

Video script

1 It's All About Me: Entertaining Food

Section 1 00:00 00:28

Elaine Hi, my name's Elaine. I'm a professional chef and I own a company called Entertaining Food. We cook meals for people and organise big parties. Here are some of my chefs. Alex.

Alex Hi.

Elaine And Emma.

Emma Hi.

Elaine This is the kitchen where we prepare and cook the food for meals and parties. I'm very proud of this kitchen because I designed it myself. And I chose all the equipment, like these cookers and electric ovens. Right, it's time for me to go shopping.

Section 2 00:47 01:13

Elaine I believe it's important to cook good, healthy food. I like to use the best possible ingredients, so today I've come to this farm shop for my vegetables.

These tomatoes look lovely. And I need some beans. These are just right. Some onions, beetroot and carrots. All these vegetables grow here on the farm, so everything is really fresh.

Section 3 01:26 01:53

Elaine We've got to prepare a dinner party for eight people today. The starter is a Tomato Tarte Tatin. Here are some of the ingredients we need to make it: tomatoes, butter, sugar and good quality puff pastry. Alex is going to prepare the Tarte Tatin. And I'm going to prepare the main course, which is this fish. It's called cod. I'm going to serve it with risotto and these beans. For the risotto I need rice, cheese, onions, fresh thyme and beetroot. We also have to make a vegetable stock. We're going to do that now.

First of all, we wash and peel the vegetables. Then we slice them and put everything into a pan with three litres of water. Bring the water to the boil. Turn the heat right down and leave it to simmer for two hours.

Section 4 02:44 03:10

Elaine Now, it's time to prepare the dessert. I'm going to serve Lemon Syllabub and for that I need lemons, cream and icing sugar.

First, I grate the outside of the lemons. Then I cut each one in half and squeeze out the juice. I put the cream and the lemon into a bowl and whip them up. Then I start to add icing sugar.

Good. That's ready to go in the fridge. I'll finish it tonight.

2 Life Swap: Helping at home

Section 1 00:00 04:06

Narrator Katie Porter is 15 years old.

She lives with her mother and father, and her two younger sisters. Katie helps in the house because her parents work very hard.

She often looks after her little sister, Darcy. Darcy is five.

Daniel Webber is also 15. He lives with his mother and brother, and a cat called Casper. Daniel works in a hairdressing salon twice a week. He helps the hairdressers. One day he would like to be a hairdresser too.

In this *Life Swap* Katie and Daniel live each other's lives for a day. What will happen? What will they learn?

Today, Daniel is going to spend a day in Katie's life, helping out around the house and looking after her sister.

Katie Hiya.

Daniel Hi there. I'm Daniel.

Katie I'm Katie. Nice to meet you.

Daniel And you.

Katie Come in.

Section 2 01:16 05:21

Daniel Do you do all the washing-up, Katie?

Katie No, but I like to help as often as I can. I'd use this on that one. And my sister Amy helps too, she's 13. And we both help look after our little sister, Darcy, who's five. You have to pick her up after school today.

Daniel When do I do that?

Katie At three o'clock. We have to do the housework first.

Daniel Do you help your parents every day, Katie?

Katie No, I go to a performing arts school every Saturday. I'm there all day. I love it. I want to be an actress. On all the other days I help at home and do my homework.

Daniel Well, you have a very busy life, Katie.

Katie Yeah, but that's good. That's how I like it. OK, you can dry these later. It's time to put the dirty clothes in the washing machine.

Daniel What do I do?

Katie Haven't you used a washing machine before?

Daniel No, my mum does it.

Katie Daniel! OK, first you sort the dirty clothes into white things and coloured things. Put the white things here and the coloured things here.

Section 3 02:46 06:51

Narrator Next, Daniel has to tidy the living room but he has no idea where anything goes. Using the vacuum cleaner is harder than it looks. Next, it's time to collect Darcy from school.

Section 4 03:47 07:52

Daniel Do you really like doing all this housework, Katie? Don't you want to come home from school and watch TV or play on the Internet?

Katie No, because I'm learning how to cook, to clean, do the washing and ironing. I'm learning to be organised. I think that's very important.

Daniel Yes, I can see that.

Katie Go on, Darcy.

Daniel You're a very hard-working person.

Katie Am I boring?

Daniel No way!

Katie Good.

Daniel I think it's great that you can look after yourself.

Katie I like my life. It's busy and hard work a lot of the time but it's fun.

Daniel Cool. Do I have to peel these carrots as well?

Katie Yes, and all these.

Daniel You must be joking!

