



GCSE

3700U30-1A



WEDNESDAY, 6 NOVEMBER 2024 – MORNING

ENGLISH LANGUAGE

UNIT 3

**Reading and Writing: Argumentation, Persuasion and
Instructional**

Resource Material

For use with Section A

3700U301A
01

Text A is a factsheet that gives nutritional information about chocolate.

Chocolate

GET THE NUTRITIOUS FACTS

Milk Chocolate

VS.

Dark Chocolate

- Contains higher amounts of sugar and milk.
- Contains less sugar and little to no milk.
- Contains more disease-fighting antioxidants than milk chocolate. Choose 70% dark chocolate or higher for greater benefits.

BAKING TIPS:

- Try baking with **unsweetened cocoa powder** for a chocolate flavour without added sugar.
- Use **dark chocolate chips** in place of milk chocolate.
- Substitute carob chips for chocolate chips. Carob is naturally low in fat and less bitter than chocolate. Carob is a **good source of fibre and antioxidants** and is caffeine-free.

PORTION SIZE:

Dark chocolate is higher in calories and contains saturated fat, so be mindful of portion size.

Recommended serving size:

25g
of dark
chocolate

Text B is a poster which gives information about the production of chocolate.

How Cocoa Beans become Chocolate!

The chocolate is tempered by heating and cooling it before finally moulding it

The beans are roasted to release their flavour

The beans are ground with sugar to increase sweetness and flavour

The beans are cracked and separated to remove the outer shell

The poster features a purple header with the title, a cocoa pod on the left, and cocoa beans on the right. The four stages are illustrated with cartoonish red bugs and machinery. The roasting stage shows a red bug in a roasting oven. The cracking stage shows a red bug in a cracking machine. The grinding stage shows a red bug in a mill. The moulding stage shows a red bug in a moulding machine.

Text C is adapted from an article which explains why we love chocolate so much.

Why do we love chocolate so much?

When you were a kid, were you ever promised chocolate in exchange for good behaviour? Or after the achievement of something important? Or as a prize for enduring an unwanted situation? We often carry those same feelings into our adult life. “I deserve it!” is what we declare in front of a chocolate treat after a long day at work. Our parents gave chocolate a special and unique place in our daily lives as children. We craved it, cried for it, made a whole scene about it and got excited because of it. Let’s be honest, to many kids (and adults), chocolate is fantastic.

There aren’t many foods that involve all the five senses as much as chocolate does. It takes the tastebuds on a magical journey. It starts as a solid block at room temperature, then softens in the mouth as the cacao butter melts, until it almost turns into a liquid and then finally disappears without leaving any trace. While other foods offer one steady consistency, chocolate has many tastes and textures. When it includes added ingredients, chocolate brings an endless combination of crunchy, chewy, velvety, gritty, sticky and smooth sensations. And do we even need to mention the infinite variety of flavours?

There is a chocolate product for every taste. Those with a sweet tooth love milk and white chocolate and those with a sour palate can enjoy dark chocolate – nobody is left out. All sorts of dietary needs can now be met by a chocolate product (vegan, gluten-free, soy-free, kosher, nut-free). With a wide choice of flavours and ingredients, I challenge you to name another food that is as versatile as chocolate!

Chocolate’s low-price tag has also contributed to its popularity. When the Cadbury family managed to turn chocolate into a mass-produced food in the 1900s, chocolate lost its aura of exclusivity. Long gone are the times when only the Aztec emperors and the Spanish aristocrats could enjoy chocolate. Now, everyone can afford a piece of chocolate heaven.

There are many foods that might not be available in specific places, but chocolate is available everywhere. When we travel, we can find chocolate in the tiniest airports and at the most isolated petrol stations.

In conclusion, we love chocolate chemically, emotionally, practically and with all of our senses. From childhood to adult life, we always find a reason to come back to this classic comfort food that we never tire of.

Text D is a blog about the dangers of too much chocolate and sugar.

My doctor is a brave man. He has dared to suggest that chocolate may not be very good for us. Worse still, he proposes that it be taxed in the same way as dangerous, addictive substances, such as alcohol and cigarettes. It is, he assures me, the only way we can stop the nation's descent into obesity.

Until a few weeks ago, I would have disagreed furiously with the man. Then, I decided to give up chocolate for Lent. And it's only now that I have been clean for almost three weeks that I understand what he is getting at. He is right. If the cravings and blinding headaches I've been suffering from since giving up chocolate are anything to go by, it is a highly addictive and toxic substance.

The obesity-related problems that my doctor is talking about, chiefly heart disease and diabetes, are even more harmful if they begin in childhood. Many grim studies show that an obese child grows up to be an obese adult, with all the health problems that being obese entails. It would be wrong to suggest that those problems are solely the result of chocolate consumption. But diet is, undeniably, a factor. And the problem is that parents can only control what a child eats within their own four walls. With hundreds of brands of cheap chocolate available, protecting children from the risks of excessive calorie consumption feels like a losing battle.

So, I would go even further than my doctor. I would impose a tax on refined sugar. I'm not talking about a ban, just enough to make people stop and think. Sugar really is the great poison of our generation. It's in all the things that are bad for us: fizzy drinks, processed foods, cheap snacks. Not only is refined sugar unnecessary in our diets, it is also the one thing that if consumed in excess when young can lead to a short and unhealthy life. That such a damaging and irresistible substance should be widely available at such absurdly low prices is, if you think about it, terrifying.

Text E was written by a doctor for a healthcare website. It gives advice on how to eat less chocolate.

How to eat less chocolate

Do you eat a lot of chocolate? Do you feel like you just can't help yourself? I'm not here to tell you to give up chocolate altogether but I will share some easy ways to cut back without feeling deprived.

I knew I was in trouble when I looked in my bin after a long day of seeing patients. There were two empty bags of chocolate. I'm not talking about small ones either. They were family-sized bags. On other days, I got through several large bars. And I had been relying on this amount of chocolate day in, day out, for a long time.

I enjoy chocolate too much to stop eating it completely, but I was quickly gaining weight and could see it was time to cut back. I think moderation is the key to managing most unhealthy habits. There is a small amount of research that suggests cocoa might have some health benefits, but the evidence for this is limited. And it's likely that the amount I was eating outweighed any possible good effects.

My medical knowledge told me that change might not be easy. Habits can be hard to break. We often do things without thinking too much about them. For example, you might always reach for a bar of chocolate mid-way through the afternoon. Many of us are also used to thinking of chocolate as a 'reward' or 'treat' and so it can become something that comforts us if we're tired or stressed.

I thought I could cut down by putting quality over quantity and having smaller amounts of really nice chocolate. So, I signed up for a delivery service. But the week's supply turned up on Saturday, only to be gone by Monday morning. Rather than reducing the amount I ate, I was actually having more than before.

I found it worked better for me to cut down gradually. I avoided getting too hungry during the day by making sure my meals contained plenty of protein, fibre and carbohydrates. When I did have a dip in energy, I tried to reach for healthy snacks instead of chocolate, such as nuts, fruit or unsweetened yoghurt. On the way home I took a different route that avoided passing the newsagent, which was one of my main sources of chocolate. I also kept myself distracted during the evenings by playing more sport. We kept all chocolate out of the house. This was not a popular move as the whole family enjoy chocolate, but it helped me. I also made a rule to help me stick to my new resolution. During the week I don't eat any chocolate, but at the weekends I have as much as I like.

Adding rewards can also help, so I promised myself a new tennis racquet if I stayed on track. Though I can't say it's made me a better player!

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