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## GCSE ENGLISH/ENGLISH LANGUAGE

# F

Foundation Tier      Unit 1 Understanding and producing non-fiction texts

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### Insert

The three sources that follow are:

- **Source 1:** an online newspaper article called, 'Snowboarder Aimee Fuller on Belfast and the Northern Irish coast' by Sam Haddad
- **Source 2:** 'Chickens', an extract from Jimmy Doherty's 'A Taste of the Country'
- **Source 3:** a webpage called, 'My Little Kitchen Cookery School'.

**Please open the insert fully  
to see all three sources**

## Source 1

theguardian

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## Snowboarder Aimee Fuller on Belfast and the Northern Irish coast

The pro snowboarder on her favourite places to eat, drink and have fun in Belfast and on the Northern Irish coast.



Aimee Fuller on Belfast Lough

**I moved to Belfast** when I was 16, but it definitely feels like home. I love flying in, seeing the sea and all the houses. It's small enough that you can see where all your friends live.

**Belfast's big thing** is the Titanic Experience. The ship was built here and the visitor centre is one of Ireland's most popular attractions – everyone loves the Titanic.

**People here are really friendly** and connected to nature. We're surrounded by sea, farms and fields, and folk like to buy local produce. St George's Market on Saturdays is the place to go for Northern Irish fish, meat and cheese.

**I like to run up Cave Hill** in the morning. It has an awesome view – you can see the whole of the Belfast Lough and, on a clear day, the Isle of Man and Scotland, too. Then I go to the Avoca Cafe on Arthur Street for breakfast. It does the best porridge, and great coffee, smoothies and scones.

**The best music venue** is the Ulster Hall as it's good-looking but tiny, so you really feel part of the show. Big bands play there – I saw the Red Hot Chili Peppers a couple of years ago.

**Don't just hang out in Belfast.** Go to nearby Holywood, on Belfast Lough, for a blast of nature. In winter, it's nice to walk along the beach and then warm up in one of the coffee shops.

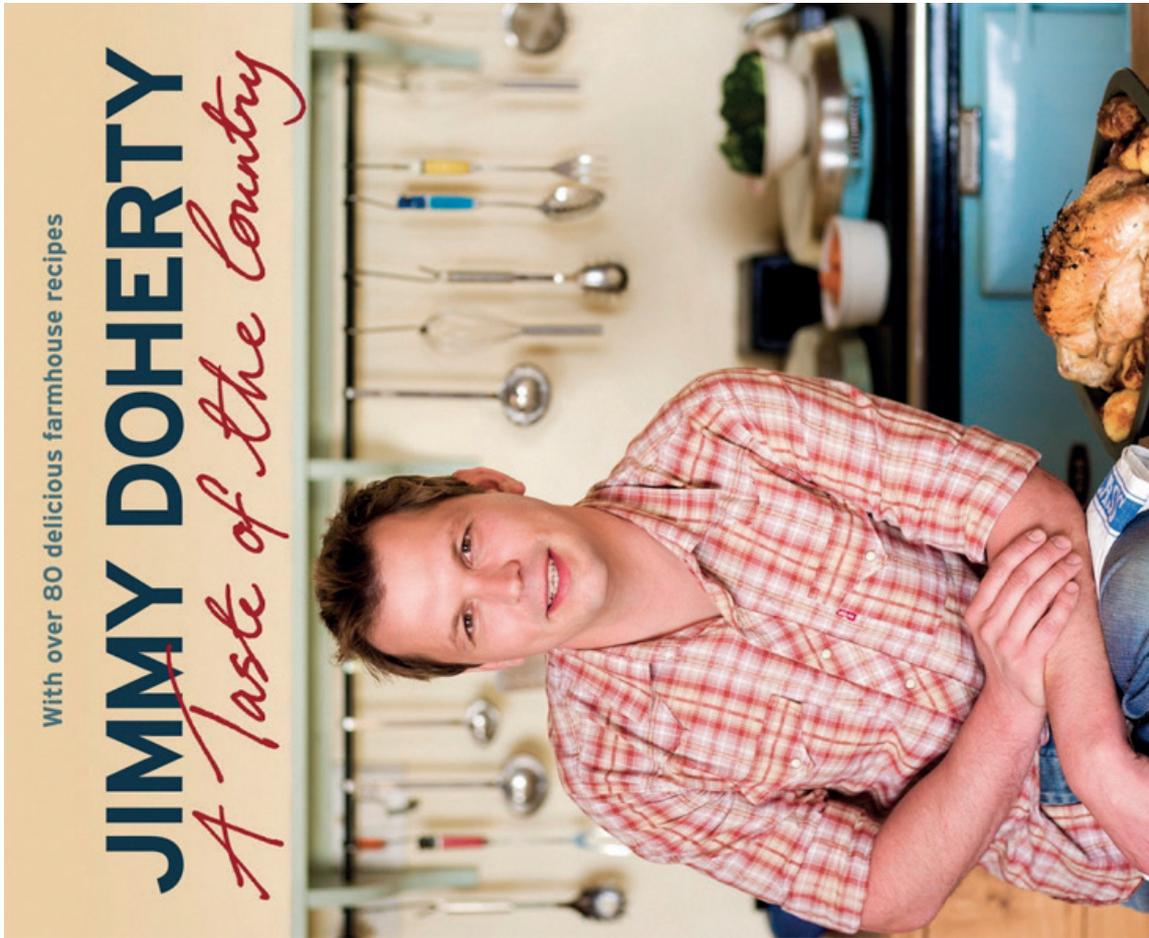
**The cycling around Belfast** is amazing. There's a 100-mile loop we do down the Ards peninsula, past empty beaches, across on the ferry at Portaferry, back up the other side of the lough, through the city, up Black Mountain and back. Coast, city and mountain all in one ride.

