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Please check the examination details below before entering your candidate information

Candidate surname	Other names

Centre Number | Candidate Number

Pearson Edexcel International GCSE

Tuesday 31 October 2023

Morning (Time: 2 hours)

Paper reference **4ES1/01**

English as a Second Language

PAPER 1: Reading and Writing

You must have:
Insert Booklet for Part 1, Part 2, Part 3 and Part 6 (enclosed)

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided – *there may be more space than you need.*
- Dictionaries may **not** be used in this examination.

Information

- The total mark for this paper is 100.
- The marks for **each** question are shown in brackets – *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ▶

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READING

Answer ALL questions in this section.

Part 1

Read 'Moors Adventure Park' in the Insert Booklet, Part 1, page 3, and answer Questions 1–10.

Questions 1–10

Identify which paragraphs (A–J) contain information listed in Questions 1–10 by marking a cross for the correct answer ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

You must choose answers only from the information given. Paragraphs may be used more than once or not at all.

1 Which paragraph refers to spending time on the water?

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

(1)

2 Which paragraph refers to changing your footwear?

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

(1)

3 Which paragraph refers to a facility that closes for some of the year?

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

(1)

4 Which paragraph refers to help for new parents?

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

(1)

5 Which paragraph refers to a recently added activity?

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

(1)

6 Which paragraph refers to paying for your activities?

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

(1)

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7 Which paragraph refers to an alternative in bad weather?

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

(1)

8 Which paragraph refers to an activity that can get busy?

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

(1)

9 Which paragraph refers to a choice of walking routes?

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

(1)

10 Which paragraph refers to competing in groups?

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

(1)

(Total for Questions 1–10 = 10 marks)

TOTAL FOR PART 1 = 10 MARKS

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Part 2

Read the article 'Night Running' by Jessica Salter in the Insert Booklet, Part 2, pages 4–5 and answer Questions 11–25.

Questions 11–20

Answer the following questions. For each question write no more than THREE words that must be taken from one point in the text. DO NOT write full sentences.

11 What would Jessica Salter be doing if she was at home?

(1)

.....

12 How does going on a night run with her group make Jessica feel?

(1)

.....

13 How much does it cost to exercise with the Midnight Runners?

(1)

.....

14 What activity does Jessica compare night running to?

(1)

.....

15 Which charity hosts its own running events?

(1)

.....

16 How often do adults have to exercise in winter to benefit their mental health?

(1)

.....

17 What does Jessica think group members can help each other with?

(1)

.....

18 How does Jessica feel about being out in cold weather?

(1)

.....

19 Where in Central London does Jessica meet her running group?

(1)

.....

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20 What does Jessica think about the guided runs provided by fitness outlets?

(1)

.....

(Total for Questions 11–20 = 10 marks)

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Questions 21–25

Identify which of the options (A–D) is correct for Questions 21–25 by marking a cross in the box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

21 According to the text, the Midnight Runners

(1)

- ☒ **A** get together one night a week.
- ☒ **B** avoid running in public places.
- ☒ **C** tend to be professional runners.
- ☒ **D** have to run at a certain speed.

22 Some people prefer night running in the winter because

(1)

- ☒ **A** they prefer to run on their own.
- ☒ **B** there are fewer people around.
- ☒ **C** they can train for special events.
- ☒ **D** the weather is more challenging.

23 Studies about exercise have shown that

(1)

- ☒ **A** exercising with others is more suited to certain activities.
- ☒ **B** being part of a group is uncomfortable for some people.
- ☒ **C** people feel the benefit of being part of an exercise group.
- ☒ **D** taking part in a group activity makes you feel more tired.

24 Which of the following is true about running in winter?

(1)

- ☒ **A** You use less energy running in cold weather.
- ☒ **B** You should run more slowly to avoid injury.
- ☒ **C** You will take a little longer to get warm.
- ☒ **D** You should wear specialist winter clothing.

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25 Which of the following is true about the Midnight Runners?

(1)

- ☒ **A** The group is now more popular with women.
- ☒ **B** The group runs a different route every week.
- ☒ **C** The group uses volunteers to time the runners.
- ☒ **D** The group considers the safety of its members.

