Please check the examination details below before entering your candidate information

Candidate surname	Other names

Centre Number | Candidate Number

Pearson Edexcel International GCSE

Afternoon (Time: 2 hours)

Paper reference **4ES1/01R**

English as a Second Language

PAPER 1: Reading and Writing

You must have:
Insert Booklet for Part 1, Part 2, Part 3 and Part 6 (enclosed)

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
  – *there may be more space than you need.*
- Dictionaries may **not** be used in this examination.

Information

- The total mark for this paper is 100.
- The marks for **each** question are shown in brackets
  – *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ▶

Pearson

LIVEWORKSHEETS

Part 1

10 Ideas for Books

A Race for Home

Tomas is excited when he sees a poster for a bicycle race, but he doesn't have a bike. Luckily, he meets Miles, who has an old one that they can fix. The boys become friends, but why won't Miles tell Tomas where he lives or invite him over?

B i-Spy Birds

This book has photos of all kinds of birds and interesting facts about each one. Whether they're in a town or in the countryside, children are sure to see plenty of the birds in this book. From robins to eagles, you can find stunning birds everywhere.

C Sleeping Badger

Beautiful illustrations and simple text retell a classic fairy tale with a twist as all the characters are animals. This book, a retelling of Sleeping Beauty, tells the story of a badger princess who is stung by a wasp and falls asleep for one hundred years.

D My Art Space

From the natural world to monsters, this book shows you how to sketch everything you've ever wanted. With simple step-by-step instructions, it helps children master the skills needed to illustrate a range of animals, people and flowers – and it comes with plenty of space for their own artwork.

E Brushes and Basketballs

Two friends want to find an activity they can enjoy together. This is not as easy as it sounds. Ash wants to teach Lee some basketball moves, while Lee hopes to share her love of art with Ash. Will they find the perfect activity for the two of them?

F Look inside

This is a wonderful book introducing children to the way their bodies work. It is full of interesting facts together with large, colourful illustrations. Young readers will learn about how their brains work, what happens when they eat, how their lungs use oxygen and much more.

G Mr Majeika

Class Three's new teacher flies in through the classroom window on a magic carpet and lands on the floor with a bump. With Mr Majeika in charge, suddenly life at school becomes much more exciting – there's even a magic carpet ride to a fantastic palace for the class.

H Little Women

This story is based on the writer's own experiences of growing up with her three sisters. The book includes their adventures, how they try to increase the family income and their friendship with the neighbouring Laurence family. This book is a classic and remains popular today.

LIVEWORKSHEETS

I Sticker Book

This book offers two activities. It features pictures of different cars, including rally cars and real-life racing cars, and monster trucks for children to colour in. They can also use the hundreds of stickers at the back of the book to create their own designs.

J St Clare's

Boarding school is never boring for twins Pat and Isabel O'Sullivan. The twins are in their second year. There are two new girls in their class who have great acting and musical talent. Unfortunately, the new girls don't want to talk to anybody.

LIVEWORKSHEETS

READING

Answer ALL questions in this section.

Part 1

Read '10 Ideas for Books' in the Insert Booklet, Part 1, pages 2–3 and answer Questions 1–10.

Questions 1–10

Identify which paragraphs (A–J) contain information listed in Questions 1–10 by marking a cross for the correct answer ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

You must choose answers only from the information given.
Paragraphs may be used more than once or not at all.

1 Which paragraph refers to an unusual way of arriving?

(1)

A	B	C	D	E	F	G	H	I	J
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

2 Which paragraph refers to repairing an item?

(1)

A	B	C	D	E	F	G	H	I	J
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

3 Which paragraph refers to designing your own vehicles?

(1)

A	B	C	D	E	F	G	H	I	J
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

4 Which paragraph refers to being shown how to draw?

(1)

A	B	C	D	E	F	G	H	I	J
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

5 Which paragraph refers to being unfriendly?

(1)

A	B	C	D	E	F	G	H	I	J
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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LIVEWORKSHEETS

6 Which paragraph refers to learning facts about wildlife?

(1)

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

7 Which paragraph refers to trying to make some money?

(1)

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

8 Which paragraph refers to the use of big pictures?

(1)

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

9 Which paragraph refers to telling a story in a different way?

(1)

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

10 Which paragraph refers to people having different interests?

(1)

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

(Total for Questions 1–10 = 10 marks)

TOTAL FOR PART 1 = 10 MARKS

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LIVEWORKSHEETS

Part 2

Read the article by Linda Geddes.

