



Midhurst Rother College

The best in everyone™

A member of United Learning Trust

A L A N Testing

A Adult

L LITERACY

A PASS is worth



half a B at GCSE

A and

N NUMERACY

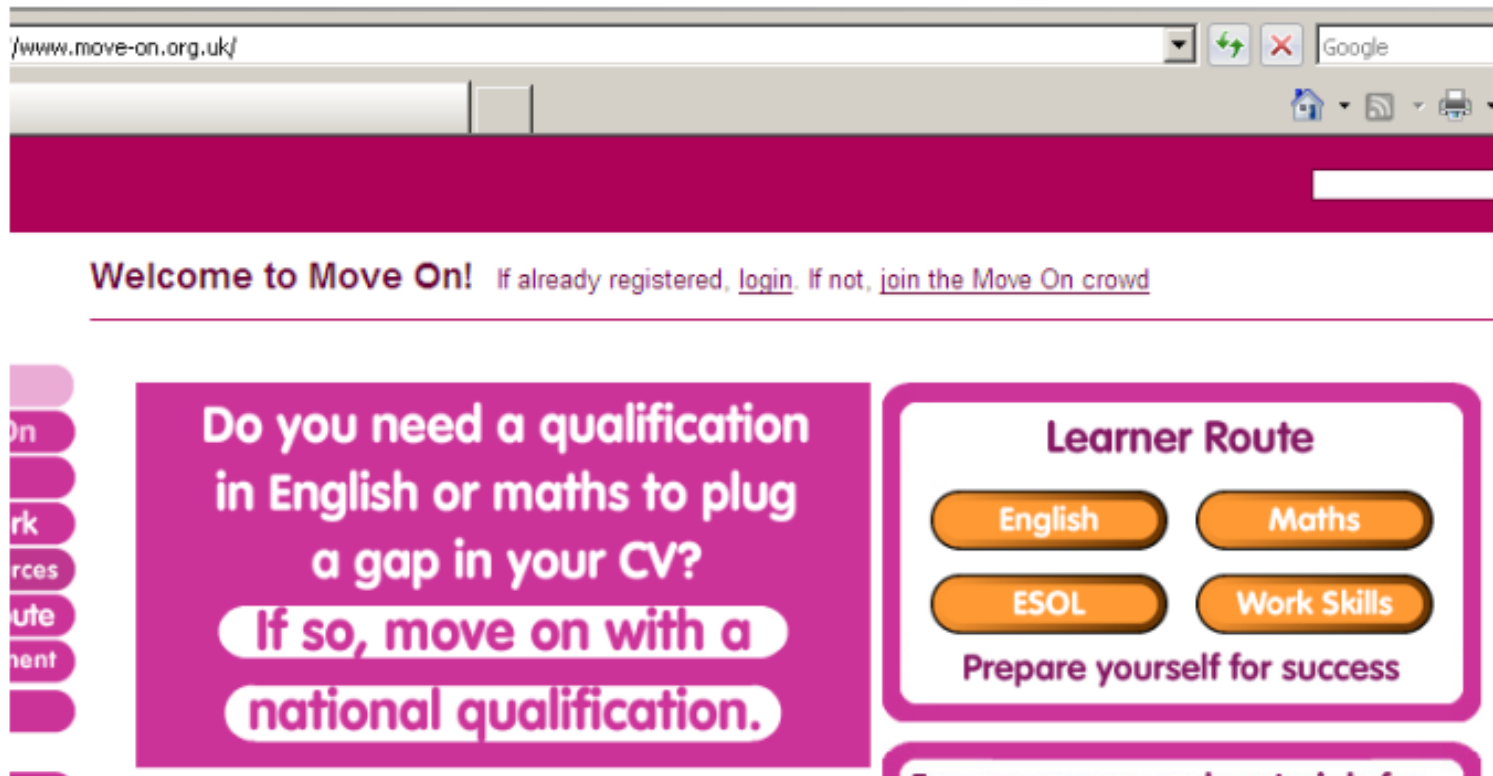
A PASS is worth



half a B at GCSE

The site to practise on at home or at school is

www.move-on.org.uk



The image shows a screenshot of a web browser displaying the homepage of www.move-on.org.uk. The browser's address bar shows the URL. The page features a dark blue header with the text "Welcome to Move On! If already registered, [login](#). If not, [join the Move On crowd](#)". Below the header, there are two main content boxes. The left box is dark blue with white text asking if the user needs a qualification in English or maths to plug a gap in their CV, and if so, to move on with a national qualification. The right box is light blue with a dark blue border, titled "Learner Route", and contains four buttons for "English", "Maths", "ESOL", and "Work Skills", with the text "Prepare yourself for success" below them. A vertical sidebar on the left contains several buttons, some of which are partially visible.

www.move-on.org.uk

Welcome to Move On! If already registered, [login](#). If not, [join the Move On crowd](#)

Do you need a qualification in English or maths to plug a gap in your CV? If so, move on with a national qualification.

Learner Route

English Maths

ESOL Work Skills

Prepare yourself for success

