



Functional Skills Certificate

FUNCTIONAL ENGLISH

Component 1 Reading Level 2

Insert

The three sources that follow are:

- Source A: a news report on the dangers of sunbeds
- Source B: a factsheet about solar panels
- Source C: an article about the risks of sun exposure

**Please open the insert fully
to see all three sources**

Source A



TANNING ADDICT WARNS OF SUNBED DANGERS

"I started using sunbeds when I was 13... six years later I had skin cancer."

Megan Worrall first used sunbeds when she was just 13 years old. She thought they were beneficial, boosting vitamin D and helping the skin. But at 19 she noticed changes to a mole and was diagnosed with melanoma – the most aggressive form of skin cancer.

She has shunned sunbeds for three years and now only spray tans. Miss Worrall urged other people to stop using sunbeds to avoid cancer.

Lured by the glamorous pictures of tanned women on the walls of the sunbed salon, Miss Worrall believed two sessions a week was good for her health. But six years later while watching Channel 4's *Embarrassing Bodies*, she noticed changes to a mole on her leg.



A dermatologist removed that mole and another from her stomach, leaving a 9cm scar on her leg. Megan was then told she had the most deadly form of skin cancer, melanoma, which can spread quickly to other parts of the body.

In 2005 it was illegal for anyone under the age of 16 to use a sunbed. Today the age limit has been raised to 18. By the time she was 16, Miss Worrall was regularly using sunbeds at least twice a week. And she said many of her peers at school were jumping on the sunbed wagon.

"Lots of the boys at school suffered acne and so would go on sunbeds to clear their skin up. Coming into school burned, and saying we had been on a sunbed, which you had to be 16 to go on, was almost a badge of honour."

Today the 22-year-old is in remission and is an ardent critic of sunbeds, urging young people to choose safer, fake tanning products. "Sunbed salons are full of pictures of beautiful women on the walls suggesting there are health benefits and there is lots of advertising saying vitamin D is good for your health."

Source B

Solar energy – energy from the sun – has become an incredibly important part of the world that we live in.

Solar panels use sunlight to produce electricity. These panels are normally mounted on the roof and angled to face the sun. Countries all around the world are using solar energy to reduce their dependence on fossil fuels.

Solar energy is a renewable source of energy which means we cannot run out of it. Unlike fossil fuels, which will expire in another few decades, solar energy is never going to expire. We will continue to get solar energy as long as the sun is there. It is also sustainable: in other words we can use it to meet the needs of the present without affecting the needs of the future generations. The sun is going to last for another 6.5 billion years, according to NASA, and there is no way that we could overuse it!

Solar panels give off no contamination: once they're actually installed on your home, they are doing absolutely nothing negative to the atmosphere, unlike other forms of standard energy.



Solar panels can be installed on any number of roofs and can end up saving you and your family a lot of money as well. Even though the installation cost of solar panels can be quite high, they give a free supply of power, which means that they will eventually pay for themselves. Moreover, homeowners can sell the surplus electricity generated to energy companies to reduce their monthly electricity bill.

Sunlight is available throughout the world and can easily be harnessed by every nation. The only drawback is that it can only be harnessed during daytime. It is estimated that the world's oil reserves will last for about 50-60 years, whereas sunlight is available forever.

Solar panels also:

- ☀ require little maintenance
- ☀ need cleaning only a few times per year
- ☀ last for about 20-25 years
- ☀ produce power quietly (unlike wind turbines).

The most significant disadvantage of solar energy is how much it costs to install the solar panels on your home.

Source C**LOVE THE SKIN YOU'RE IN**

Skin cancer is one of the most common cancers in the UK, and too much sun can increase your risk. Exposure to sunlight can also affect your eyes. In 2010, around 100,000 people were diagnosed with skin cancer in the UK. Each year, around 2,200 people die from skin cancer.



Getting sunburnt causes the top layers of skin to release chemicals that make blood vessels swell and leak fluids. Skin turns red and feels hot and painful, and severe sunburn can lead to swelling and blisters.

After you've been sunburnt, the skin peels to get rid of damaged cells. Eventually, it will heal and look healthy, but permanent damage may have been done. Some experts believe that just one episode of blistering sunburn before the age of 20 can double your chance of getting malignant melanoma.

The short-term risks of sun exposure are sunburn and sun allergy. The longer-term risks include skin cancer and eye problems such as cataracts.

Sun damage doesn't just happen when you're on holiday in the sun. It can happen when you're not expecting it, for example when you go for a walk or sit in your garden.

Other risks to the eye include a condition called pterygia – growths on the surface of the eye. It's also possible to burn the surface of the eye, similar to sunburn on the skin.

Years of sun exposure can lead to premature skin ageing and wrinkling. Solar keratoses are rough, scaly pre-cancerous spots often found in older people.

Skin cancers are caused by damage from the sun's ultraviolet (UV) rays. UV rays penetrate deep into the skin and damage cells. These cells are then at risk of becoming cancerous. You can't feel UV damaging your skin and it happens even when the sun doesn't feel hot. Protect your skin from the sun to help prevent these cancers.

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**Open out this page to see
Source A and Source B**

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