Surname	Centre Number	Candidate Number
First name(s)		0

GCSE

3700U30-1

A22-3700U30-1

WEDNESDAY, 9 NOVEMBER 2022 – MORNING

ENGLISH LANGUAGE

UNIT 3

Reading and Writing: Argumentation, Persuasion and Instructional

2 hours

For Examiner's use only		
	Maximum Mark	**Mark Awarded**
Section A (Reading)	**40**	
Section B (Writing)	**40**	
Total	**80**	

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ADDITIONAL MATERIALS

Resource Material.

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions in Section A.

Answer **both** questions in Section B.

Write your answers in the spaces provided in this booklet.

If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

You are advised to spend your time as follows:

Section A - about 10 minutes reading
- about 50 minutes answering the questions

Section B - about 10 minutes planning
- about 25 minutes writing for B1
- about 25 minutes writing for B2

INFORMATION FOR CANDIDATES

Section A (Reading): 40 marks

Section B (Writing): 40 marks

The number of marks is given in brackets at the end of each question or part-question.

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SECTION A (Reading): 40 marks

In the **separate Resource Material** there are five texts on the theme of 'Sugar' labelled **Text A-E**. Read each text carefully and answer **all** the questions below that relate to each of the texts.

Text A

A1. Which of the following statements best describes what sugar is? Tick (✓) the correct box. [1]

- a natural ingredient that has been part of our diet for hundreds of years ☐
- a man-made ingredient that has been part of our diet for thousands of years ☐
- a natural ingredient that has been part of our diet for thousands of years ☐
- a man-made ingredient that has been part of our diet for hundreds of years ☐

A2. What is the most common type of sugar in the body? [1]

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A3. How many calories can be found in one teaspoon of sugar? [1]

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Text B

A4. Which of the following statements best describes what is meant by the word 'addiction' in this text? Tick (✓) the correct box. [1]

- something that you do every day ☐
- dependence on a particular substance or activity ☐
- when you are forced to do something against your will ☐
- a person who uses medication regularly ☐

A5. **Text B** shows the sugar addiction cycle. Put these stages into order by numbering them to show what happens to your body during this cycle.

One stage has been completed for you. [3]

- hunger and cravings ☐
- you eat sugar ☐
- blood sugar levels fall rapidly 3
- blood sugar levels rise rapidly ☐

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Text C

A6. The text mentions that people choose to 'steer clear of fatty foods'. What does this imply? Tick (✓) the correct box. [1]

- food that should be consumed frequently ☐
- food that is necessary for good health ☐
- food that is bad for you ☐
- food that should be avoided ☐
- food that is high in fat content ☐

A7. How does the writer try to persuade us that too much sugar is bad for our health? [8]

You must refer to the text to support your views.

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Text D

A8. In your own words, summarise the advice given about sugar in your diet. [4]

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A9. In **Text D**, the writer states that it is 'trendy to be sour on sugar'. Explain what this phrase means. [1]

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A10. Give **one** reason why **Text D** may not be a reliable source. [1]

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Text E

A11. What evidence is there to show that the writer thinks giving up sugar is very difficult? [6]

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A12. Write down **two** food groups that the writer feels are part of a sensible diet. [1]

1. .....

2. .....

A13. The writer mentions the 'utopian point of no longer craving sugar'. What is meant by the word 'utopian'? [1]

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A14. Compare what the writers of **Text D** and **Text E** think about eating sugar. [10]

You must make it clear from which text you get your information.

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SECTION B (Writing): 40 marks

In this section you will be assessed for the quality of your **writing** skills.

Answer question B1 below and question B2 on page 14.

B1. Write an article for a teenage magazine in which you give your views on the importance of celebrities in our modern lives.

Write your article. [20]

10 marks are awarded for communication and organisation; 10 marks are awarded for writing accurately.

You should aim to write between 200–300 words.

The space below can be used to plan your work before starting on the next page.

PLAN:

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ARTICLE:

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Turn over for Q.B2

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B2. 'There's really no harm in eating a sensible amount of sugar particularly if it's part of a balanced diet and comes with a side of exercise.'

Write a talk for your classmates persuading them to live a healthy lifestyle.

Write your talk. [20]

10 marks are awarded for communication and organisation; 10 marks are awarded for writing accurately.

You should aim to write between 200–300 words.

The space below can be used to plan your work before starting on the next page.

PLAN:

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TALK:

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END OF PAPER

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PLEASE DO NOT WRITE ON THIS PAGE

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Question number	Additional page, if required. Write the question number(s) in the left-hand margin.

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Question number	Additional page, if required. Write the question number(s) in the left-hand margin.	Examiner only

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WEDNESDAY, 9 NOVEMBER 2022 – MORNING

ENGLISH LANGUAGE

UNIT 3

Reading and Writing: Argumentation, Persuasion and Instructional

Resource Material

For use with Section A

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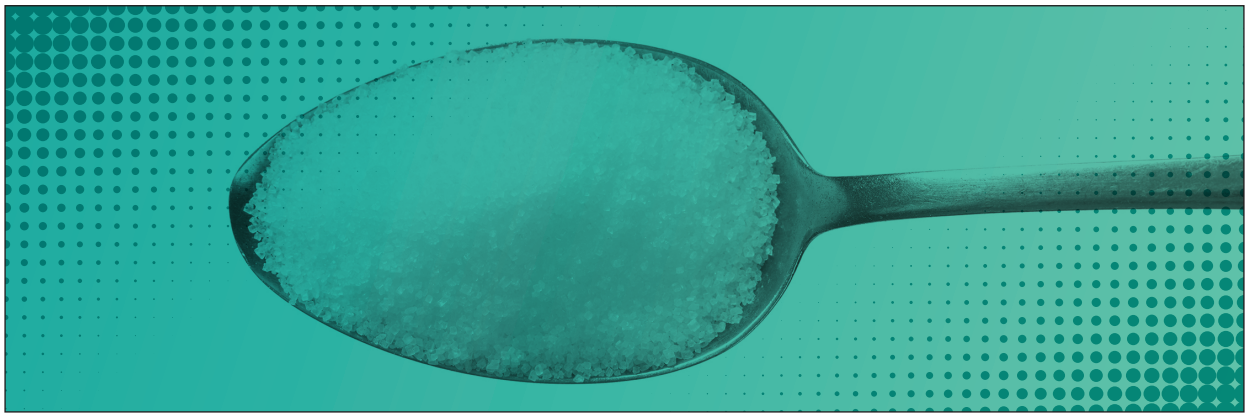
Text A provides information about sugar.

