

Integrated Skills in English

ISE Foundation



Reading & Writing exam

Sample paper 1

Your full name:.....
(BLOCK CAPITALS)

Candidate number:.....

Centre number:.....

Exam date:.....

Time allowed: 2 hours

Instructions to candidates

1. Write your name, candidate number, centre number and exam date on the front of this exam paper.
2. You must not open this exam paper until instructed to do so.
3. This exam paper has **four** tasks. Complete **all** tasks.
4. You may highlight parts of the texts or questions with a highlighter pen.
5. Use only blue or black pen for your answers.
6. Write your answers on the exam paper.
7. Do all rough work on the exam paper. Cross through any work you do not want marked.
8. You must not use a dictionary in this exam.
9. You must not use correction fluid on the exam paper.

Information for candidates

You are advised to spend about:

- ▶ 20 minutes on task 1
- ▶ 20 minutes on task 2
- ▶ 40 minutes on task 3
- ▶ 40 minutes on task 4

For examiner use only

| Examiner initials | Examiner number |
|-------------------|-----------------|
| | |

Integrated Skills in English Foundation

Time allowed: 2 hours

This exam paper has four tasks. Complete all tasks.

Task 1 – Long reading

Read the following text about Iceland and answer the 15 questions on page 3.



Paragraph 1

Iceland is in the North Atlantic Ocean. The capital city, Reykjavik, is the most northern capital city in the world. It is only three hours by plane from London and almost six hours from New York.

Paragraph 2

Eleven per cent of Iceland is covered by ice and it's an island. But it isn't only famous for ice. In fact lots of people call it the 'Land of Fire and Ice'. The country has 200 volcanoes, and 20 volcanoes are active. There are also many waterfalls and hot pools. Almost all of the electricity and heating comes from water power.

Paragraph 3

The Icelandic flag is red, white and blue to show the main features of the island. The red is for the island's volcanic fires, the white is for the snow and ice fields of the island, and the blue is for the sea.

Paragraph 4

People in Iceland speak Icelandic and it's more than a thousand years old. It hasn't changed much, although modern Icelandic has new vocabulary. Today schools teach Danish and English as well. People don't pay for school in Iceland. Surnames or family names aren't used in Iceland. People use their father's first name as a surname. The telephone book lists people by their first name. If more than one person has the same name, a person's job might be listed.

Paragraph 5

There are plenty of activities in Iceland. The national sport is handball and it's very popular with children. They also enjoy swimming. In June and July there are 24 hours of sunlight and this is good for visitors who can enjoy midnight golf. They can play all day or night and then go swimming in one of the hot pools. Another big attraction for tourists is whale watching.

(Image: Steven W Dengler/Wikimedia CC BY 2.0)

Questions 1-5

The text on page 2 has five paragraphs (1-5). Choose the best title for each paragraph from A-F below and **write the letter (A-F) on the lines below**. There is one title you don't need.

1. Paragraph 1
2. Paragraph 2
3. Paragraph 3
4. Paragraph 4
5. Paragraph 5

- A Nature in Iceland
- B Things to do in Iceland
- C What colours mean
- D Language and names
- E Animals in Iceland
- F How to find Iceland

Questions 6-10

Choose the **five statements** from A-H below that are **TRUE** according to the information given in the text on page 2. **Write the letters of the TRUE statements on the lines below (in any order)**.

6.
7.
8.
9.
10.

- A School is free for everybody in Reykjavik.
- B You can fly from London to Iceland in three hours.
- C The national sport of Iceland is swimming.
- D Water power creates most of the electricity and heating.
- E There are two hundred active volcanoes.
- F Names and jobs are sometimes in the telephone book.
- G The blue in the flag represents the sky.
- H Some visitors like playing golf at night.

Questions 11-15

Complete sentences 11-15 with an exact number, word or phrase (maximum three words) from the text. **Write the exact number, word or phrase on the lines below**.

11. It takes about to fly from New York to Iceland.
12. Ice covers of Iceland.
13. The language of Iceland is a thousand years old.
14. Handball is with children.
15. As well as golf and swimming, visitors also enjoy

Task 2 – Multi-text reading

Read the three short texts about healthy food and answer the 15 questions on pages 4-6.

Questions 16-20

Read questions 16-20 first and then read texts A, B and C below the questions.

As you read each text, decide which text each question refers to. Choose one letter – A, B or C – and write it on the lines below. You can use any letter more than once.

Which text

16. gives clear information about how to be healthy?
17. wants to teach people how to make good food?
18. has information about how people eat or live?
19. describes problems that young people have?
20. tells people to take exercise?