Katie OK, yes I am joking. You're doing a good job, Daniel.

Daniel Do you think so?

Katie Yes, really.

Daniel Great.

3 The Mag: Cromer Lifeboat Station

Section 1 00:00 09:09

Rakhee Hi. Today we're at the seaside. How about a swim, Isaac?

Isaac I'll go in if you will.

Rakhee No, thanks!

Isaac We're in a town called Cromer. Cromer is in Norfolk on the east coast of England.

Rakhee The lifeboat station here in Cromer is very famous and we're here to find out all about it.

Isaac In a moment, we're going to talk to the station mechanic. He's the guy in charge of the lifeboat station.

Rakhee And we're going to meet him over there. Let's go!

Section 2 00:56 10:03

Isaac So, here we are with Paul Watling, the lifeboat station mechanic. Hi, Paul. Tell us a bit about the Cromer Lifeboat Station.

Paul OK. Well, the station started over 200 years ago, in 1804.

Rakhee Wow! So it's really old?

Paul Yes. In the past they used a rowing boat to help ships and sailors that were in danger out at sea.

Isaac What about today? Do you still use a rowing boat?

Paul No way. We've got two modern lifeboats now. The smaller boat is called an inshore lifeboat. We use it to help people who are in danger close to the shore.

Rakhee How many people are there in the crew?

Paul The inshore boat has a crew of three people.

Rakhee OK. What about the other boat?

Paul That has a crew of six people. It's a much bigger boat. It's called an all-weather lifeboat. It's in the boathouse at the end of the pier. Shall we go and look at it?

Isaac Yes, great idea!

Section 3 02:35 11:43

Rakhee So this is the main boathouse?

Paul Yes. The lifeboat goes down that slipway.

Isaac Paul, today is a calm, sunny day. How important is the weather?

Paul The weather is really important. It can make a big difference. If it's very windy from the north, it makes the sea rough and makes the rescue very difficult. But it's not just the wind. When it's foggy or raining hard, it's also difficult to see anything.

Rakhee How does it feel to rescue people in very bad weather?

Paul Sometimes it's very dangerous. I can give you an example of something that happened not long ago. A sailing boat broke down in rough seas and very strong winds. We were asked to go out and help.

Isaac So what did you do?

Paul We went out in this all-weather lifeboat to find the sailing boat.

It took a long time because the strong wind moved the sailing boat really fast. Then, suddenly, a very big wave hit the lifeboat and nearly capsized it.

Rakhee You mean it nearly turned the lifeboat right over?

Paul Yes, but our coxswain's a very good sailor so it was OK.

Isaac And did you rescue the sailing boat?

Paul Yes. In the end we took the boat to Great Yarmouth harbour but it wasn't easy.

Isaac Do you sometimes have to rescue people because they don't think about the weather?

Paul Yes. The sea here can change very quickly. One minute it's calm and the next minute it's very rough. If sailors don't listen to the weather forecast, they can easily have problems at sea.

Isaac Well, thanks very much for talking to us, Paul. I think the crews that work here must be very brave and also brilliant sailors, don't you, Rakhee?

Rakhee I certainly do. Thanks, Paul.

Paul It's a pleasure.

4 Life Swap: Hairdressing

Section 1 00:00 13:49

Narrator Katie Porter wants to be an actress. Last time in *Life Swap* she showed Daniel Webber how to help around the house and look after her little sister. Now, it's her turn to visit Daniel. He's going to show her how to be a hairdresser.

Daniel Hi.

Katie Hi, how are you?

Daniel I'm very well, thank you. How are you?

Katie I'm fine, thank you.

Daniel This is my mum. Her name's Pauline. I'm from Romania. I came to live here when I was seven months old.

Katie Have you been back to Romania?

Daniel No, but we're going there for a holiday this summer.

Katie Do you have any brothers and sisters?

Daniel I have one brother. His name's Dominic. I also have a cat. His name's Casper.

Section 2 00:57 14:44

Katie Do you have to help at home, Daniel?

Daniel No, Mum does all the housework. I go out a lot with my friends. I like to play football and go swimming, and we watch loads of films too.

Katie Cool, I like films too.

Daniel And I have a job.

Katie Where?

Daniel I work in a hairdressing salon two nights a week. I want to be a hairdresser.

Katie What do you have to do?

Daniel Sweep the floor, wash people's hair, make cups of coffee and tea, tidy up. But today you're going to do all of that.

Section 3 01:38 15:24

Daniel First, wash her hair.

Katie Hi, I'm Katie. I'm going to wash your hair, OK? What do I do, Daniel? Help me!

