Please check the examination details below before entering your candidate information

Candidate surname	Other names

Centre Number | Candidate Number

Pearson Edexcel International GCSE

Time 2 hours

Paper reference **4ES1/01**

English as a Second Language

PAPER 1: Reading

You must have:
Insert Booklet for Part 2 and Part 3

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 2

Is Snacking Good or Bad?

Many years ago, when I completed my first course in food nutrition, the idea was that having three meals a day and snacks in between was the best approach to eating. However, our understanding of eating habits has developed since then. Research into fasting has shown how going for periods of time without food can be beneficial for health when done in the right way. I now believe that the 'little and often' approach to eating is unhealthy.

When there is a long time between two meals and you are genuinely hungry, having a healthy snack is a good idea. For example, if your lunch break is at 1 pm but you won't get home in time to have dinner before 8 pm, consider a healthy snack around 4 or 5 pm. Also, if you have planned a late meal with friends in a restaurant, have a small healthy snack beforehand to manage your appetite. Otherwise, due to a delayed mealtime, you may be likely to overeat once you get there – something I am always guilty of. A recovery snack after a workout or run is a good idea too.

Snack culture is a relatively recent phenomenon. One explanation for this is that protein-based breakfasts have been widely replaced with carbohydrate-based breakfast foods like cereals or toast. These don't tend to keep us full until lunch, leading to the increased likelihood of hunger around mid-morning. Another explanation is the explosion of snack foods on the market and our more active, work-focused lifestyles that lack set mealtimes and often require quick and easy on-the-go refuelling options.

Knowing when and how to snack healthily is important. Every time you reach for a snack ask yourself whether or not you are actually hungry. There are many triggers for snacking that have nothing to do with hunger. For example, snacking out of boredom is common. If you're opening the fridge and looking for food just for something to do, think about how you could change this unhealthy habit. Consider taking a quick walk or read a magazine article. Find an activity that works for you and next time you're tempted, do that instead.

Constant snacking can become a habit, so keep snacks out of sight in a kitchen cupboard. If you have unhealthy snacks lying around, such as a large bag of crisps open and in front of you, you're likely to keep eating them until they're finished. Alternatively, do a little research and investigate which healthy snacks you could buy instead. I did, and it's simple. Then, if you really do need to eat because you're hungry, you'll have only healthy snacks to choose from.

A snack is designed to be a small refuel between meals, not a meal in itself. Even when you're snacking on something healthy, this is something to keep in mind. It's easy to forget this when snacking on foods like nuts, eating handfuls at a time. By doing this, you can quickly end up getting through a meal's worth of calories. Portion sizes still need monitoring so take the amount you need and put them in a bowl, rather than eating directly from a big packet.

When shopping for healthy snacks, you need to be aware that a lot of food labels use descriptions like 'natural' or 'whole food' to make us think that they're healthy options. Some actually contain a surprisingly high amount of sugar. I am truly shocked that some food producers would do this. For example, fruit bars might simply list fruits as their ingredients, but their sugar content can be incredibly high.

LIVEWORKSHEETS

If you want to eat healthily, I advise you to plan each meal with the aim that it keeps you full until your next mealtime. You can then have your snacks as a back-up if you really need to – this is what I do anyway. Ensuring you have a healthy protein source as the base of each meal and plenty of fibre-rich vegetables is a good start. Being tired can be a trigger for snacking, so work on getting enough quality sleep so that you're not snacking from tiredness.

LIVEWORKSHEETS

Part 2

Read Kim Pearson's article on snacking 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 What subject did Kim Pearson study? (1)

.....

12 According to Kim, which eating habit is not good for us? (1)

.....

13 According to Kim, what does she usually do at restaurants? (1)

.....

14 Nowadays, what do busy people have less time for? (1)

.....

15 Give one reason why people snack when they are not hungry. (1)

.....

16 In which place should you keep your snacks? (1)

.....

17 How does Kim describe the process of switching to healthy snacks? (1)

.....

18 What needs controlling even with healthy snacks? (1)

.....

19 How does Kim feel about the wording on some food labels? (1)

.....

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LIVEWORKSHEETS

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20 According to Kim, when eating a healthy diet, how should snacks be used?