(Total for Questions 21–25 = 5 marks)

TOTAL FOR PART 2 = 15 MARKS

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Part 3

Read the article 'The Sunshine Vitamin' by Oliver Gillie in the Insert Booklet, Part 3, pages 6–7 and answer Questions 26–45.

Questions 26–30

Read the statements below. Decide whether they are TRUE, FALSE or NOT GIVEN according to the text.

Mark a cross ☒ for the correct answer. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

	True	False	Not Given
26 The best time of day to get some sun is in the early morning.	☒	☒	☒
			(1)
27 Oliver Gillie believes that in Britain there is enough sunshine for it to be a good source of vitamin D.	☒	☒	☒
			(1)
28 There has been an increase in the number of people taking up outdoor activities.	☒	☒	☒
			(1)
29 Oliver is encouraged by the new findings about children's health.	☒	☒	☒
			(1)
30 Having a modern lifestyle makes it difficult to produce enough vitamin D.	☒	☒	☒
			(1)

(Total for Questions 26–30 = 5 marks)

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Questions 31–40

Complete the following sentences using no more than THREE words that must be taken from one point in the text.

31 Vitamin D is formed in ..... when it is exposed to sunlight.

(1)

32 Ultraviolet B rays are most effective when they travel ..... to reach us.

(1)

33 We only need to be in the sun for ..... every day to benefit our health.

(1)

34 The ..... are able to get enough vitamin D from what they eat.

(1)

35 In the past, as ..... were basic, people spent more time outdoors.

(1)

36 Those with ..... are likely to enjoy better health than those who work in an office.

(1)

37 In terms of health, ... are becoming more aware of the role of vitamin D.

(1)

38 Over the last 10 years, ... has revealed the importance of vitamin D.

(1)

39 It has been proven that vitamin D helps ..... to perform better.

(1)

40 People in Britain could eat more foods, such as ..... , to support their diet.

(1)

(Total for Questions 31–40 = 10 marks)

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Questions 41–45

Complete this summary of the text using words from the box below. Each word may be used once or not used at all.

Vitamin D is important for many aspects of our physical health. During the **(41)** ..... months, if people spend enough time outdoors, they should be able to make what their bodies need.

According to Oliver Gillie, many people now spend most of their time **(42)** ..... and they miss the opportunity to make vitamin D naturally. Worryingly, a lack of this vitamin is linked with medical conditions in **(43)** ..... . At the same time, it has now become clear that vitamin D **(44)** ..... a range of functions.

Oliver is **(45)** ..... that people in Britain have the time to get the vitamin D they need from sunlight.

spring	indoors	sure	adults	limits
doubtful	athletes	supports	working	summer

(Total for Questions 41–45 = 5 marks)

TOTAL FOR PART 3 = 20 MARKS
TOTAL FOR READING = 45 MARKS

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WRITING

Answer ALL questions in this section. Write your answers in the spaces provided.

Part 4

You and your family are having a celebration and you would like your friend to come.
Write an email to your friend about it.

In your email you **must:**

- write about what your family is celebrating
- state where and when the celebration will take place
- invite your friend to the celebration.

You **must** write between **75 and 100 words only**.

(10)

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TOTAL FOR PART 4 = 10 MARKS

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Part 5

You have been asked to write an article for the school magazine about meeting up with friends online and meeting up with friends face-to-face.

In your article you **must:**

- give **two** benefits of meeting up with friends online
- give **two** benefits of meeting up with friends face-to-face
- state which you prefer and why.

You **must** write between **100 and 150 words only**.

(20)

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TOTAL FOR PART 5 = 20 MARKS

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Part 6

You are doing a project for your teacher about how to live a more environmentally-friendly life. Read the text in the **Insert Booklet, Part 6, page 8** and write a summary for your teacher.

In your summary you must:

- give **three** changes you can make to your lifestyle to be more environmentally friendly
- give **two** ways in which making lifestyle changes can help the planet
- give **your predictions** on whether individuals will make more lifestyle changes to help the planet in the future.