Daniel You know how to wash hair, Katie.

Katie I know how to wash my hair. This is different.

Daniel OK, here goes.

Narrator Katie is very nervous about washing someone's hair. She nearly puts dye on it but Daniel stops her just in time.

Daniel Don't do that!

Katie Phew! Now what?

Daniel Now, tidy up.

Section 4 03:55 17:42

Katie Hey, I'm really enjoying this!

Daniel There's loads more to do.

Narrator She makes tea and coffee for people. There is a lot of tidying up to do.

Section 5 04:39 18:26

Katie Wow! That was hard work but it was really interesting. Thanks, Daniel.

Daniel You were great, Katie. Well done!

5 It's All About Me: The dinner party

Section 1 00:00 18:48

Elaine The dinner party is going to be in this house. The hosts are David and Anna. A few hours before the dinner, Alex and I arrive with the food.

Section 2 00:22 19:08

Elaine And now it's time to start the cooking. This morning Alex cooked the tomatoes very slowly for three hours. Then she used them to make the Tarte Tatin. They're ready to bake. They'll take about ten minutes.

Section 3 00:40 19:27

Elaine We're going to make the risotto now. This is the rice and this is the vegetable stock we made this morning.

We cook the onions in butter and olive oil for five minutes. Then we add the garlic. Then we cook everything for five more minutes. We add the rice and fry it for one minute. And then the stock. A little at a time. Now we have to cook the rice for about 20 more minutes. We fry the cod in butter and olive oil. Then we put it in the oven for ten minutes. Now the rice is ready. We add the beetroot and some cheese, salt and pepper and some butter. We stir it and it's ready.

Section 4 02:07 20:54

Elaine The guests arrive and the party begins. My job is to make sure everything goes smoothly.

At last, it's time for the meal.

David That's wonderful!

Anna It's pretty!

Elaine I love my job. It's great to see people enjoying themselves.

6 The Mag: The 2012 Olympic Games

Section 1 00:00 23:25

Rakhee Hi, I'm Rakhee.

Isaac And I'm Isaac.

Rakhee Today we're in London because in 2012 the Olympic Games are going to take place here.

Isaac Quiz question for you, Rakhee. Where did the first Olympic Games take place?

Rakhee Erm ... the first Olympic Games took place in Greece!

Isaac Very good.

Rakhee Thank you. My turn. When were the last Olympic Games in London?

Isaac Oh ... err ... oh, I know, 1948?

Rakhee Yes, well done. Now for the big question: how is London preparing for the Olympics?

Isaac Well, we don't know but we know someone who does.

Section 2 00:56 24:19

Rakhee Lucy works for an organisation called the LDA.
Hi, Lucy.

Lucy Hi.

Rakhee What does LDA stand for?

Lucy The LDA is the London Development Agency and our job is to help London become a better city.

Isaac So, what are you doing for the 2012 Olympics?

Lucy OK. We're getting all of the land that we need for the Olympic Park.

Rakhee What about money?

Lucy Yes, and we're also giving some money to help to build the Olympic Games.

Isaac Great.

Lucy And we're helping local people to make sure that they can use the sports facilities and buildings after the Games.

Rakhee Brilliant! So how is the place going to change?

Lucy Well, come and see.

Section 3 01:43 25:06

Lucy This is a model of the Olympic site. We're going to build a very big stadium over here, some swimming pools, a village for the athletes, new roads and a new park.

Isaac So, can people use this in 2012?

Lucy Yes. This will be a great place to live.

Isaac What about the rest of London? Why is it a good idea for the Games to come here?

Lucy Well, the Olympics will bring thousands of journalists and TV cameras. So around the world people will see what a great city this is.

Rakhee So even more tourists will come here in the future?

Lucy That's right.

Isaac Do the Games bring any other benefits to people?

Lucy Yes. The Games create thousands of jobs: in transport, such as buses and trains; in catering, such as cafés and restaurants; and in building construction.

Rakhee The Games go on for a very short time, four weeks. It's all very exciting but can the Games really change anything here?

Lucy Yes, I think they can. After the Games these buildings will be new housing for local people and they can visit the parks. Sportsmen and women are heroes to many people and when people watch their heroes play, they'll want to do more sport. I believe the Games really can make people's lives better, in London and the United Kingdom.

Isaac Thanks, Lucy.

Lucy You're welcome.

Rakhee I can't wait!

7 The Hub: Leon annoys people

Scene 1 00:00 26:49

Rachel Hey, Leon. What are you listening to? Cool! How did your rehearsal go yesterday?