How to Wake up Feeling Fantastic

Do you wake up to the sound of an electronic ringtone or the radio playing? It is increasingly unlikely that you wake to a traditional alarm clock as people now prefer the modern options available. Perhaps you rely on an app that does not stop beeping until you have walked at least 100 paces. Alternatively, many people rely on phone alarms or dawn simulators. So, what is the best way to be woken up?

I was relieved to learn that there is nothing wrong with using your phone alarm, unless its other functions are interfering with your sleep, and you are one of those people who need to check your phone every two minutes. Several studies have shown that greater phone use, particularly in the time before bedtime, results in a poorer quality of sleep. It certainly takes me longer to feel tired and I am truly still half-asleep when it's time to get up in the morning. If you do sleep with your phone near you, you can filter out harmful blue light by using the night mode function on your phone, and by adjusting the brightness setting to dim. The main reason is that the blue light from screens has a direct alerting effect on the brain, which makes it harder to fall asleep.

As an alternative, dawn simulators are often marketed as a gentler way to wake up, as they gradually expose you to increasing amounts of light. Studies have found improvements in how alert people feel after being woken in this way and, from my own experience, you actually feel and perform better all day. In addition, people who are exposed to sunlight during the daytime have a less broken and deeper sleep at night and they report feeling less sleepy the following morning.

If you have trouble waking up in the mornings, having some light coming in through the windows may help. On the other hand, particularly in summer when it is light before 5 am, this early exposure to light can result in disturbed sleep. It is recommended that you combine blackout blinds with a dawn-simulating clock. It really is a balance between having the room dark enough to get a good night's sleep, versus getting some light as soon as you wake up.

A room temperature of 16–17 degrees is considered ideal for falling asleep, as your body temperature needs to drop to initiate and then maintain sleep. Putting on bed socks or having a hot-water bottle by your feet can definitely help you to fall asleep, as they cause the blood vessels in your skin to open up and shed heat. However, the opposite seems to be true for waking up. Your body temperature reaches its lowest point during the early hours of the morning and then rises throughout the day. As your body is trying to raise its temperature, you don't want your house to be too cold in the morning. Setting the thermostat to come on shortly before waking may help with this. I believe this explains why people wake up needing a warm drink in the morning.

In an ideal world, we would not need alarm clocks. We would simply go to bed when we felt tired and sleep until we were ready to wake up. However, the availability of artificial light after dusk means that relying on when we feel sleepy to dictate our bedtimes is not reliable. Our natural sleep rhythm has shifted, yet most of us must wake up at a set time every morning for work or for school, meaning our sleep is cut short. Researchers have shown that when people were sent on a camping trip and not given access to their electronic gadgets, their internal body clocks shifted by about two hours, which meant they felt tired earlier and got more sleep.



LIVEWORKSHEETS

The most important piece of advice I can give to those who are struggling with sleep, or want to get good quality sleep, is to keep it regular. Provided you go to sleep at about the same time every night and wake at the same time each morning, your internal body clock will strengthen, and you will start to wake naturally at a time that suits you.

LIVEWORKSHEETS

Part 2

Read the article 'How to Wake up Feeling Fantastic' by Linda Geddes in the Insert Booklet, Part 2, pages 4–5 and answer Questions 11–25.

Questions 11–20

Answer the following questions. For each question write no more than THREE words that must be taken from one point in the text. DO NOT write full sentences.

11 Which item is less popular than it used to be?

(1)

.....