You **must** write between **100 and 150 words only**. You **must** use your own words where possible.

(25)

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TOTAL FOR PART 6 = 25 MARKS
TOTAL FOR WRITING = 55 MARKS
TOTAL FOR PAPER = 100 MARKS

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Pearson Edexcel International GCSE

Tuesday 31 October 2023

Morning (Time: 2 hours)

Paper reference **4ES1/01**

English as a Second Language

PAPER 1: Reading and Writing

Insert Booklet
For Part 1, Part 2, Part 3 and Part 6
Do not return this Booklet with the question paper.

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Part 1

Moors Adventure Park

A The adventure park is open all year round. There are a range of entry options, so you can include the activities you want to do in your entry price. We open at 10 a.m. and close at different times, depending on the time of year. There is plenty of free parking.

B Inside our woodland area, there are several paths lined with activities. Every path leads to a different adventure playground, including a large sandpit area and a climbing challenge. Children can spend time swinging through the trees and using their imagination in the pirate ship.

C The Moors Cafe serves home-made meals, cakes and snacks. Our hot chocolate drinks are the perfect treat after burning all that energy in our adventure playgrounds. We are also baby friendly, offering a microwave for heating up baby meals and a bottle warmer for you to use.

D Join us for fun on four wheels on our outdoor roller skating rink. We provide the footwear, and skates are available in all sizes. You can stay on the rink for as long as you like. The rink is in front of the Moors Cafe, where you can relax and enjoy watching everyone having fun.

E Whether it's raining or not, our friendly team is ready with a number of craft activities if you need a break from the outdoors. You can choose a picture to colour, make an animal mask, or even have your face painted. Come and join us and get creative.

F Our go-karts are fantastic fun and have adjustable seats to fit all ages five and above. We also have karts with an extra seat for even smaller passengers to ride along with an adult. As the go-karts are so popular, the queues for them can get quite long. Each session lasts for 20 minutes.

G The ice cream parlour is open over the spring and summer only. It is the perfect spot to sit and enjoy one of our 20 flavours of ice cream, served in tubs or cones, together with a choice of flakes, sprinkles and sauces. You will not be disappointed.

H Our Laser Adventure is suitable for those aged seven and over**.** Unlike paintballing, it is a team game where there's no mess and, best of all, no bruises. With lots of places to hide and a large area to run through, teams are going to have to work hard to win.

I Take a peaceful ride around the lake in one of our pedal boats. Each boat holds one adult and one child. Boats are available for an hour, so the whole family can take turns. This activity is aimed at young children and their parents. Life jackets are provided.

J Make sure you visit our outdoor activity zone, with its new obstacle course. The activity zone also has a massive air-filled pillow for bouncing on and a huge double lane slide, providing hours of fun for both adults and children. You must remember to remove your shoes before entering this area.

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Part 2

Read the article by Jessica Salter.

Night Running

It's 8 p.m. on a Tuesday; it's dark outside and the air is crisp. Instead of staying in and watching a movie, I'm running down a dimly lit subway. On my own, I'd be terrified. I usually avoid anywhere that might be unsafe in the dark, but tonight I'm running with the Midnight Runners. We're all wearing reflective clothing. On this occasion, a playlist of songs is booming from portable speakers and we're laughing. As strange as it sounds, and no doubt looks to the people we pass, I'm thrilled to be a part of it.

Running in the dark is a practical necessity for anyone who wants to keep training during the winter. This could be office workers who can't get outside in daylight hours. However, due partly to groups such as the Midnight Runners, running in the dark is becoming a serious global trend. The Midnight Runners host weekly sessions in 11 cities worldwide and it's free. While there's no pressure to run quickly, when I check my running app later that evening, I see that I've run much faster than when I'm out running alone.

Participants always speak about the sense of freedom and playfulness that running through the city at night offers. At times, all you can hear is your breathing and the sound of your footsteps. I'd definitely say it was similar to meditation. Some people also prefer running in the dark in the winter. In the summer, the streets can feel very crowded, but at night in the colder months, there's a freedom to running through the city when it's less busy. It's incredibly liberating.

