

Functional Skills Maths | Level 1 Healthy Living (Non-Scaffolded Questions) Paper 1

1. Jasmine is training for a sponsored walk. This is today's training plan:

Walk for 45 minutes
at 6 kilometres per
hour.

Jasmine believes she will walk over 5km in this session. Is she correct?

2. Sarah has a snack at work every day. She has this information about the snacks she had last week.

day	Mon	Tue	Wed	Thu	Fri
snack	banana	chocolate	biscuit	cake	crisps
number of calories	105	260	49	257	234

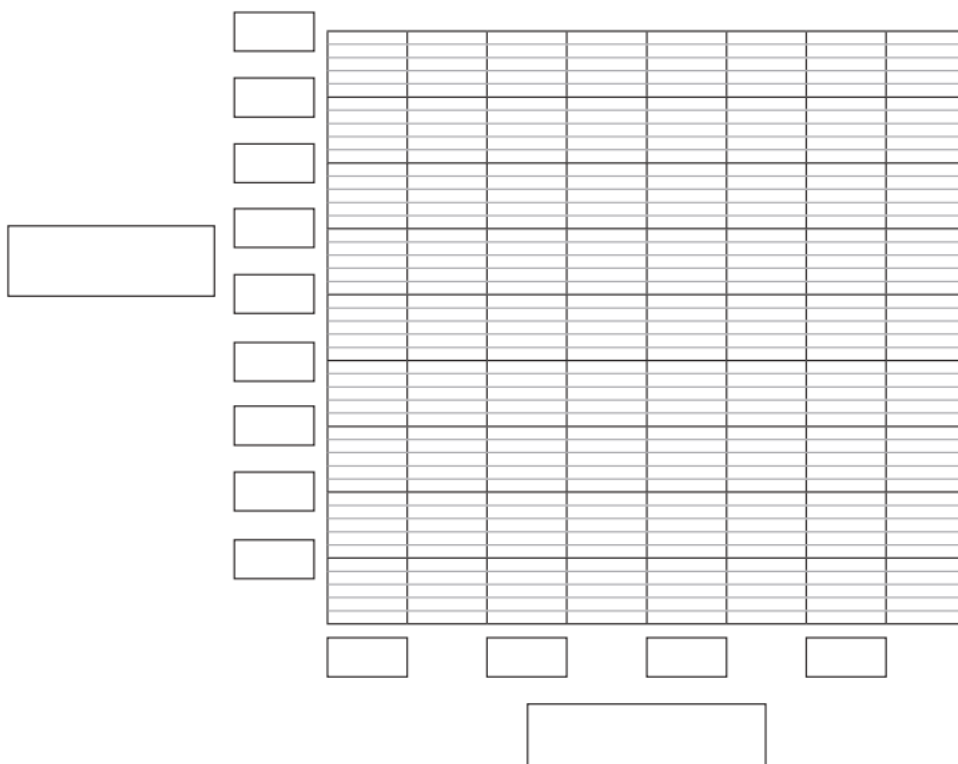
Sarah thinks the mean calories in these snacks is more than 200.

Is she correct? Show why you think this.

3. The table gives some information about the number of trips to a gym last month.

number of visits	tally	frequency
1 – 5		
6 – 10		
11 – 15		
more than 15		

On the grid draw a suitable graph for this information.

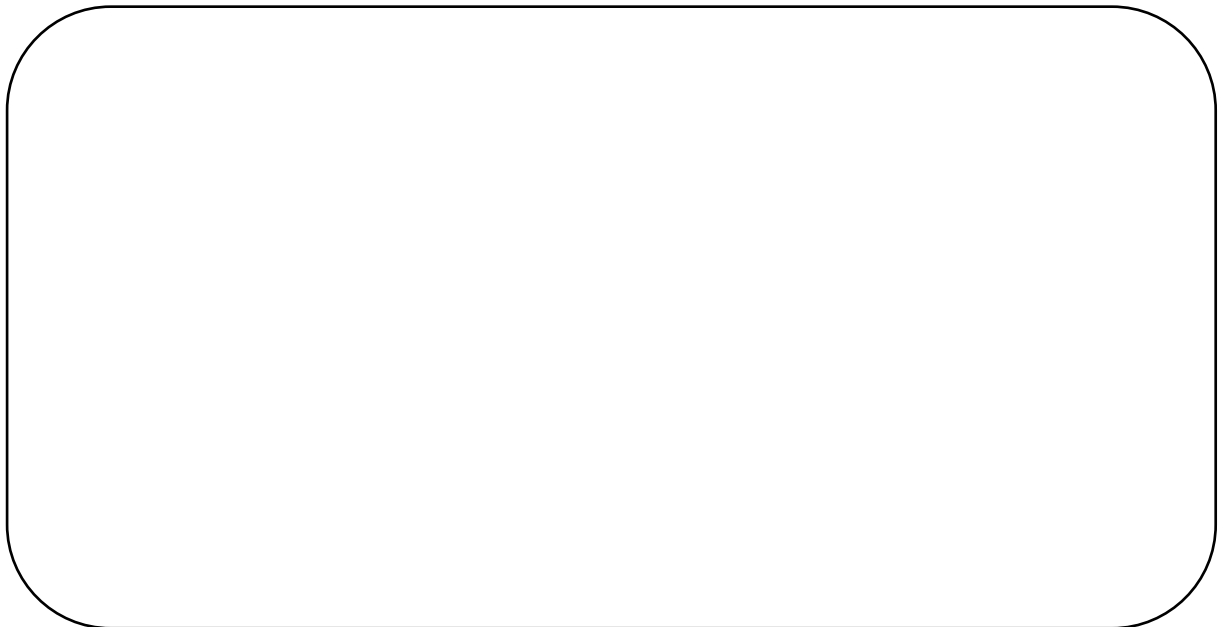


4. Chris is training for a triathlon. He has a schedule of how long he will train for this week.

Training Schedule
Swimming – 55 minutes
Running – $1\frac{1}{2}$ hours
Cycling – 2 hours 30 minutes
Strength training – $\frac{3}{4}$ of an hour

Chris thinks the total training time is less than $5\frac{1}{2}$ hours.

Is he correct?



5. David is looking to eat more healthily. He sees the following information about baked crisps.

New Baked Crisps
Contains 15% fewer calories than normal crisps.

David knows that a normal packet of crisps contains 130 calories.

He thinks that a baked packet should contain less than 110 calories.

Is he correct?

6. Preety has a sleep app on her watch that measures the amount of sleep she gets every night.

Last night she went to bed at 10:30 PM and woke up at 6:45 AM this morning.

How many hours and minutes of sleep will her app show she had?