



## IESOL Assessment Reading

RQF Level: Level 1

(CEFR Level: B2)

### Candidate Booklet – Reading

#### SAMPLE 3

**The following details must be completed:**

Candidate Name: \_\_\_\_\_

Candidate Date of Birth: \_\_\_\_\_ DD / MM / YYYY

Centre Name: \_\_\_\_\_

Examination Date & Time: \_\_\_\_\_ DD / MM / YYYY \_\_\_\_\_ HH:MM

#### INSTRUCTIONS FOR CANDIDATES:

- Do NOT turn over the page until instructed.
- This examination is made up of 3 TASKS.
- Answer all the questions.
- If you change your mind about an answer, initial your corrections.
- Use only black or blue PEN.
- Dictionaries are NOT allowed.

**Time allowed: 50 minutes**

**Total marks available: 22**

GA USE ONLY:

## Reading Task 1

Read the article and circle the best option to complete the text – a, b, c, or d. An example has been done for you.

### Let's Not Be Rude!

We all know the Japanese are very polite. But being polite in Japan is more than just saying 'excuse me' or 'thank you' or holding the door **0)**\_\_\_\_\_ for someone. Politeness is synonymous with respect. Putting other people first - giving them the biggest piece of cake, the best seat in the restaurant, or in central **1)**\_\_\_\_\_ in the photo are all part of everyday politeness in Japan.

Respect is about patience. Waiting in line without complaint, and giving others the chance to express their opinion **2)**\_\_\_\_\_ someone immediately challenging their words. It's about listening to others, allowing them to open up. It's respecting the opinions of other people, even when they're different from yours. Respect means not boasting, and not talking in an angry voice. It means holding in your emotions, **3)**\_\_\_\_\_ make a scene if things don't go as smoothly as you think they should at the bank, post office or shop.

Politeness is about not hurting other's feelings, not putting people on the spot, and not disagreeing with them in front of others by saying things **4)**\_\_\_\_\_ might cause the speaker embarrassment.

Politeness is about grace. Using your hand to refer to the person standing over there rather than pointing with your finger. It's about respecting dress codes: dressing well just to **5)**\_\_\_\_\_ others. Yes, you may be uncomfortable in that shirt and tie, but if you wear jeans out to a nice restaurant, you are making your guest look bad. Think about the people around you and that they might be **6)**\_\_\_\_\_ if you talk too loud, gossip about others, or wear offensive clothing.

Polite people do not blame and do not complain. In short, politeness is the realisation that it's not all about you. Instead, it's about us.

- Example:** a) shut      **(b) open**      c) up      d) locked
1. a) position      b) role      c) function      d) part
2. a) although      b) without      c) after      d) in case
3. a) until      b) despite      c) in order to      d) so as not to
4. a) which      b) who      c) where      d) when
5. a) upset      b) like      c) please      d) accept
6. a) impressed      b) harmed      c) confused      d) uncomfortable

(6 marks)

## Reading Task 2

Read the text and answer the questions below. Circle the correct option, a, b, c or d. An example has been done for you.

### Vegetarian Diet

So, if you'd like to become a vegetarian without too much trouble, here are my suggestions. First of all, make sure that your decision is motivated by good reasons. If you just want to become vegetarian for kicks, or because the girl you like has given up meat, you probably won't stick with it for long – not because it's hard, but because any lifestyle change or habit change requires a fair amount of motivation. You need to give this decision some thought, rather than just jump into it.

Before starting anything new, I tend to read as much as possible about whatever it is that I'll be doing, and I suggest you do so with vegetarianism. Check out a couple of good books from the library, or better yet, borrow some from vegetarian friends, who will probably offer some useful advice as well. And there are tons and tons of good sites on the Internet: one of my favourites is GoVeg.com.

You should not underestimate the importance of finding decent recipes. You don't need to go out and buy a load of new cookbooks; there are many great recipes available online. In fact, it can all be a little overwhelming ... but don't worry, you don't need to decide on anything. Just look through the recipes, take note of a few that look really good, and decide to try a few of them.

Rather than try to change all your meals straightaway, try just one recipe a week. If you like it, add it to your collection of staple recipes that you eat on a regular basis, and if it isn't that great, try another next week. Soon, you'll have a good list of 5-10 great meals that you love to cook and eat. And really, whether you're a vegetarian or meat eater, that's probably all you really eat on a regular basis anyway (for dinner, at least). It is also a good idea to try the regular recipes that you love, but instead of using meat, use meatless products. There are alternatives for just about any kind of meat, and some of them are actually quite good.

I would recommend a gradual transition into vegetarianism. Although you can do it all at once, I've found that for many people, a gradual transition works better. If you do this, start with red meat, as it is typically the least healthy, and then try cutting out pork for a couple of weeks, followed by chicken, and finally seafood. With this two-week approach you'll hardly notice the difference. I've found that I don't crave meat anymore, although I did for about a week.

One myth about vegetarianism is that you don't get enough protein, but in fact meat eaters usually take in way more protein than they need. Protein requirements for the average adult are lower than people think, and if you eat a varied diet (not just junk food, for example) that includes vegetables, grains, beans, nuts, soy protein and the like, you will be fine. It would be hard to create an eating plan where you're not getting enough protein. Another myth is that you need to eat different types of protein within a single meal (or even a single day) to get complete protein from plants ... actually, as long as you eat varied proteins (such as those listed above) over a few days, you'll be fine. And don't forget that soya protein is a complete protein, just like meat.

