



Functional Skills Certificate

FUNCTIONAL ENGLISH

Component 1 Reading Level 2

Insert

The three sources that follow are:

- Source A: a leaflet about Social Bite, a sandwich shop with a difference
- Source B: a webpage about learning to become a chef
- Source C: an extract on how UK families blow twice as much money on food waste as they think

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

Source A

**This item has been removed because of third party copyright restrictions.
It is a text about Social Bite shops.**

Source B



He's been yelled at by Gordon Ramsey, worked with Jamie Oliver and created dishes in top Michelin Star restaurants. Top chef Elton Inglis says getting that culinary cred is no walk in the park, as his advice below shows.

With the countless cooking TV shows plaguing our screens, you'd think learning to be a chef was as easy as whacking on an apron and a flouncy hat and releasing a cook book. But becoming a chef is a hard, long road and not at all glamorous.

There's no such thing as a 40 hour week and weekends off. When you first get into kitchens your days off are like gold – they are so precious and all you want to do is spend your cash. Count on working 60 – 80 hour weeks on your feet. And the pay is rubbish. Prepare to be broke for the first few years of your career.

Your social life is destroyed. Your friends will stop inviting you out after you've said 'no' to them too many times in the past because of work commitments. You work unsociable hours, you're out at night and sleep all day. You end up spending a lot of social time with your workmates.

You will probably get yelled at. A lot. Kitchens are tough. Most apprentices will not make it past their first year. You will work for a chef that has been abused and battered for their whole career and when they finally reach the top, they may get some of their own back on their staff. You need to be strong. Perseverance and determination does pay off in the long run.

Learn to get used to sweating. A kitchen is a really, really hot place to work. Learn to get used to cuts and burns. These are a normal occurrence as a chef – part of the job.

You will meet some interesting people. Kitchens all over the world are full of travellers, foreigners, students and many different nationalities. People tell you stories about their lives that you would never expect from them!

You will become multi-talented. Learning to be a chef isn't just about whipping up delicious meals. You will deal with kitchen management, scheduling, menu planning, food ordering and hiring, firing and training of staff.

Being a chef is often thankless, but when you hit your stride and start to produce delicious dishes that are being enjoyed by guests, that's rewarding enough for me.



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Source C

UK families blow twice as much money on food waste as they think

A YouGov study for Sainsburys reveals the average family of four throws away the equivalent of 11 meals – or nearly £60 – a month.

Sainsburys this week started a partnership with Swadlincote in Derbyshire, where it is spending £1m in an ambitious bid to cut food waste. The 'Waste Less, Save More' project aims to reduce food waste by 50% and save the average household £350 a year.

In the first steps of working with the small market town, it will be giving a free fridge thermometer to all households, to ensure appliances are at their optimum temperature.

The supermarket is also looking at special 'leftover labels' that display a mini countdown to tell householders when food needs to be eaten before going off. It will also look at the role packaging and labelling can have on food waste.

Mike Coupe, Sainsburys' chief executive, said: "Food waste is one of society's biggest environmental issues at the moment and there is a genuine passion across the UK to tackle it."

Later, the project hopes to test smarter kitchen appliances, for example, a smart fridge so that people can check on their phone what they have at home. 'Zero waste' personal shoppers may be introduced to help residents shop for what they actually need.

Trewin Restorick of the environment charity Hubbub said, "Hopefully this will go on to have a national impact." And the first step should be ... falling in love with your freezer. "Freeze as much as you can the day you buy it," says Trewin.

Also planned is a new app called Olio which allows neighbours, friends and cafes to share surplus or unwanted food by posting pictures of it online and enabling those who can use it to get in touch.



Of the estimated 15m tonnes of food thrown away in the UK each year, more than half is disposed of in people's homes.

END OF SOURCES

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