12 How does Linda Geddes feel about being able to use her phone as an alarm?

(1)

.....

13 How does Linda feel in the morning after using technology the night before?

(1)

.....

14 What part of the body is affected by too much screen time before bedtime?

(1)

.....

15 According to Linda, how long do the effects of using a dawn simulator last?

(1)

.....

16 What should you use in the summer to block the daylight?

(1)

.....

17 What can you wear to help you sleep?

(1)

.....

18 According to Linda, what do people crave in the morning?

(1)

.....

19 Give **one** reason why most people get up at the same time every day.

(1)

.....

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LIVEWORKSHEETS

20 What is Linda's main message on how to improve sleep?

(1)

.....

(Total for Questions 11–20 = 10 marks)

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LIVEWORKSHEETS

Questions 21–25

Identify which of the options (A–D) is correct for Questions 21–25 by marking a cross in the box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

21 Which of the following is true about phone alarms?

(1)

- ☐ **A** Using them is not recommended for everybody.
- ☐ **B** People who use them do not get enough sleep.
- ☐ **C** They should not be kept on your pillow at night.
- ☐ **D** People should adjust the volume to suit them.

22 According to the text, the use of dawn simulators

(1)

- ☐ **A** has been linked to changes in the quality of sleep.
- ☐ **B** is claimed to provide an instant way of waking up.
- ☐ **C** has an impact on how people feel in the morning.
- ☐ **D** is now more popular than the use of phone alarms.

23 The best sleep routine for the modern day is to

(1)

- ☐ **A** rely on natural light to wake you up.
- ☐ **B** go to sleep with the windows open.
- ☐ **C** wake up to a favourite radio channel.
- ☐ **D** fall asleep in a bedroom that is dark.

24 According to the text, which of the following is true?

(1)

- ☐ **A** You should turn up the heating before bedtime.
- ☐ **B** Your body temperature lowers during the night.
- ☐ **C** Waking up in a cold house is unhealthy for you.
- ☐ **D** The temperature in the home should be stable.

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LIVEWORKSHEETS

25 Natural sleep patterns are difficult to achieve because

(1)

- ☒ **A** everyday routines require an early start.
- ☒ **B** people enjoy staying up late at night.
- ☒ **C** artificial light changes our body clocks.
- ☒ **D** people are missing time spent in nature.

(Total for Questions 21–25 = 5 marks)

TOTAL FOR PART 2 = 15 MARKS

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LIVEWORKSHEETS

Part 3

Read the article by Sophie Johnson.

Rewilding: A New Approach to Protecting Nature

Britain is one of the worst countries in the world for protecting its nature. Compared to other countries in Europe, we do not do enough to preserve our land and we need to do more for our nature reserves. Most of the land in our National Parks is farmed. Native woodlands cover a mere 2.5 per cent of all our land today. We have moved away from our gloriously wild past. Where did we go wrong?

In my opinion, the Second World War definitely changed the nation's mentality. Never again did people want to be faced with not having enough food to eat. By the late 1960s, the trend for building large farms removed grasses, wildflowers, and trees from the landscape. A lack of care and knowledge about nature seems to be the cause of many of the problems we face today. Only a generation ago, nearly a half of all children still regularly played in natural areas. This has dropped greatly, with a massive 40 per cent of children never playing outdoors at all. A child's experience of nature has a direct effect on attitudes to the environment in later life.

Traditional conservation in Britain tends to be about targets and control. The idea is to maintain the overall look of the landscape or to manage certain habitats for the benefit of individual species, instead of all those present. The problem with this is that most nature sites in Britain are, in effect, like islands. Generally, the smaller and more remote the island, the fewer the species there are and the more fragile its ecosystem. Climate change is causing many problems for species unable to move due to isolation. Rewilding is about letting nature take care of itself. It allows natural processes to shape land and sea, repair damaged ecosystems and restore damaged landscapes. If species are allowed to exhibit normal behaviour, the benefits to the environment are limitless.