You must register on your first visit to the site

Welcome

Welcome to the Learner Route!

The Learner Route is designed to help you prepare for the Literacy Level 1 and Level 2 tests. Passing this National Test will enable you to gain a qualification in English, the National Certificate in Adult Literacy.

To enter the Learner Route, please log in by typing your username in the box. If this is your first visit then please Register to continue using the route.

Login

Username

Login



Registration

Welcome to the registration page for Prepare yourself for the test: Literacy, the Move On Learner Route. By registering you'll have access to resources to help you prepare for the National Tests.

Next time you visit just log in to start where you left off.

To register please type a username in the box and make a note of this username for the next time you visit. It would also help us if you enter your e-mail address, so we can contact you to find out how you get on.

Prepare yourself
for success

Literacy

Fast track

Want a fast track to the L1/L2 tes
Click here!

Fast track

Registration

Username

E-mail (optional)

Are you working:

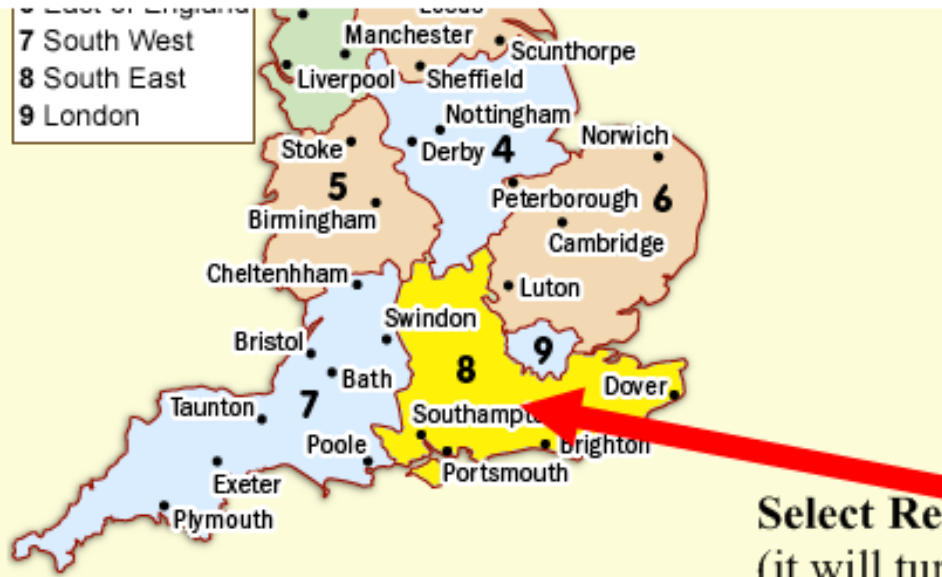
in a centre or with support from a teacher?

on your own?

Choose a **USERNAME** that is particular to you and keep a record of your choice.
A nickname or coded username is great.

Your own name may be OK but other people in the country may share your name.

Click the first option here.