Sugar

Sugar is a natural ingredient that has been part of our diet for thousands of years. Sugars are carbohydrates that provide energy for the body. One teaspoon of sugar weighs 4 grams and contains 15 calories. The most common sugar in the body is glucose which you need to function properly.



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Text B shows the sugar addiction cycle.

Text C is taken from a science webpage.

In the 1960s, the Sugar Research Foundation paid three Harvard University researchers to ignore links between sugar and heart disease and to point the blame at fat instead.

This transformed today's diet, causing people to steer clear of fatty foods. This led many to eat sugar-packed snacks instead. But as research now shows, excessive sugar consumption can be devastating for our health.

Here's what sugar does to your brain and body.

Text D is an article which gives information about sugar.

We hear a lot about sugar and what we hear isn't always sweet. But is what we hear about sugar true?

You may have heard that we eat a dangerous amount of sugar and that we should eat less. This is true for most of us. Most of us eat too much added sugar, which is the kind that's added to processed food and is the most dangerous. Even if the sugar comes from a natural source, like honey, if it's added to a food then it is considered an added sugar. Eating an excessive amount of added sugar can increase your calorie intake. This may increase your risk of heart disease. Sugars found in foods like whole fruit and unsweetened dairy products are *not* added sugars.

Some say, "Honey is healthier because it's natural." On the surface, this seems reasonable. But if you dig deeper, you'll find that naturally-occurring sugars like honey are not more beneficial to health than refined sugars like granulated sugar. In fact, their impact on health can be just as problematic.

Completely cutting sugar out of your life doesn't sound so sweet and not eating sugar entirely would mean removing all foods that contain both natural *and* added sugars. By going down this route, whole foods like fruits, milk, yoghurt, and even some grains, nuts and vegetables would be off limits. Eliminating all foods that contain sugar makes it impossible to maintain a balanced diet.

Lowering your calorie intake by limiting or reducing your sugar intake can help you lose weight. But going on a no-sugar diet doesn't mean you can ignore calorie counts. To reach your desired weight, reduce your total daily calorie *and* sugar intake by choosing unsweetened versions of the foods and drinks you enjoy.

Instead of fearing sugar, become more aware of how much of it you eat and try to reduce your intake; even though it may be trendy to be sour on sugar, improving your diet doesn't have to mean eliminating sugar completely. Now *that's* some sweet news.

Text E is a blog written by someone who tried to give up sugar.

Giving up sugar was the worst thing I ever did

I'm sobbing at my desk. My colleagues look at me like I'm mad. "Are you okay?" they ask. I'm one month into life without sugar and I am definitely not okay. I have gone from eating at least one dessert a day to someone completely and utterly #sugarfree. It's a disaster. "I just… want… CHOCOLATE!" I wail.

Now, I've always eaten sensibly. My meals consist of carbs, proteins, good fats (like avocado and nuts) and lots of fruit and veg. I exercise and am a healthy weight, so I've never felt the need to diet. However, the constant bad news about sugar has got me worried. I am the average adult, who consumes at least 15 teaspoons of sugar a day. This may sound a lot, but there are seven teaspoons in just one fizzy drink can (the World Health Organisation recommends no more than six teaspoons a day).

I'd started to feel I was on a path to all-round destruction. I went online for moral support, and found the #nosugar celebrities, experts and nutritionists. They're all over Instagram, from Hollywood stars like Gwyneth Paltrow, to ordinary girls making rye porridge at home. They had one message: don't cut back on sugar – give it up entirely! In my state of confusion – and my desire for their glowing skin – I decide to do it. I give up desserts, alcohol and honey, but stick with the fruit.

My first fortnight involves mood swings worse than during puberty. I have agonising headaches and feel permanently hungover. I cry at my desk at 4pm daily when my lunch high wears off. I snap at people. Only the calming sweetness of a lovely banana helps.

After three weeks, my headaches clear. I feel semi-human, and when someone offers me a slice of birthday cake, I'm okay saying no. Has it worked? Have I reached the utopian point of no longer craving sugar? No. At 11pm I find myself desperately hunting some year-old Easter mini eggs that I know are in my cupboards somewhere. I used to be relaxed about food but now my weekly shop takes double the time as I stress about what to buy. At birthday dinners I miserably watch people eat cake and drink wine while I sip on a tap water.

Two months in, one of my colleagues snaps, "You're obsessed with not eating sugar for no reason. You're not overweight, your teeth are fine and you eat loads of vegetables. Why are you putting yourself – and us – through this?"

It was the reality check I needed.

Personally, I'd rather work on my willpower than face the miserable effects of a #nosugar life. In those two months, I even started to feel guilty about eating apples.

There's really no harm in eating a sensible amount of sugar particularly if it's part of a balanced diet and comes with a side of exercise. I've learned to ignore the #nosugar crew. They might mean well but following their advice can do more harm than good. Just look what it did to me.