Text A***How healthy are you?***

The results of a study of 100 students aged between 14 and 22 show that many are not eating well or drinking enough water. Many students like the idea of more exercise but say that they are too busy and most of them drive to school.

Some students often go to bed very late and sometimes this causes problems in class. For example they find it more difficult to concentrate.

- ***75% don't eat enough fresh fruit or vegetables every day***
- ***90% never have breakfast before they leave the house***
- ***20% regularly drink water during the day***
- ***62% find it difficult to concentrate during the day***
- ***35% say they only have around 5 hours sleep every night***
- ***57% would like to do more exercise***

Text B**Katy's website****about me****recipes****tips****links**

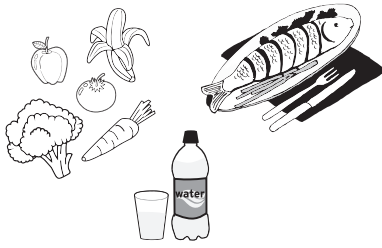
Hi, I've always loved eating healthy food but I didn't know how to cook. In fact, like a lot of young people, I didn't have much time to cook.

Then two years ago I did a cooking course and it's changed my life. On the course I learnt how you can make great meals in just half an hour. I thought cooking was difficult but it wasn't – and it was fun. The teachers also showed us websites with lots of recipes and ideas for cooking. We also learnt to cook with ingredients that weren't expensive.

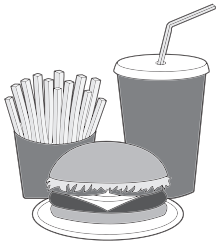
On this blog I want to share my ideas for healthy meals that are quick and cheap to make. Each day I'll show you a different recipe and I invite you to tell me what you think. So, if you love great food, try my website and let's enjoy healthy food!



Text C

Say YES to:




Say NO to:




Don't forget to keep active! Why  when you can 

Don't watch more than three hours of TV a day




Do eat three meals a day


08:00



13:00



18:00



Questions 21-25

Choose the **five statements** from A-H below that are **TRUE** according to the information given in the texts above. Write the letters of the **TRUE** statements on the lines below (in any order).

- 21.
- 22.
- 23.
- 24.
- 25.

- A Cooking is easy and fun.
- B Healthy food is expensive.
- C Some students say they want to do more exercise.
- D It is important to eat fish.
- E Watching a lot of TV is healthy.
- F Some websites offer recipes and useful information.
- G A lot of students walk to school.
- H You can cook a healthy meal in 30 minutes.

Questions 26-30

The summary notes below contain information from texts A-C. Find a word or phrase from the box at the bottom to complete the missing information in gaps 26-30. Remember to look back at the texts when you choose your answer from the word bank.

Write your answers on the lines below. You don't need all the words and phrases.

Notes**Reasons why there are problems today:**

- People don't eat the right food
- They don't do **(26.)**
- Students don't have enough sleep
- Young people don't cook **(27.)**
- People use their cars too often

The advantages of learning to cook healthy food:

- Quick
- **(28.)**
- Fun

Things people can do to change how they live:

- Walk more often
- Remember to **(29.)** in the morning
- Drink more water
- Don't eat **(30.)**

Word bank

cheap
 any sport
 fruit and vegetables
 have breakfast
 drive the car
 enough exercise
 fast food
 interesting
 healthy food
 go to bed early

Task 3 – Reading into writing

Write an essay (70-100 words) for your teacher about health and food.

Use the information you read in Texts A, B and C (pages 4 and 5) to:

- ▶ say what makes some people unhealthy
- ▶ say how food and drink can make you more healthy **and**
- ▶ describe other ways you can be healthy.

Do not copy from the texts. Use your own words as far as possible.

You should plan your essay before you start writing. Think about what you are going to write and make some notes to help you in this box:

Planning notes

(No marks are given for these planning notes)

Now write your essay of 70-100 words on the lines below.

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ISE Foundation Sample paper 1

Answers

Task 1 – Long reading

1. F
2. A
3. C
4. D
5. B

6-10 can appear in any order

6. A
7. B
8. D
9. F
10. H

11. six hours
12. 11%
13. more than
14. (very) popular
15. whale watching

Task 2 – Multi-text reading

16. C
17. B
18. A
19. A
20. C

21-25 can appear in any order

21. A
22. C
23. D
24. F
25. H

26. enough exercise
27. healthy food
28. cheap
29. have breakfast
30. fast food