Select Region 8
(it will turn yellow)

2. Please select the campaigns that you have participated in.

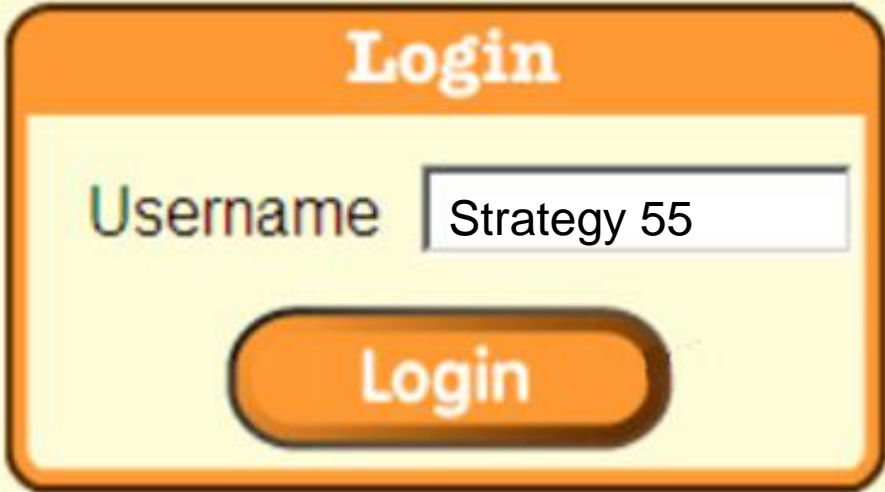
- Test the Town
- Test the Company
- Test the Council
- Get On

Ignore 2

Register

Click the register

You only need to register on your first visit to the site.



The image shows a login form on a light yellow background. At the top is an orange rounded rectangle with the word "Login" in white. Below this is a white rounded rectangle containing the text "Username" and a text input field with the value "Strategy 55". At the bottom of the white rectangle is an orange rounded button with the word "Login" in white.

When you return to the site you just need to login with your chosen Username.

The site remembers what tests (or parts of tests) you have already tried.

You can also re-try any test to improve your scores.

You've registered!

Thank you for registering for Prepare yourself for success: Literacy, the Move On Learner Route. Please [click here](#) to continue preparing for the qualification.

Next time you visit just log in to start where you left off.

[click here](#)



Learner Route: Literacy

Welcome. If you want to find your skills level choose from one of these two options:

- Use our mini-test - a quick, fun way of giving you an idea of your skills level.

[Mini-test](#)

- Try the initial assessments - a longer way that gives a more accurate idea of your literacy level and more information about your skills.

[Assessment](#)

[Workplace assessment](#)

If you know your skills level choose the level you want to work at.

[Start at L1](#)

[Start at L2](#)

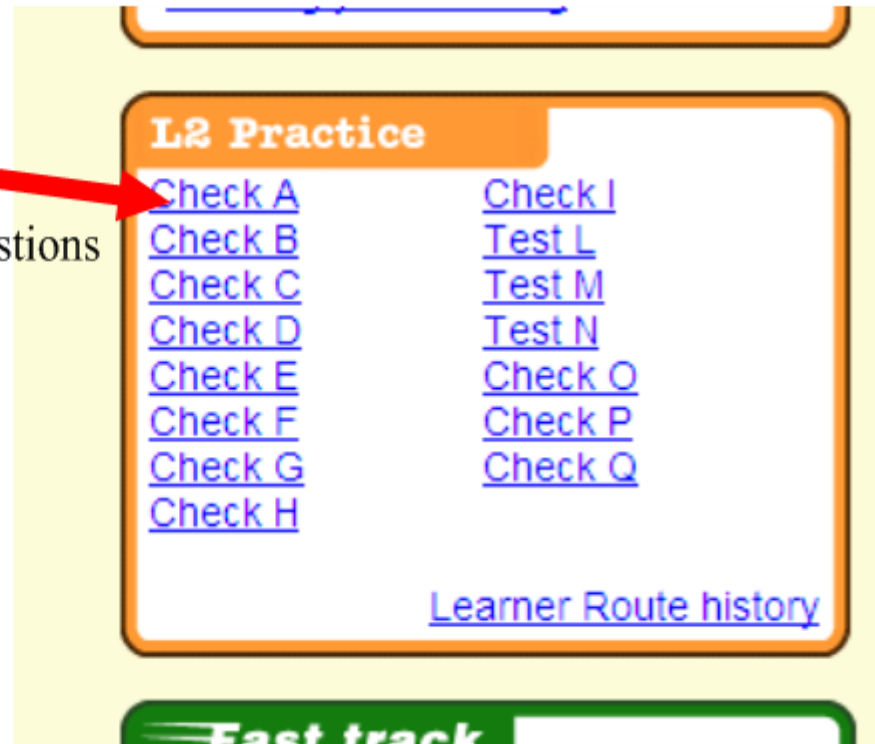
If you want, you can just look around by using our [Quick links](#).

