



GCSE

3700U20-1A



A17-3700U20-1A

ENGLISH LANGUAGE

UNIT 2

Reading and Writing: Description, Narration and Exposition

TUESDAY, 7 NOVEMBER 2017 – MORNING

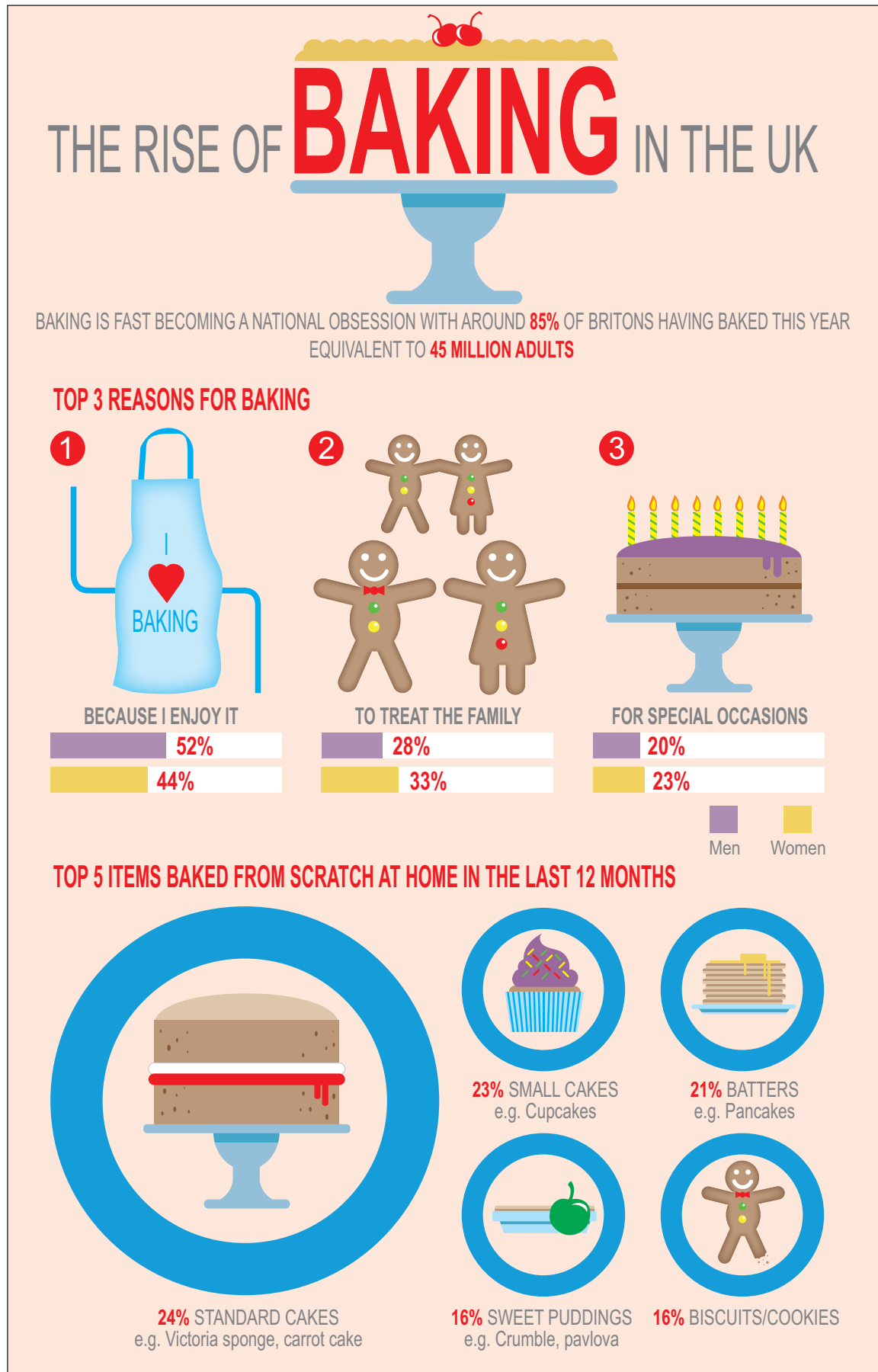
Resource Material

For use with Section A

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TEXT A shows information about the popularity of baking.



TEXT B is an article from a publication aimed at grocers.

The Bake Off effect: nearly half of Brits bake weekly



Bake Off fever still grips the nation. In fact, 42% of Brits bake at least once a week, a poll for *The Grocer* reveals. This reflects the influence that programmes such as *The Great British Bake Off* have in encouraging ordinary people to get creative in the kitchen.

Thirteen per cent say they are inspired by *The Great British Bake Off*. What is also surprising is that the trend is equally apparent amongst men as it is women: 41% of men bake at least once a week, with 17% of men and 16% of women baking more than once a week.