(1)

.....

(Total for Questions 11–20 = 10 marks)

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

(1)

- ☐ **A** Eating many times during the day is good for you.
- ☐ **B** Research into fasting needs further development.
- ☐ **C** Snacking between meals is sometimes acceptable.
- ☐ **D** A small snack before exercising is recommended.

22 Snacking is more common nowadays because

(1)

- ☐ **A** people are less likely to have breakfast.
- ☐ **B** outlets offer a greater choice of snacks.
- ☐ **C** people spend more time in their homes.
- ☐ **D** snacks have become cheaper over time.

23 People can reduce the number of snacks they eat by

(1)

- ☐ **A** putting only healthy food in the fridge.
- ☐ **B** finding an activity to replace snacking.
- ☐ **C** trying to forget the fact they are hungry.
- ☐ **D** sharing large bags of snacks with others.

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

(1)

- ☐ **A** A healthy snack should not replace a main meal.
- ☐ **B** It is acceptable to eat small healthy snacks all day.
- ☐ **C** Healthy snacks should be bought in small amounts.
- ☐ **D** Nuts should be avoided when buying healthy snacks.

25 Which of the following is advised to maintain healthy eating habits?

- **A** Pick only natural or whole food snacks.
- **B** Avoid choosing snacks that contain sugar.
- **C** Plan your main meals for the week ahead.
- **D** Make sure you get the sleep that you need.

(Total for Questions 21–25 = 5 marks)

TOTAL FOR PART 2 = 15 MARKS

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LIVEWORKSHEETS

Part 3

A New Weather Station

The Himalayan Mountains are considered an important source of water for the planet and up to a quarter of the world's population is reliant on this resource. This area is one of many in the world that is quickly becoming warmer due to climate change. However, there is no real data on the impact of climate change on regions that are over 5000 metres above sea level.

In 2019, an expedition led by two climate scientists, Tom Matthews and Baker Perry, set out to install a new weather station on Mount Everest that would be the highest weather station on Earth. The aim was to improve understanding of climate change.

The two scientists had worked closely with a crew of engineers to plan carefully and build a structure that could withstand the extreme cold and hurricane-force winds it would face on the highest point of the planet. They had tested it in America and Nepal. They then had practised putting it up as quickly and efficiently as possible with the team going on the expedition with them. In my opinion, the team could not have been better prepared. They all knew that the lack of oxygen on Mount Everest, and the resulting effects of exhaustion, would give them a maximum of four hours to get the weather station up and working before they had to make their way down the mountain.

Just after dawn on 23 May 2019, the team stood on the Southeast Ridge of Mount Everest at over 8000 metres above sea level, at the point of making history. They had spent months preparing for this moment: the installation of the highest weather station in the world. With the sun beginning to rise, everything seemed to be working well. Even the weather, which can be unpredictable at this time of year, was thankfully, calm. However, as the team unpacked their gear, a terrible truth began to sink in: a key piece of the weather station was missing.

Transporting the weather station to the top of the world had required sharing the many pieces out between the members of the expedition. Among the coils of wire, aluminium poles, and various scientific instruments, there was supposed to have been a metal tube that was vital to the mission. The men, amazingly, without any sign of panic, searched and searched for it again, but it was nowhere to be found.

The reason any of this was worth the effort, risk and cost is because only Mount Everest, and a few of the other mountains in the Himalayas, are tall enough to reliably pierce the subtropical jet stream—one of the narrow bands of powerful winds that circle the globe at high altitudes. These winds influence everything from storm tracks to agricultural growing seasons. I cannot stress enough how essential it is for climate scientists to understand the jet stream. The weather station would provide scientists with an important new tool to gather data about it.

Yet, there they were, on the roof of the world, with no way to attach the wind sensors that were the most important part of the weather station. They could not go down without doing this, and they were not prepared to send someone down the mountain to get the missing part, so they had to find a solution.

