely free from traffic, as long as pedestrians are on their phones or texting, they will still be accident-ridden places – with distracted walkers bumping into each other or into lampposts!

Yours faithfully

Ezra Finch

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