With the world population set to rise, the message is that we need to increase global food production. In fact, the world already produces enough food for predicted future populations – we just waste it. To be honest, I am not at all surprised to learn that a third of perfectly edible food produced globally is wasted. To add to that, new crop varieties and modern farming methods have all contributed to enormously higher yields. This is another reason why we need less land for food production, not more. Unfortunately, even those landowners who are in support of conservation rarely have the time or the resources to devote to rewilding. Most farmers still see rewilding as an unproductive use of land.

Artificial fertilisers are huge contributors to global warming. In addition, the falling nutritional value of food from the application of artificial fertilisers is shocking. We need to eat eight oranges today to receive the same amount of Vitamin C as our grandparents did from eating one orange. Other studies have shown that lower levels of magnesium in foods like spinach and cabbage can be linked to increases in certain health conditions.

Evidence shows people are mentally healthier, physically fitter, and children's behaviour and schoolwork improve if they have access to the countryside and gardens. Spending a minimum of two hours a week in nature is linked with good health and wellbeing.



LIVEWORKSHEETS

The organisation Rewilding Britain aims to return natural ecological processes and key species to a vast area of land by 2030. However, its aim is not to rewild everywhere. Agricultural land will always be needed, and much land will still be necessary for housing. The aim is to restore some parts of Britain to wild nature and allow lost creatures like beavers, elk, and perhaps even wolves to live here once more. We are already seeing the benefits of re-introducing beavers to sites in Britain. They will now be allowed to stay there permanently and continue to expand their range naturally, finding new areas to settle as they need.

We must stop thinking that technology alone has the answer to all our future problems. I do recognise that the technological world we live in has brought us more than enough food to feed the world from less land. However, rewilding provides insects for crop pollination, reverses the damage caused to land, and secures water resources. All of these are vital to the long-term sustainability of agriculture and food production. Farming and conservation should not be fighting for the same resources. If we let nature take the driving seat once more, we could transform the British landscape and look after the economy at the same time – I really do think this is achievable for the future.

LIVEWORKSHEETS

Part 3

Read the article 'Rewilding: A New Approach to Protecting Nature' by Sophie Johnson in the Insert Booklet, Part 3, pages 6–7 and answer Questions 26–45.

Questions 26–30

Read the statements below. Decide whether they are TRUE, FALSE or NOT GIVEN according to the text.

Mark a cross for the correct answer ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

		True	False	Not Given
26	According to Sophie Johnson, the war changed attitudes to food production.	☐	☐	☐
				(1)
27	Traditional conservation methods allow species to move freely.	☐	☐	☐
				(1)
28	Sophie is shocked by how much food we waste globally.	☐	☐	☐
				(1)
29	There are global plans to reduce the amount of artificial fertiliser countries use.	☐	☐	☐
				(1)
30	Rewilding Britain is hoping to help some species to re-establish themselves.	☐	☐	☐
				(1)

(Total for Questions 26–30 = 5 marks)

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LIVEWORKSHEETS

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Questions 31–40

Complete the following sentences using no more than THREE words that must be taken from one point in the text.

31 In Britain, ... occupy only a small amount of available land.

(1)

32 If we go back one ..... , it was much more likely for children to spend time in nature.

(1)

33 In Britain, conservation projects tend to focus on supporting ..... instead of the whole ecosystem.

(1)

34 Rewilding encourages species to display ..... , which is positive for the environment.

(1)

35 Higher farming yields are due to ..... and up-to-date farming techniques.

(1)

36 The use of ..... is causing our food to be less healthy for us.

(1)

37 A weekly routine that includes at least ..... spent in a natural environment would benefit everybody.

(1)

38 Rewilding Britain recognises that some land will always be used for ..... and farming.

(1)

39 We have to stop relying purely on ..... to solve issues that arise.

(1)

40 It is time for people to realise that farming and ..... need to work together.

(1)

(Total for Questions 31–40 = 10 marks)

LIVEWORKSHEETS