LIVEWORKSHEETS

The team realised that the handle to a tool they had brought with them was roughly the same size as the missing piece. However, there was one issue: the tool handle was oval, while the attachments on the weather station needed circular tubing. One of the team grabbed a hammer and began to shape the handle into a circle. They then wrapped strips of tape around the handle to increase the size of it, making the fit tighter. In this way, the weather station was completed and the team was able to begin the lengthy walk back to base camp. It is a super-modern, fully-operational weather station, but if you look closely you will see the tape and the tool handle.

As we begin to develop a better insight into what the future will be like, understanding what is happening in areas that lie between 5000 to 8800 metres above sea level will become extremely important. Virtually all the glaciers in the Himalayas originate in the zones above 5000 metres. This means that scientists cannot put together an accurate picture of how quickly they are melting, until they venture above this height to understand the environment where they are formed. By installing the weather station, scientists will have a better understanding of how the hydrosphere, the water system, will react to increased temperatures and how the winds will change. This information is critical for predicting the future of the northern hemisphere and of its residents.

LIVEWORKSHEETS

Part 3

Read Freddie Wilkinson's article on a new weather station 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 More information is needed about some parts of the Himalayas.	☐	☐	☐	(1)
27 According to Freddie Wilkinson, more time should have been spent testing the weather station.	☐	☐	☐	(1)
28 Freddie is impressed by the team's reaction to the missing metal tube.	☐	☐	☐	(1)
29 The weather station did not work as expected once the team had finished.	☐	☐	☐	(1)
30 More weather stations are planned for the Himalayas.	☐	☐	☐	(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 Many people depend on ..... that originates in the Himalayas.

(1)

32 The scientists worked with ..... on their ideas for the weather station.

(1)

33 The expedition team had no more than ..... to complete their mission and return to base.

(1)

34 The expedition team was grateful for the ..... on Mount Everest.

(1)

35 The weather station had to be carried in ..... to its destination.

(1)

36 Not many Himalayan mountains are ..... to provide key information to scientists.

(1)

37 The expedition team had to find a way to connect the

..... to the weather station.

(1)

38 An expedition team member used a ..... to adapt the tool handle.

(1)

39 Scientists need more data about ..... and how fast they are melting.

(1)

40 For those living in the ....., the data from the weather station is important.

(1)

(Total for Questions 31–40 = 10 marks)

LIVEWORKSHEETS

Questions 41–45

Complete this summary of the text using words from the box below. Each word may be used once or not used at all.

The Himalayas are of great interest to professionals in terms of collecting data about climate change. For this reason, a new weather station, the **(41)** ..... one until now, was installed on Mount Everest in 2019. Despite experiencing **(42)** ..... , the expedition team successfully completed this mission.

The weather station will help monitor changes in water systems and **(43)** ..... in response to a warming environment.

Wilkinson is **(44)** ..... that such information will prove useful.

In terms of the future, **(45)** ..... feel it is vital to further increase our understanding of what is happening at high altitudes.

doubtful	difficulties	engineers	winds	largest
scientists	hunger	highest	clouds	certain

(Total for Questions 41–45 = 5 marks)

TOTAL FOR PART 3 = 20 MARKS
TOTAL FOR READING = 45 MARKS

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LIVEWORKSHEETS

Part 2

Read the article on caravans and answer Questions 11–30.

Caravanning goes from strength to strength

Caravans have developed a great deal in both use and design over the centuries. They have not always been the typical family trailers installed with kitchens and showers which we know today.

Caravan, from the French word *caravane* and the Persian word *karwan*, was once a term used to describe a group of traders travelling across the desert with animals which they used to transport goods. Then, during Roman times, some people chose to travel throughout the empire. They carried all their belongings with them in brightly-painted, horse-drawn, covered wagons, working in one place for a while and then moving on. These wagons were known as Romany caravans. Such travellers, with their distinct lifestyle, have remained in existence throughout the centuries and still exist today.

It was not until the 1880s that the idea of having a luxury caravan for leisure purposes was conceived. Caravans were now seen as the height of fashion for the upper classes. They became very popular with this group and with those who found temporary exposure to life on the road appealing. Caravans became so highly regarded in the UK that a club was created in 1907. It was dedicated purely to caravanning and was called 'The Caravan Club.'