[click here](#)

The image shows a digital interface for selecting a learner route. It features a purple header bar on the left with a white letter 'n'. The main content is enclosed in a purple rounded rectangle with a white background. At the top, the text 'Learner Route' is displayed in a bold, purple font. Below this, there are four orange rounded rectangular buttons arranged in a 2x2 grid. The top-left button is labeled 'English', the top-right is 'Maths', the bottom-left is 'ESOL', and the bottom-right is 'Work Skills'. Below the buttons, the text 'Prepare yourself for success' is written in a purple font. A red arrow originates from the bottom center of the screen and points upwards to the 'Maths' button. Below the main selection area, there is another purple rounded rectangle containing the text 'Free resources and materials for information, promotion and engagement' in purple. To the right of this text is a small, partially visible photograph of a person.

When you wish to practise the NUMERACY, you select the Maths route, of course.

Select any check test.
They all have 40 multi-choice questions
to attempt.



The screenshot shows a user interface for 'L2 Practice'. It features a list of 14 check tests arranged in two columns. A red arrow points to the first item, 'Check A'. At the bottom right of the list is a link for 'Learner Route history'. Below the main content area, a green bar with the text 'Fast track' is partially visible.

L2 Practice	
Check A	Check I
Check B	Test L
Check C	Test M
Check D	Test N
Check E	Check O
Check F	Check P
Check G	Check Q
Check H	

[Learner Route history](#)

Fast track



click here

click here



Paragraph	Parents are urged to cut children's use of mobiles <i>By David Derbyshire, Science Correspondent.</i>	Paragraph
1	Parents should limit their children's use of mobile phones in case a health problem emerges in future years, the Government urged yesterday.	7 Young people are encouraged to minimise health risks by keeping calls short. Experts regard children as being at special risk because they have thin skulls and a still developing immune system.
2	The possible health risks of mobiles are to be highlighted in a £7 million scheme to distribute more than a million leaflets.	8 The Department of Trade and Industry had said that hands-free kits could reduce radiation exposure. But a series of conflicting studies has found that kits increased emission to parts of the brain. Their effectiveness is uncertain. From next year, mobile phones will carry a label showing how much energy they emit.
3	An inquiry concluded that there was no evidence of a health threat but use by children should be limited as a precaution.	9 The Federation of the Electronics industry, representing mobile phone manufacturers, said mobiles used with or without a hands-free kit "meet relevant radio frequency exposure guidelines."
4	The leaflets are part of the Health Department's research programme into the potential health effects of phones and transmitters.	10 Parents will need to weigh up a number of considerations when making choices about their children's mobile phone use.
5	The new leaflet says current research suggests that exposures to radio waves below levels set out in international guidelines do not cause health problems for the general population.	11 These include the security benefits provided by parents being able to stay in touch with their children.
6	"Although there is some evidence that changes in brain activity can occur below these guidelines, there are significant gaps in our scientific knowledge."	

Questions 1 to 4 are about this draft article.

In order to put its message across to parents, the Government is

- A. researching into the effects of transmitters
- B. saying that children should not touch mobile phones
- C. distributing more than a million leaflets about risks
- D. holding an inquiry into the effects of mobile phones

COMMUNITY GROUP



The Community Group has arranged an evening of fun and entertainment at Carlton Leisure Complex, including one hour on the go-karting track and then a Karaoke session. The price includes a free bar meal and any special diets can be catered for.