Night-running events, which often start at midnight, include full and half marathons that take place in various cities around the world. There is also an event called 'Run in the Dark' that takes place in November, which includes 5 or 10 kilometre runs at multiple locations. The National Trust, a leading British charity, also puts on a series of night runs on its private grounds across England from October until February.

The benefits of running in the dark are more than just physical. Losing precious evening light in winter can affect our mental health. However, a study found that adults who work out regularly have significantly improved mental health than those who don't. A wealth of evidence also points to the social benefits of exercise and the positive effects of working in groups. Wanting to belong is a basic human need. Exercising, or doing the same thing at the same time as other people, helps fulfil this need. We feel part of the group and, I think, being able to support others with their tiredness after exercising, strengthens that sense of belonging.

Of course, there are plenty of reasons you can use to talk yourself out of night running: not least the winter weather and a general feeling that you'd rather hibernate. However, there's a growing body of evidence that suggests that exercising in cold temperatures actually helps you burn more energy. Personally, I feel very comfortable taking on the winter elements. In cold weather, it's best to start running slowly and speed up gradually. At lower temperatures, your body will not heat up as quickly as usual. Runners are advised to dress in layers that can be taken off as they start sweating.

As a female runner, safety issues have previously put me off going for runs in the dark. This is where running with a group can help. I meet the Midnight Runners in a park in Central London at 7 p.m. – thankfully not at midnight. They have a carefully plotted, set route that involves no road crossings, and their volunteers ensure that the 150-strong group sticks together, no matter what speed you run at.

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They are not the only night-time running group around; along with local clubs for the more serious runners, there are others, including the free guided runs put on by some fitness outlets nationwide. Speaking from experience, they are surprisingly well attended. Alternatively, you can always form your own group or run alone. Whichever option you choose, make sure you can be seen by others, including cyclists and drivers, by wearing reflective clothing or wristbands and lights.

(Source: https://www.telegraph.co.uk/health-fitness/body/rise-night-running-like-parkrun-absolutely-love-dark-run/)

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Part 3

Read the article by Oliver Gillie.

The Sunshine Vitamin

Vitamin D is the only vitamin we make ourselves through exposure to sunlight. The ultraviolet B rays from the sun help with the formation of this vitamin in the skin. We now know that vitamin D is not only important for healthy bones, but for the health of almost all the tissues and organs of the body. Ultraviolet B rays are easily absorbed by the atmosphere, and so only reach us when the sun is above an angle of 45 degrees, providing a short path through the atmosphere. In winter, when the sun is at a low angle, ultraviolet B is fully absorbed by the atmosphere and never reaches us.

It is therefore extremely important in the summer months to expose some of our skin to the sun during the middle of the day. The vitamin can be stored in the body for up to three months, and ideally people make enough over the summer to get them through the winter. Just 15 minutes' sun exposure of hands and face each day should be all that is needed to provide adequate levels of vitamin D. However, in my opinion, most people nowadays lead busy indoor lives, with many working in offices, having little opportunity for sun exposure at this time of day. In addition, many people are confused about how much exposure, if any, they should have to the sun.

North American Indians, or the Inuit as they are better known, eat a diet rich in fish, seal and whale, and they are able to obtain enough vitamin D from the food they eat. Unfortunately, the typical diet in Britain and Europe does not provide anywhere near enough of the vitamin we need for full health. In fact, today, we only obtain small amounts of vitamin D as many foods contain little or no vitamin D. It is clear to me that for most of us, sun exposure is our primary natural source of vitamin D, even in Britain, where the sun is so unreliable.

The first settlers to the British Isles lived along coastlines and rivers, and fish must have formed a large part of their diet. They also must have spent much more time in the sun than we do now, due to their shelters being more primitive. Nothing like the comfort we take for granted today. In times gone by, when a sunny day came in April after weeks of winter weather, they probably sat outside and enjoyed the gentle spring sun. Living such outdoor lives, they would naturally get plenty of summer sun and gradually build up a good reserve of vitamin D. In addition to this, they would develop a natural resistance to burning as the summer progressed and the sun became stronger.