In 1919, the Riley family built the first motorhome on the chassis of a car and later built a caravan trailer which could be pulled by a car. Further developments were seen in the 1920s as more companies manufactured new models and horse-drawn caravans largely vanished. In the 1930s, caravanning was still restricted to those who had the funds to own a caravan and the means to pull it. However, as caravans became more affordable, their appeal spread to the middle classes. This prompted manufacturers to introduce the use of gas for cooking and lighting. Around this time, the first steel-bodied caravan models were also made. All these developments led some hardy pioneers to begin taking their caravans across the English Channel.

However, during the 1940s the caravan industry came to a halt as manufacturers had to focus their skills and attention on the Second World War. At the end of the war production resumed and caravans became popular once more. The subsequent mass production of a small, cheap caravan made it affordable to even more people. By the 1950s the growing appeal of caravans led to even more manufacturers entering the market.

During the 1960s, economic prosperity combined with a reduction in the price of caravans allowed more people to own a car and purchase a caravan. This in turn resulted in more people being able to join the caravanning set. The distance that caravans could be towed increased and further innovations improved the comfort and use of space in caravans. Caravan sites began to focus on the facilities offered: more discerning holidaymakers were demanding improved washing and toilet amenities, for example. As a consequence of all these advances, the idea of getting home from work on Friday and taking off became ever more attractive.

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LIVEWORKSHEETS

Caravans have become lighter and stronger due to changes in the construction materials employed, including the use of plastic for windows. More recently, advances in design and technology have made it possible to extend the living space within the caravan. When you press a button, the side of the caravan slides out to create more room inside. Larger and longer caravans have become fashionable and satellite TV is now a fixture. In line with this, caravans have continued to grow in popularity. Their evolution has advanced momentously through the years, from simple wooden box-like trailers to luxurious vehicles, equipped fully with kitchen utensils, multiple rooms and showers.

Previously seen as more of a 'family' or 'older' thing, caravans have now gained in popularity with young adults and couples. Caravan sites offer a more affordable holiday option and a whole new range of activities, suitable for a much wider market than before. With such an array of different caravan vehicles and holiday types, people can now tailor their caravanning experience to suit their tastes, from a nature getaway to a family fun-filled trip. Caravanning remains a hugely popular pastime with the British. It is an ideal way for families to go away together and enjoy the beauties of holidaying in the UK, and further afield.

(Source: adapted from http://ukcaravanning.hubpages.com/hub/A-Brief-History-and-Introduction-to-the-Caravan)

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LIVEWORKSHEETS

Questions 11–20

Answer the following questions. For each question write no more than THREE words taken from one point in the text. You must not answer in complete sentences.

11 What was the purpose of the original caravan?

.....

12 When did the first wheeled caravans appear?

.....

13 Who did luxury caravans first appeal to?

.....

14 What became less popular in the 1920s?

.....

15 Which utility was introduced in the 1930s?

.....

16 What reduced the cost of caravans after the Second World War?

.....

17 In the 1960s, what did caravan sites place an emphasis on?

.....

18 How can you make your caravan bigger?

.....

19 Name one group of people who have started to show an interest in caravanning more recently.

.....

20 Due to the choice available today what do people have more control over?

.....

(Total for Questions 11–20 = 10 marks)

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LIVEWORKSHEETS

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Questions 21–25

Indicate your answers to the questions below 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 ☒.

21 Romany caravans were used…

- ☐ **A** to transport materials.
- ☐ **B** as temporary family homes.
- ☐ **C** to find work opportunities.

22 In the 1930s…

- ☐ **A** improvements were made to caravan design.
- ☐ **B** the general appeal of caravans remained static.
- ☐ **C** overseas caravan journeys became common.

23 In the 1960s…

- ☐ **A** more people joined The Caravan Club.
- ☐ **B** caravans became more popular.
- ☐ **C** short caravan journeys were preferred.

24 Nowadays, caravans…

- ☐ **A** have optional satellite TV.
- ☐ **B** tend to be more spacious.
- ☐ **C** typically consist of one room.

25 Caravan sites…

- ☐ **A** have lost appeal with families.
- ☐ **B** are similar in terms of facilities.
- ☐ **C** offer a less costly holiday option.

(Total for Questions 21–25 = 5 marks)

LIVEWORKSHEETS