The TV programme has certainly done wonders to challenge any preconception that people may have had that baking is for girls. Another unexpected trend is that the most regular bakers are those aged 16-34, highlighting that baking is officially cool.

Cakes are undisputedly the nation's favourite thing to bake, with 75% of those asked having attempted one. Cupcakes and pies follow with 44% and 36%, respectively, while 25% were brave enough to bake pastries.

For those who need a bit more encouragement to put an apron on, time and mess were found to be the biggest barriers.

TEXT C is taken from a newspaper article.

Can baking improve your mood? By Huma Qureshi

The woman behind the Depressed Cake Shop is hoping her shops will get people talking about good mental health as well as raising money for mental health charities



They say baking soothes the soul. How can it not? There is something so reassuring about the process – quietly weighing out butter, sugar, flour, cracking eggs, whisking, beating and folding. “If you’re feeling a little bit down, a bit of baking helps,” Mary Berry once said. It is not just eating the cakes, the biscuits, or the scones that helps to brighten up a blue day, but that the process itself is therapeutic.

This connection between baking and good mental health has sparked an initiative that will see several bakeries opening across the UK with the proceeds going to mental health charities.

There is plenty of evidence to suggest that the organiser of this initiative, Emma Thomas, is on to something with this idea. John Whaite, who won The Great British Bake Off in 2012, recently brought out a cookbook, *Recipes for Every Day and Mood*, with a chapter dedicated to lifting the spirits. Whaite describes baking as his “escape” because “at the end of it you’ve got something to be proud of, something to eat, something to show off”. Novelist Marian Keyes has also used baking to help her deal with depression. In her book, *Saved by Cake*, she writes: “Baking hasn’t cured me. But it gets me through ...” Keyes and Whaite have encouraged many bloggers to share stories of how baking helped with depression, such as one young mother, who, overwhelmed after the birth of her baby, baked her way through Mary Berry’s *Baking Bible* to help rebuild her confidence.

“There’s no scientific research to explain why or how baking helps to make you feel better, and it’s certainly not a cure for depression. But it is relaxing, and it helps many people,” says Thomas. “Baking is creative, and instantly rewarding. I’ve realised that cake gets people talking, and the Depressed Cake Shop hopes to get people discussing mental illness and supporting mental health charities.”

TEXT D is taken from the introduction to *‘John Whaite Bakes: Recipes for Every Day and Every Mood’*.

I am unashamed to admit that I am a moody person. I don't mean that I sit there constantly grumping and cursing the world, but I am not a perpetually perky person. Some days I won't feel like getting out of bed because I battle with depression. What I have found, though, over the years, is that whether my mood is up, down or at some place in the middle, I bake. I bake because it is a comfort blanket, and because it is a form of artistic expression for me. I always joke that I was born with two left hands. I can't paint – even drawing a circle is tricky for me – but inside of me, there is an artist screaming to get out.

Whenever I look back at the times when my whole family has been together for a celebration, there has always been a large amount of baking involved. When my granddad died, I baked. I baked because I didn't know what else I could do to support my mum and my family. So I did the thing that Mum had done for me throughout my life when I needed comfort, I made sure she was nourished. I believe that baking is nourishment for the soul as well as the body. I find that working my way through a recipe keeps me calm.

Of course, there are also times when I bake simply because I am a greedy monster and need a slice of double chocolate cake, or something equally indulgent. It's important that we all treat ourselves to something delicious every so often.

TEXT E is an extract taken from the novel 'The Art of Blind Baking' by Sarah Vaughan.

Kathleen Eaden pauses mid-way through writing her article about how to create a gingerbread house. She puts down her pen and chews her bottom lip in dissatisfaction. She is struggling to find the words to express the combination of frustration and fulfilment that accompany this most painstaking of baking tasks. She gently places her creation on the floor and stretches out in front of it. Propped up on her elbows, she peers at the house and breathes in the wonderful scent of Christmas: ginger; cinnamon; golden syrup; sugar. Orange zest. A touch of cloves. The roof tiles are dusted with sugar and if she reaches, ever so carefully, she can adjust that heart-shaped knocker that's slipped on its still-wet icing. With one gentle tweak, the sweet shifts on its iced glue.

It's still not perfect, however, this delight she has spent the past four hours constructing. The tiles are wonky and the windows should be better aligned. She reaches for her pen and writes: 'Use a ruler to position your windows.' Her lips move silently as she writes instructions for the readers of *Home Magazine*.

She re-reads what she has written. She's still not captured the magic, the reason she loves making gingerbread houses even though doing so makes no earthly sense at all. Lowering herself, she squints through the gingerbread windows. Perhaps she is approaching this from the wrong perspective? Why would Susan, her six-year-old niece, love this – and what appeals to the six-year-old in her?

A gingerbread house is more than the sum of its parts: more than sweeties and gingerbread soldered with royal icing, glossy with egg white and thick with sugar. There is something fantastical about making a fairytale house...