

# Heatwave!

## Functional Skill English tasks

Name \_\_\_\_\_ Date \_\_\_\_\_

On TV, the weather woman says a heatwave is coming.  
Rishi and Penny live in the east of England.  
They look online for information on hot weather.

### Text A

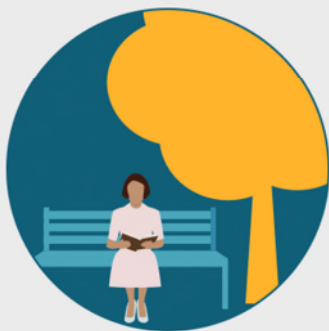
## Tips for staying cool and safe



**Drink water and eat  
foods with high  
water content**



**Wear loose-fitting  
clothing in breathable  
fabrics and a hat**



**Stay in the shade  
and limit travel and  
exercise**



**Use fans, ice and cool  
showers to reduce your  
body temperature**

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## Functional Skill English tasks



Name \_\_\_\_\_ Date \_\_\_\_\_

Read Text A and answer questions 1 to 6.

Total marks for questions 1 to 10 = 14

Write your answers on the lines below.

1. a. How many proper sentences are in the text?

\_\_\_\_\_

b. What is missing from these sentences?

\_\_\_\_\_

E1.9, E1.11. 2 marks

2. Name **two** things to wear in hot weather.

a. \_\_\_\_\_

b. \_\_\_\_\_

E1.9, E1.10, E2.12. 2 marks

3. Give an example of something that provides shade.

\_\_\_\_\_

E2.12. 1 mark

Circle the correct answer. 

4. You should eat high calorie foods. **True** or **false**?

E2.8. 1 mark

5. It's OK to travel and exercise as normal. **True** or **false**?

E2.8. 1 mark

6. Cool showers can lower your body temperature. **True** or **false**?

E2.8, E2.12. 1 mark

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Name \_\_\_\_\_ Date \_\_\_\_\_

Put a tick  in the correct box.

7. The main purpose of the text is to:

<b>A</b>	give advice on how to be safe in hot weather.	<input type="checkbox"/>
<b>B</b>	entertain you with useful images.	<input type="checkbox"/>
<b>C</b>	explain where to find shady places.	<input type="checkbox"/>

E3.10. 1 mark

8. There is one comma in the text. Its purpose is:

<b>A</b>	to split a sentence into clauses.	<input type="checkbox"/>
<b>B</b>	to separate items in a list.	<input type="checkbox"/>
<b>C</b>	to show additional information.	<input type="checkbox"/>

E3.13, L1.18. 1 mark

9. Complete this table.

Singular	Plural
body	
	foods
	fabrics
exercise	

E2.14. 2 marks

10. Put the words into alphabetical order.

safe	showers	stay	shade
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.....  
.....  
.....  
.....

