



GCSE

4171/01

**ENGLISH/ENGLISH LANGUAGE
FOUNDATION TIER
UNIT 1 (READING)**

P.M. WEDNESDAY, 7 November 2012

1 hour

ADDITIONAL MATERIALS

Resource Material.

A 12 page answer book.

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen.

Answer **all** questions.

Write your answers in the separate answer book provided.

INFORMATION FOR CANDIDATES

The total mark available for this unit is 40.

The number of marks in brackets will give you an indication of the time you should spend on each question or part-question.

Answer **all** of the following questions.

The **separate Resource Material** is a newspaper article, 'Boy of 15 who eats nothing but jam sandwiches'.

On the opposite page is a factsheet for parents:
'The Importance of a Balanced Diet for Children'.

Look at the newspaper article in the separate Resource Material, 'Boy of 15 who eats nothing but jam sandwiches'.

1. (a) List **two** of the foods Craig Flatman has refused to eat. [2]
 - (b) List **five** foods Craig has eaten or tried to eat, besides jam sandwiches or rolls. [5]
 - (c) List **three** things Craig's parents did that show they were worried about their son's unusual diet. [3]
2. How has the writer tried to make this newspaper article interesting?

You should write about and comment on:

- what the writer tells us about Craig Flatman that is interesting;
- what we learn about Craig's parents and how they have coped with their unusual son;
- the use of the photograph;
- any other ways the writer tries to make the article interesting. [10]

Now look at the factsheet for parents, 'The Importance of a Balanced Diet for Children'.

3. (a) According to the factsheet, what are the benefits of a balanced diet for children? [5]
- (b) Why is breakfast such an important part of a balanced diet? [5]

You should now use details and information from both texts to answer the following questions.

4. The factsheet identifies the problems and dangers of a poor diet. The newspaper article is about Craig Flatman's unusual diet.
 - (a) From the **factsheet**, list the problems and dangers linked with a poor diet.
 - (b) From the **newspaper article**, list the details that suggest Craig Flatman is a healthy teenager in spite of his unusual diet. [10]

The Importance of a Balanced Diet for Children **A Factsheet for Parents**

Children are not always the easiest to please when it comes to food choices. They are often picky eaters who are unwilling to touch anything green. However, a well-balanced diet is essential to your children's healthy growth and development. Teaching your children about good eating habits will help them look after their bodies and help them to make good food choices throughout their childhood and into adulthood.

Eating a balanced diet will have both short and long-term benefits for your children: in the short term, it helps your children grow and develop healthily. In the long term, your children will be less likely to develop life-threatening conditions such as high blood pressure and heart disease.

Experts have said that children who eat large portions of food, skip breakfast, eat snacks frequently but get too little exercise have a greater risk of becoming obese. By comparison, eating fruit and vegetables will help to keep your children healthy and help to reduce the risks of chronic disease.

Avoid High-Sugar Foods

Foods that are high in sugar are not good for your children. Encourage them to eat fruit and try to avoid foods such as biscuits, sweet spreads and jams, frozen desserts and even juice drinks. Eating foods that are high in sugar often results in obesity and tooth decay. On the other hand, a healthy breakfast that is low in sugar but rich in whole grains and fibre can help your children concentrate and improve their memory.

Get the Balance Right

A balanced diet is important for everyone, but it's especially important for children. Researchers have linked a poor diet with short height, so eating a healthy, balanced diet will certainly help children to reach maximum growth. A balanced diet will help them to look and feel good too. It also promotes a healthy scalp, leading to the growth of new, strong hair, while a poor diet can result in thin or greasy hair.

Lower the Risk of Disease

Many diseases are related to a poor diet. Too much fatty food can damage arteries, while too much salty food can increase blood pressure to unhealthy levels. Simply carrying extra weight can also increase the chance of developing diabetes, heart disease and many forms of cancer later in life. Following a healthy balanced diet can reduce these risks.

Eat Breakfast

Providing your children with a healthy breakfast is important because this is an essential part of a balanced diet. Eating breakfast will give your children energy to take part in physical activities throughout the day, whether that's taking part in school sports or simply playing games or running around with friends. That's why many health experts believe it is actually the most important meal of the day for children. A good breakfast is also more likely to mean they will continue to eat healthily throughout the day and it will help with maintaining a healthy weight. Children who eat breakfast are less likely to snack on high-fat foods before lunch and therefore have a much healthier diet.



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Resource Material

Boy of 15 who eats nothing but jam sandwiches



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His daily bread: Craig Flatman with a week's supply of meals

Fussy baby turns into a towering teenager who still can't face his greens

At 6ft 2in and with a flashing white smile and a thick shock of hair, Craig Flatman appears the picture of health and enjoys nothing more than a game of football with his mates.

But the strapping 15-year-old exists solely on a diet of jam sandwiches. He has refused to eat any meat, fish, fresh fruit or vegetables since he was tiny. So while his family sit down to fresh, nutritious meals, he has sandwiches made from white sliced bread and margarine with strawberry, raspberry or blackcurrant jam (without bits).

He also drinks two pints of semi-skimmed milk a day. His mother, Almira, 42, buys four loaves of bread and a 1kg jar of jam every week to make the five rounds of sandwiches Craig gets through for breakfast, lunch and dinner. He supplements these with a bowl of chocolate cereal and a slice of chocolate cake every day.

Over the years, he has managed to vary his diet marginally, sometimes spreading his jam into rolls instead of bread.

Craig said, "I never get bored of jam because I like the taste so much. My mum and dad have tried everything to get me eating other things but nothing seems to work. I begin to feel sick if I put anything else into my mouth. It is a shame because I would love to eat things like burgers and chips."

His worried parents went to a dietician who examined Craig's eating habits but said he was receiving enough protein and sufficient vitamins and minerals in his unusual diet to remain healthy. They also arranged for him to go to the Nuffield Hospital in Ipswich to have tests to see if there had been any long-term damage to his body. Consultants there were surprised to see that the tests showed him to be in excellent health.

At a healthy 11 stone, his bizarre diet has certainly not affected his weight. However, for the sake of his long-term health, one doctor suggested he take vitamin supplements and see a psychologist to encourage variety in his diet.

His mother and father Alan, 41, eat a normal diet with plenty of meat and vegetables. His 13-year-old sister Amy, however, has declared herself a vegetarian. Mrs Flatman first became concerned about Craig when he was sick after she introduced him to solid foods as a baby.

Doctors told her to persevere but he rejected everything until his grandfather made him a sugar sandwich when he was nine months old. Mrs Flatman fed him these for a month until he started eating chocolate spread sandwiches instead. She constantly tried to give him proper food but he refused everything. By the time he was four, Craig had tired of chocolate spread and asked to try jam. Seventy thousand jam sandwiches later, he has never looked back.

At seven, his parents sent him on a six-month course for youngsters with eating disorders at Great Ormond Street Children's Hospital in London. But they stopped the treatment because he kept being sick.

Mrs Flatman said at the family home in Stowmarket, Suffolk, "He would gag on anything they tried to give him, even things children usually enjoy like chips or baked beans. I've virtually given up trying to change him now. His diet does not seem to have done him any harm and has not affected his growth. He has perfect teeth with no fillings and has never been ill apart from childhood things like chickenpox."

A spokesman for Great Ormond Street Children's Hospital said, "We believe his problem could be due to a fear of food, probably going back to when he first started eating solids as a baby and gagged on some lumps."