In terms of our modern lifestyles, people who have outdoor jobs receive greater health benefits from being out in the sun than indoor workers. People who spend their weekends outside receive greater benefits from being out in the sun than people who spend their leisure time indoors. The sunshine, by encouraging the production of vitamin D, actually protects us from many health conditions.

Vitamin D has been known for many years to be important for the growth and health of bones. Adults who are short of vitamin D may suffer from a weakness of the bones, accompanied by pain in the bones and muscles. Nowadays, doctors are beginning to realise that insufficient vitamin D could be the cause of the problem. Children who do not get enough vitamin D may suffer from rickets, a condition that affects how the bones in the legs develop. We have known for a hundred years how to prevent this disease. I was saddened to learn that it has become increasingly common in Britain, as even children are leading more indoor lives now.

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Over the last decade, research about vitamin D has made great progress. We now know that vitamin D protects us against many illnesses and it is also vital for the normal development of the immune system. In addition, vitamin D interacts directly with our DNA, and so switches some 1000 genes on or off as development progresses and as the body signals different needs. This is important for optimum body function, as shown by the fact that athletes can run faster and jump higher when they get plenty of vitamin D.

I would have to agree with all the studies that it is common for people in Britain, and indeed anyone living a modern lifestyle, to have less than the optimum level of vitamin D, as we do not have enough strong sun at convenient times when we are free to enjoy it. For those of us wanting to improve our health, perhaps we need to increase our intake of foods, like spinach and oatmeal for example, that are rich in vitamin D.

(Source: http://www.theecologist.org/green_green_living/1927757/vitamin_d_the_sunshine_vitamin_most_indoor_workers_are_lacking.html)

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Part 6

Living a more environmentally-friendly life

People are becoming more willing than ever before to make changes to their lifestyles to help the planet. Here, we take a look at some of the easiest ways you can go green and reduce your carbon footprint.

Shopping habits

Shopping from the comfort of your own home might seem lazy, but it is actually good for the environment. It means fewer car trips and fewer carbon emissions as only one van is used for several deliveries. To be more eco-friendly, most of the major supermarkets also offer customers the option of selecting 'no bags' when ordering.

According to the UK Tea and Infusions Association, millions of teabags are used every day in Britain. However, while many are seen as compostable, the majority of those sold are only 70 to 80 per cent biodegradable. This is because they contain plastic, which is used to heat-seal them. So, why not make the switch to a fully biodegradable teabag? Some companies have already launched teabags made from plant-based material. They are free of plastic and 100 per cent biodegradable.

When it comes to living an eco-friendly life, clothes shopping is not exactly the kindest thing we can do for our planet. However, thanks to the rise of swap shops, there is now a new way to get your fashion fix. This way of shopping does not contribute to the estimated £100 million worth of clothing waste that goes to landfill in Britain every year. Otherwise known as 'swishing', the concept is simple: you bring clothes that you no longer wear and swap them for clothes other people no longer wear. There are many such events you can attend across Britain.

Use of paper

It is common for households to receive lots of different leaflets and bills through the post, so making changes here can lead to a massive reduction in the amount of paper that is used. To make a difference, cancel subscriptions to unnecessary catalogues and opt for paperless billing and statements from your bank, gas and electric providers. Not only will this be more environmentally friendly, but it means you can view your bills anytime, anywhere.

Managing tasks is an important skill that requires a sharp memory and a never-ending pile of to-do lists. So, instead of having to cope with lots of hand-written notes, try using your smartphone instead. Here, you can enlist the help of a range of apps to get on top of your to-do lists. They are also especially good for sharing with housemates or partners to avoid doubling up on things like grocery shopping, which means less food waste.

Governments and companies worldwide are being pushed to make big changes that will benefit the environment. However, by making small changes to our lifestyles, we, as individuals, can all contribute to a greener world.

(Source: https://www.independent.co.uk/life-style/world-environment-day-2018-how-live-ecofriendly-green-life-a8384761.html?R=40316#R3Z-addoor)