All are welcome, bring your friends and family, only £4.50 per person. _____ all meeting in the bar at 6.30pm and the fun begins at 7pm. For more details or to buy tickets ring any member of the Community Group, details below:

Name	Tel No.	Time Available
Karen White	09910 8472	9am to 5pm
John Brown	09910 8471	9am to 1pm
Anne Fekete	09910 8470	9pm to 1am
Dave Maxwell	07777 8510	5pm to 7pm
Carl Harrison	07776 8222	9am to 6pm
Nina Narayan	02210 9120	5pm to 7pm
Wang Wei	02210 9121	10pm to 11pm

line 1

line 2
line 3
line 4
line 5
line 6line 7
line 8
line 9
line 10
line 11

line 12

line 13
line 14
line 15
line 16
line 17
line 18
line 19

Questions 14 to 16 are about this draft leaflet.

There is a word missing on line 8. It is

- A. Where
- B. Were
- C. Wear
- D. We're

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15 16 17 18 19 20

On Sainsbury's labels we usually show the nutritional content of the food once it has been prepared or cooked according to the instructions. The information is given for an average serving of the food and for 100g.

1 Energy

k cal, kilocalories and Calories all mean the same thing. KJ are another way of measuring energy. 1 k cal = 4.2kJ.

2 Carbohydrate

There are two kinds of carbohydrate - sugars and starch. The label shows the amount of sugars, and sometimes the amount of starch.

3 Fat

There are three main types of fat - saturates, polyunsaturates and mono-unsaturates. The label shows the total amount of different types.

4 Sodium

A mineral found naturally in some foods and added as salt (Each gram of salt contains 0.4 grams of sodium).

5 Fat and Calorie bar

The quick way to find out how many Calories and how much fat is in a serving.

6 Guideline Daily amounts

Do you know how much fat and how many Calories adults need each day? Guideline Daily Amounts (GDAs) can help you decide whether a product fits into your diet. We are adding GDAs to as many labels as possible.

These figures are for adults of normal healthy weight and are not suitable for children.

NUTRITIONAL INFORMATION		
TYPICAL VALUES (cooked as per instructions)		
	per FLAN	per 100g
ENERGY	1462 kJ. 351 k cal	975 kJ. 234 k cal
PROTEIN	9.0g	6.0g
CARBOHYDRATE	28.2g	18.8g
of which sugars	3.0g	2.0g
of which starch	25.2g	16.8g
FAT	22.3g	14.9g
of which saturates	7.6g	5.1g
of which mono-saturates	10.9g	7.3g
of which polyunsaturates	2.7g	1.8g
FIBRE	1.6g	1.1g
SODIUM	0.6g	0.4g
per FLAN 351 cal 22.3G FAT		
GUIDELINE DAILY AMOUNTS		
EACH DAY	WOMEN	MEN
CALORIES	2000	2500
FAT	70g	95g
OFFICIAL GOVERNMENT FIGURES FOR AVERAGE ADULTS		

Questions 35 to 37 are about a leaflet on food labelling.

Which statement is correct?

- A. Sugar and starch are both carbohydrates
- B. All carbohydrates are composed of starch
- C. GDAs show children's carbohydrate needs
- D. An average serving of food equals 100g

Zoom

Back

Next

Exit Test



You can always go back and check answers.

You can exit the test and return to it later.



Once you exit the test your score will be shown immediately.

You got 0 out of 40.

Click on the (qs) buttons to view the summary of the skills each question covers. If you click on review question and then the feedback button, you will see the correct answer and the reasons why the other answers are incorrect.

If you have tried a number of progress checks and your marks have been below 12-15, it might be a good idea to have some teacher support. To find out where your nearest learning centre is please use the advice line on 0800 101901.



A Pass is, on average, about 23 out of 40.

When you sit the actual exam we will know the result with two hours.