**The Northern Irish surf scene** is super-small but friendly. We go to Portrush, an hour north of Belfast, to surf at West or East Strand, depending on the conditions – you'll need a wetsuit in winter. Be sure to swing by the Giant's Causeway, seven miles to the east, while you're on the north coast.

**The exact location** of my favourite beach is a secret. But it's in between Crawfordsburn and Bangor. Helen's Bay gets super-rammed in summer but this spot is always quiet. There's a concrete dock you can jump and fish off, and the views are immense.

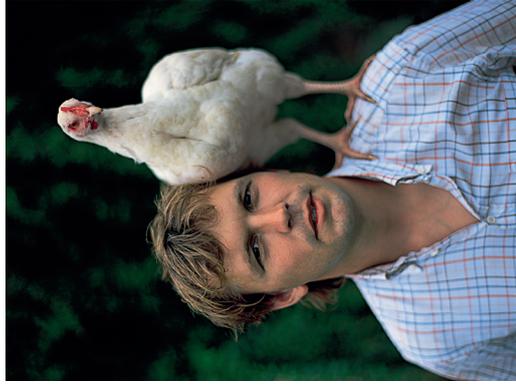
Source 2

This source is the book cover and extract from the book by Jimmy Doherty 'A Taste of the Country'.



Chickens

I had just turned thirteen when I began to keep chickens. I bought two hens and a cockerel from a friend at school for three quid apiece. I remember getting them home and building a small run round a shed that my folks didn't need any more – well, they didn't once I put the chickens into it! That was often the case in our house: my dad would return home to find that ferrets were living in the coal bunker, or that a pond had appeared in the middle of the garden. It's only when I look back that I realise how accommodating my parents were. I used to



let my hens free-range all over the garden, and more often than not they would roost up in the high branches of the apple tree rather than returning to their shed. This wild existence meant that I had to go hunting for their eggs in and around the bushes. I soon learnt the benefits of rounding the hens up at the end of the day. There is one thing about keeping chickens that I'll never forget, and that's the feeling of a freshly laid warm egg in my hand and the taste once it was cooked, literally minutes later. It is an experience I think every child should have.

But it's more than just eggs that you get from keeping chickens – you get a real kick and satisfaction that money can't buy. Many people find it's an excuse to get outside,

spend time in the garden, and relieve the stress of modern living. An hour or two spent with chickens has a relaxing and therapeutic effect that takes you back to a simpler way of life. They make great pets for kids, teaching responsibility at an early age and rewarding hard work with fresh eggs, while at the same time instilling a knowledge of food production. I also find that the odd hen scratching around while you turn over the veggie patch is a great companion, picking off the odd slug here and earwig there, all the while fertilizing the soil as she goes about her task.

Once you start keeping chickens you will soon be under their spell, and you'll want to know more and more about them. After a while you'll wonder how you lived your life without them.

## Source 3



## Chop, Cook, Create



If you love food, then you will love My Little Kitchen Cookery School. My Little Kitchen is one of a kind in County Derry, located in a beautiful and tranquil setting on a family farm. The Cookery School is a purpose built facility in an idyllic setting overlooking Lough Foyle. Our passion is food and especially showcasing the wonderful produce available in the North West of Ireland. Our aim is to expand the client's knowledge of food and the importance of sourcing locally.

My Little Kitchen offers contemporary cookery classes in intimate surroundings where groups of up to twenty people can gather together to relax and enjoy food. Whether you're looking to improve your cookery skills, cook up a feast for family or friends or learn how to bake, we offer a range of courses to suit everyone. The school can accommodate up to 10 students working in pairs for a hands-on cookery class or up to 20 for a demonstration.

We offer a range of courses suitable for all levels of ability, so whether you're learning to cook or seeking to improve your cookery skills, we have a course to suit. Benefit from the skills of a trained professional chef in a fun and relaxing environment. We look forward to seeing you ...



### What people are saying

*"Wonderful cookery demonstration in a spectacular location. Very relaxed and friendly atmosphere. A good night's craic all round. Would highly recommend."*

*"A brilliant night. Great food, lovely wine and I learned something as well. Will definitely be back."*

*"Where do I start?! Our visit to My Little Kitchen was a massive bolt out of the blue! I was a little nervous (to say the least) but that changed instantly on arrival! Not only was the hostess of My Little Kitchen very kind and welcoming, we even got some drinks and appetisers to loosen our taste buds! The chef was great, not only did we get to try some wonderful traditional food, we learned things about our own heritage. I can't wait until next time!!! Definitely highly recommended!"*



### Who we are & what we love

We cater to groups, couples & individuals & we will be delighted to talk to you.



### Upcoming Events

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Christmas Fare with all the Trimmings. [more details ...](#)



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