E2.15, E3.16. 2 marks

# Heatwave!

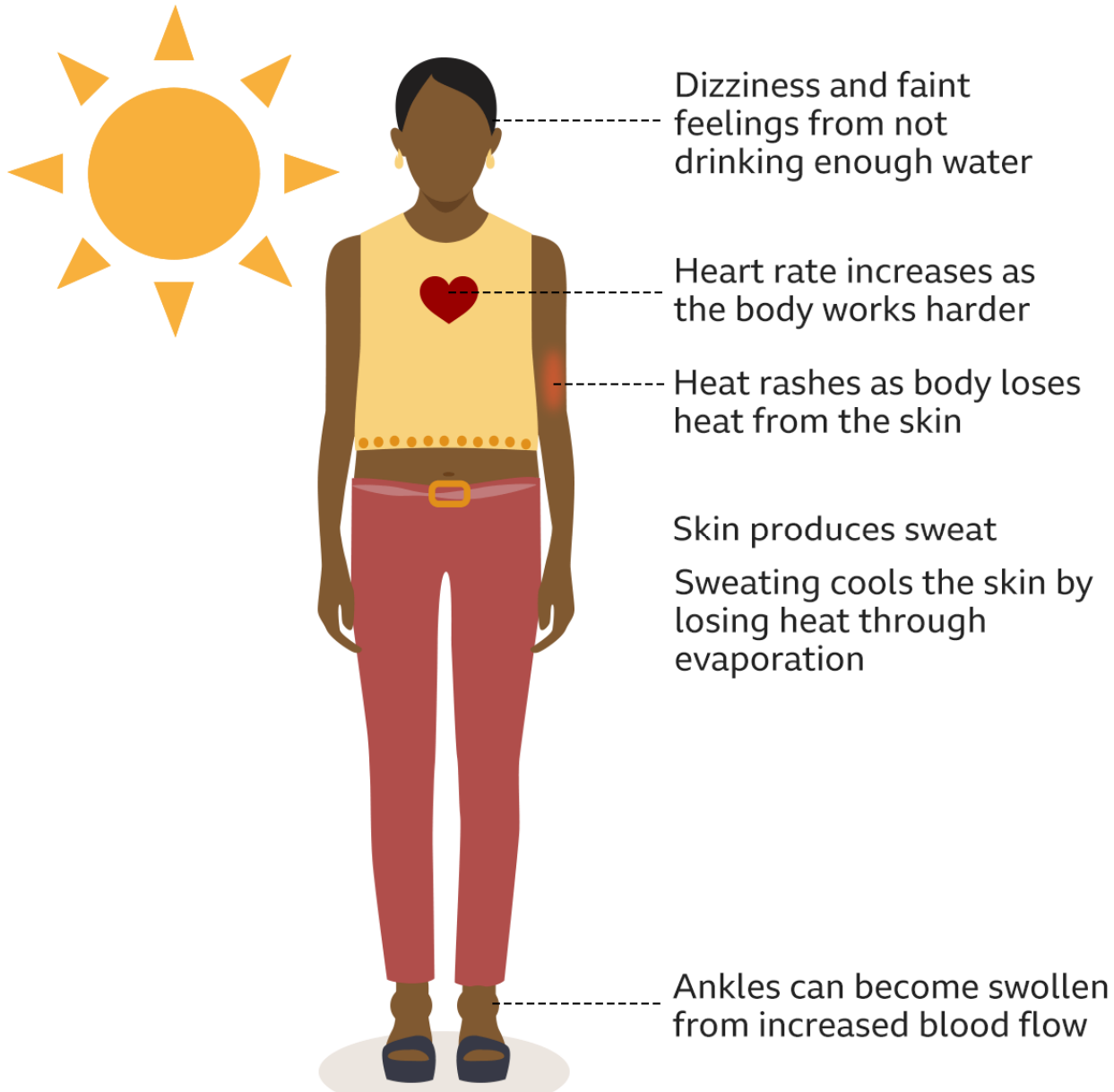
## Functional Skill English tasks

Name \_\_\_\_\_ Date \_\_\_\_\_

On TV, the weather presenter says a heatwave is coming.  
Rishi and Penny live in the east of England.  
They look online for information on how hot weather affects the body.

### Text B

## How heat affects the body



Source: Public Health England



Source: <https://www.bbc.co.uk/news/health-49112807> (July 18, 2022)

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## Functional Skill English tasks



Name \_\_\_\_\_ Date \_\_\_\_\_

Read Text B and answer questions 1 to 6.

Total marks for questions 1 to 6 = 8

1. The main purpose of the text is to:

A	explain	
B	persuade	
C	instruct	

E3.10, L1.16. 1 mark

2. “Losing heat through **evaporation**”.

Use a dictionary to look up the meaning of **evaporation**. Write a definition.

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E3.11, L1.13. 1 mark

3. What happens if you don't drink enough water?

a. \_\_\_\_\_

b. \_\_\_\_\_

E3.9. 2 marks

4. Increased blood flow stops your ankles from swelling. **True** or **false**?

E3.9. 1 mark

5. Complete this table.

Singular	Plural
	ankles
	rashes

E2.14. 2 marks

6. Why does the skin produce sweat in hot weather?

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E3.9. 1 mark

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## Functional Skill English tasks

Name \_\_\_\_\_ Date \_\_\_\_\_

On TV, the meteorologist says a heatwave is coming.  
Rishi and Penny live in the east of England.  
They look online for information about hot weather and its effects.

