



Level 1



Focus on Health

English and maths quiz

Maths

1 A recent study found that 60% of all new and returning exercisers dropped their exercise plans within six months. Out of 200 people who started an exercise plan, how many dropped out?

- A 60
- B 120
- C 66
- D 112

Answer:

2 Football has now overtaken netball as the most popular sport among women. Ten years ago, when the Football Association (FA) took over the running of women's football, there were only 80 women's teams. Now there are 4,800! How many more teams are there now than ten years ago?

- A 4,072
- B 4,020
- C 4,720
- D 4,740

Answer:

3 The British Heart Foundation recommends that children between the ages of five to 18 should spend at least an hour a day doing something active. Yet their research shows that one in three do not get nearly enough exercise. As a ratio is this:

- A 1:3
- B 1:2
- C 1:4
- D 1:1

Answer:

4 To mix a health drink the instructions say 'Add approximately 300 ml of freshly boiled water to the mix.' You have a jug that measures in fluid ounces (1 fluid ounce = 28.4 ml). Approximately how many fluid ounces of boiled water should you use?

- A 15 fluid ounces
- B 20 fluid ounces
- C 30 fluid ounces
- D 10 fluid ounces

Answer:



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English

- 5 This question is based on the advertisement below.

We are looking for a responsible person to work in the trendy up-market Café Cool restaurant within the new 'Steaks and Skates' leisure complex.

Duties include preparation of menu orders, general waiter/waitressing duties and using a cash register. Day and evening work available. Excellent rates of pay. Write to Mr B Roberts, Café Cool, Main Street, Derby DF1 2XP.

Which is an opinion?

- A write to Mr B Roberts
- B preparation of menu orders
- C excellent rates of pay
- D we are looking for a responsible person

Answer:

- 6 Read the information below, taken from a talk encouraging chefs of the future to offer more healthy options on their menus.

Nutrition lessons to form part of catering courses

Eating out is increasingly popular. Caterers are, therefore, in a prime position to influence the eating habits of consumers, but at present food consumed outside the home tends to be higher in fat, salt and sugar.

Questioning a group of youngsters, I was staggered to find that three out of five had eaten three meals or more in a fast food restaurant in the previous week.

What is the author saying about fast food?

- A all fast foods are high in fat, salt and sugar
- B all youngsters eat excessive amounts of fast food
- C some youngsters eat excessive amounts of fast food
- D all home cooking is healthier than fast food

Answer:

- 7 Which of the following sentences is not punctuated correctly?

- A I believe some people are born to be sporty.
- B Doesn't smoking help me cope with stress.
- C If you're unfit, physical things are an effort.
- D If you need health information or advice at any time of the day or night, call NHS Direct.

Answer:



- 8 Read the information below and answer the question beneath it.

SHOE CAN DO – ELEVEN-YEAR TRACK RECORD

Take to the streets in Shoe Can Do sports shoes. From retro classics to cutting-edge cool, we've got the big name brands that you're after – at staggeringly low prices.

Shoe Can Do, now into its second decade of trading, is one of the largest suppliers of e.com sports shoes.

Shoe Can Do is:

- A over ten years old
- B just ten years old
- C less than ten years old
- D twenty years old

Answer:

- 9 The information below comes from a recent survey.

The findings of the survey *Fitter at 50* contradict the perception that many people wind down their physical activity as they grow older.

More than a quarter of women and 22% of men do more exercise in their 50s than they did in their 30s, the survey found.

Fifteen per cent of men and 19% of women said they belonged to a gym.

However, 29% of over-50s still say they never take any exercise.

The most common reason for trying to stay fit is the benefit to health, highlighted by over half as a reason to exercise.

Sixteen per cent of those surveyed said they exercised to relieve stress and tension.

The 'Fitter at 50' survey of 700 people aged 50 to 60 years old was carried out for Norwich Union Healthcare.

Which word could best replace the word 'perception' on line 1?

- A rumour
- B news
- C view
- D conclusion

Answer:



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