Leon It was good. We're going to rehearse the dance section today.

Rachel I know.

Leon You'll be fine. It's not difficult.

Rachel It's not difficult for you. It is for me. I love dancing but I'm not very good at it.

Leon I want to do a dance solo.

Rachel You want to dance on your own?

Leon Yeah. Why not?

Rachel You are the best dancer in the whole group.

Leon Really? Do you think so?

Rachel Yes.

Leon So do I!

Scene 2 01:16 28:04

Leon Hi, everyone.

All Hi, Leon.

Mel Hi, Rachel.

Rachel Hi, Mel. You look happy.

Mel I am. Guess what? Julie and Fran are going to have a party at Fran's house and they've invited me.

Rachel Oh. Great.

Mel I'm sure they'll invite you too, Rachel.

Scene 3 01:40 28:27

Izzy Five, six, seven, eight. And one, two, three, four, five, six, seven. And go one, two, three, four and down.

Mandy Stop there, please. Thank you, Izzy. Well done, excellent! Leon, come out in front and show us that last move, please.

Scene 4 02:12 29:00

Rachel I think some people think Leon is very annoying.

Kelly You could be right.

Scene 5 02:41 29:29

Rachel Sit down, Leon.

Leon No way! I'm a star!

Scene 6 03:00 29:48

Leon I really want to do a dance solo, Joe. Will you ask Mandy for me?

Joe OK, I'll ask her but I don't think she'll say yes.

Scene 7 03:17 30:04

Rachel He was so annoying. I told him to stop but he didn't. He said he's a star.

Kelly A star?

Rachel He shouldn't behave like that.

Leon Joe's going to talk to Mandy about my dance solo. Will you talk to her as well? If lots of people say it's a good idea, I think she'll say yes.

Kelly You're a really talented dancer but you're annoying people. Why don't you keep quiet for a bit?

Leon Come off it, Kelly. People like me. They think I'm funny.

Scene 8 04:07 30:55

Leon So what do you think?

Fran Hey, Rachel. We're having a party next week. Would you like to come?

Rachel I'd love to come! Thanks, Fran!

Scene 9 04:27 31:15

Rachel Fran's invited me to the party.
Isn't that great?

Leon What party?

Rachel You know, the one she and Julie
are having next week.

Leon No. No one's told me anything
about it. I can't believe it! They
haven't invited me!

8 The Hub: Leon leaves

Scene 1 00:00 31:52

Leon Why haven't Julie and Fran invited
me to their party, Rachel? They've
invited everybody else.

Rachel I don't know, Leon. I'll try to
find out what the problem is.

Leon OK. Thanks.

Scene 2 00:35 32:25

Rachel You're not going to like this.

Leon So what! Tell me.

Rachel Julie and Fran think you're
annoying. They say you're noisy and
not funny.

Leon What? You must be joking!

Rachel I'm sorry, Leon.

Scene 3 01:01 32:51

Izzy One, two, three, four, five, six,
seven. All together. One, two, three,

four, five, six, seven and one, two,
three, four, five, six. One, two, three,
four. One, two, three, four. One, two,
three.

Mandy OK. Stop there, please. We'll go
over that bit once more.

Joe Come on, Leon. You're not trying.
You can dance better than this.

Fran He's a star, you know. He's going to
do a solo!

Leon Shut up, Fran! You'll never be a
good dancer.

Joe Leon!

Leon Go away!

Joe Calm down, Leon. What's the
matter?

Leon I'm going home.

Joe But why?

Leon Because, Joe, nobody likes me.
They think I'm annoying, OK? And
that's fine because I think they are all
very rude and very dull.

Joe Leon, hang on!

Leon See you.

Scene 4 02:25 34:15

Leon No. No, I'm not coming back.

Rachel Oh, come on, Leon. Everyone
wants you to be in the show.

Leon Really? I don't think so. Anyway,
I've got better things to do with my
real friends.

Scene 5 04:23 36:13

Mandy Well done, everyone. Rachel,
that was excellent.

Rachel Thanks to Leon.

Julie Leon?

Rachel Yeah. He helped me this
afternoon. He's a really good teacher.

Scene 6 04:56 36:46

Mandy Are you guys ready?

All Yeah, we're ready. Let's go!

Scene 7 05:20 37:09

Mandy That was brilliant!

Congratulations, everyone, and
especially to my new assistant.
They're really good now, Leon.

Mel What about dancing that solo,
Leon?

Leon No, no way! We're a team. That's
what's important.

Fran Hey, Leon. Do you want to come to
our party?

Leon OK. Thanks.