### Text C

## Heat related illnesses

*Heat syncope* – dizziness and fainting, due to dehydration, vasodilation, cardiovascular disease and certain medications

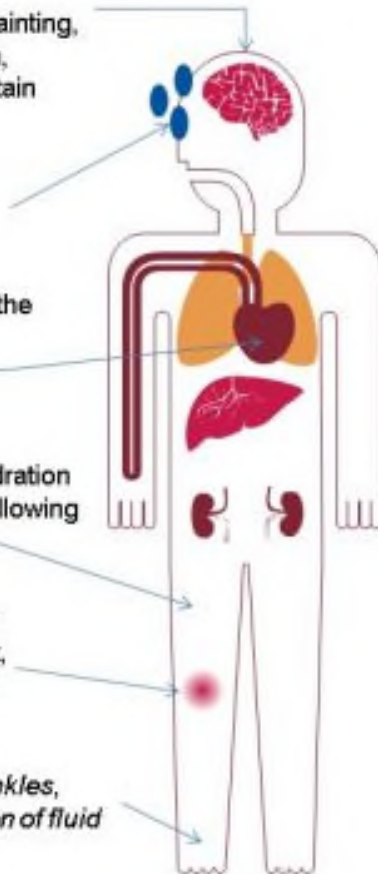
Excessive sweating can deplete fluid and salts

When blood temperature rises, the body stimulates sweat glands, dilates blood vessels and increases the heart rate

*Heat cramps* – caused by dehydration and loss of electrolytes, often following exercise

Increased blood flow to the skin cools the body by radiating heat, leading to heat rash (small, red itchy papules)

*Heat oedema* – mainly in the ankles, due to vasodilation and retention of fluid



### Health effects of heat

*The main causes of illness and death during a heatwave are respiratory and cardiovascular diseases. Additionally, there are specific heat-related illnesses including:*

#### Heat Exhaustion

- Nausea or irritability
- Dizziness
- Muscle Cramps or weakness
- Feeling faint
- Headache
- Fatigue
- Heavy sweating
- High body temperature

#### Heatstroke

- Hot, dry skin or profuse sweating
- Confusion
- Loss of consciousness
- Seizures
- Very high body temperature

Source: <https://ukhsa.blog.gov.uk/2020/06/24/covid-19-and-summer-temperatures/> (UK health Security Agency, 2021)

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Name \_\_\_\_\_ Date \_\_\_\_\_

Read Text C and answer questions 1 to 8.

Total marks for questions 1 to 8 = 11

1. What type of text is this and where does it come from? Give full details.

\_\_\_\_\_

L2.15. 2 marks

2. What causes a heat rash?

\_\_\_\_\_

L1.9. 1 mark

3. Highlight two organisational features in the text. What are they?  
(Do **not** include 'paragraphs' or 'italic font' as answers.)

1	
2	

L1.14. 2 marks

You may use a dictionary or thesaurus to answer questions 4, 5 and 6.

4. Find a word or phrase to replace **dilates** in this phrase.

\_\_\_\_\_ blood vessels and increases the heart rate

L1.13, L1.17. 1 mark

5. Excessive sweating can **deplete** fluid and salts.

**Deplete** means to:

A	erase	
B	reduce	
C	double	
D	distribute	

L1.13, L1.17. 1 mark

6. Find the text box that lists the signs or symptoms of heat exhaustion.  
Which bulleted word means 'tiredness'?

\_\_\_\_\_

L1.13, L1.14, L2.16. 1 mark

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Name \_\_\_\_\_ Date \_\_\_\_\_

7. Heatstroke and heat exhaustion are the main causes of death and illness during a heatwave.

**True or false?**

L1.9. 1 mark

8. Which words best describe the writer's style and tone?

Style		Tick ✓ one
a	technical	
b	persuasive	
c	instructional	
d	narrative	

Tone		Tick ✓ one
a	thoughtful	
b	serious	
c	emotional	
d	urgent	

L2.19. 2 marks

**Questions 9-10 are based on more than one text.**

9. Body temperature is mentioned in:

<b>A</b>	Texts A, B and C	
<b>B</b>	Texts A and C	
<b>C</b>	Texts B and C	

L1.10. 1 mark

10. Compare similar ideas from Text B and Text C about the effects of heat on the body.

In your answer you should:

- give two similarities from these texts about the effect of heat on the body
- give one quotation from Text B and one quotation from Text C to support **each** similarity (*four quotations in all*).

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L1.10, L2.12. 6 marks

**TOTAL marks available = 40**