Again, you can be a vegetarian and be very unhealthy if you don't consider your diet properly. Being a vegetarian is not a license to eat junk food but you can indulge in treats such as cakes, sweets and desserts too as part of a balanced diet. Just remember though that shop-bought biscuits, cakes, sweets and the like can sometimes contain high levels of fats, including animal fat which isn't an obvious ingredient, so always check the label.

**Example: This text has been written for people who:**

- a) are vegetarian.
- ☒ b) plan to become vegetarian.
- c) eat too much meat.
- d) have unhealthy diets.

**1) People who want to give up meat:**

- a) usually do it for health reasons.
- b) should think about why they want to do it.
- c) tend to have unhealthy diets.
- d) often do it for friends.

**2) What is a good source of information about vegetarianism?**

- a) Books.
- b) The Internet.
- c) Other vegetarians.
- d) All of the above.

**3) The author advises that:**

- a) it is difficult to find good vegetarian recipes.
- b) the best recipes can be found in cookbooks.
- c) there is a wide choice of vegetarian recipes.
- d) vegetarian recipes can be difficult to prepare.

**4) According to the text, it is a good idea to:**

- a) radically change your diet.
- b) learn how to cook at least 5 vegetarian meals straight away.
- c) not to use your regular recipes.
- d) slowly introduce vegetarian meals.

**5) According to the text, when it comes to eating meat:**

- a) you should stop eating all meat at the same time.
- b) you will always miss it.
- c) you should give up one type of meat at a time.
- d) all types of meat are equally unhealthy.

**6) Which of the following is true?**

- a) People in general do not eat enough protein.
- b) Vegetarians struggle to eat enough protein.
- c) It is impossible not to eat enough protein.
- d) It is easy to ensure we get enough protein.

**7) If you are a vegetarian:**

- a) junk food is more likely to make you ill.
- b) you should eat a lot of low-fat dairy products.
- c) you should check for hidden animal products in food.
- d) homemade cakes and biscuits will taste better.

**8) This main purpose of this text is to:**

- a) help people who want to become vegetarian.
- b) convince people to become vegetarians.
- c) present the benefits of eating a vegetarian diet.
- d) discourage people from eating junk food.

(8 marks)

## Reading Task 3

Read the three texts and answer the questions below by indicating which text each question relates to: A, B, or C.

An example has been done for you.

### Text A

Well, what can I say! My wife and I visited the La Boqueria Market last month on our trip to Barcelona – it's one of the most popular tourist attractions and best-known markets in Europe and it certainly lives up to its reputation! It has everything you could hope for – history, variety and a lot of fun. We loved the smells and the sights, stall holders selling everything from fresh fruits and vegetables to seafood and spices. We managed to spend a couple of hours walking round, with half an hour spent at the culinary school where we learned all about the origins of the market and how tapas came to be the most popular way of serving and eating food with family and friends in this region. We bought a beautiful selection of Spanish cheeses, fresh bread, dried fruit and olives and had a picnic on the beach afterwards. One thing we didn't do though was try the seafood paella, which is served ready to eat from huge steaming pans. Although it's the classic Spanish dish and smelled terrific, neither of us really enjoy seafood. But I bet if you like your prawns and squid, you'd love it!

### Text B

I visited London to see the usual attractions: Big Ben, Buckingham Palace and the like, not really expecting to enjoy London's oldest market as much as I did. Borough Market is in the heart of central London and has an amazing atmosphere, with people from all around the world selling anything you can imagine. With over 100 stalls it was quite tricky to find our way around, but that made it even more fun. I managed to buy loads of gifts to take home with me, including a lovely collection of British teas for my mum and dad. Some of the food stalls sell street food I've never heard of before. I'm secretly regretting not being brave enough to try the ostrich burger! We did get a meal though, from Rasoi, a stall selling British Indian food, all made with traditional recipes one of the owners knows by heart. Spicy food is my favourite so I really enjoyed it, even though the man serving was quite rude to the family sitting next to us! Expensive, but I would highly recommend it.

### Text C

I loved most of San Francisco and all it has to offer, and on our last day we went to the Ferry Building Market, fully expecting to be amazed. We took a special ferry trip to get there, only to find that it's the usual shops and eateries with a few expensive art places that don't really hold any interest for me. It was too crowded and I'm not sure if it was due to visiting on a Saturday or if it's always like that. Too many people, not enough seats, not enough toilets. Outside was chaos, with farmers unloading and everyone trying to get through the crowds for a bargain. We queued for half an hour to get a coffee – overpriced and tasteless but with a designer logo on the cup. It's that type of place. Nice view of the water though! Overall, I'd say visit for half an hour if you're passing but if you only have a few days in San Francisco, don't bother.

Text

In which text does the reviewer:

- |                |  |       |
|----------------|--|-------|
| <b>Example</b> | describe a market in Barcelona?                        | A     |
| 1.             | say they were disappointed with their visit?           | ----- |
| 2.             | criticise someone for their behaviour?                 | ----- |
| 3.             | comment on the scenery?                                | ----- |
| 4.             | say they bought food to take away?                     | ----- |
| 5.             | wish they had eaten a more unusual meal?               | ----- |
| 6.             | recommend something, despite not liking it themselves? | ----- |
| 7.             | enjoy the visit more than they thought they would?     | ----- |
| 8.             | enjoy an educational experience at the market?         | ----- |

(8 marks)

**END OF READING ASSESSMENT**

**CANDIDATE DECLARATION:**

I confirm that the work contained in this booklet is my own and I had no prior knowledge of the content of this examination.

I declare that I will not divulge to any person any information about the questions and/or tasks.

Signed:	
Dated:	DD / MM / YYYY