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CURRENT

AUDIO TRANSCRIPT

TRACK LIST



Welcome to the transcript for
CURRENT CD 2 2010.

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magazine means there is audio
material on this topic.

You can find listening activities
and exercises at the end of this
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CURRENT MARCH / APRIL 2010

TRACK 1: INTRODUCTION AND WELCOME

James: Current March / April 2010

Nicky: Welcome to Current Radio! Hi everybody, I'm Nicky...

James: And I'm James. We've got a packed show for you today.

Nicky: First there's a SHOCKING report about drugs.

James: Then it's election time in the UK! With a general election coming up this year, we'll be talking to first-time voters. We'll also be hearing about Britain's most gorgeous woman.

Nicky: Who could it be? And finally, we'll be talking about the death of the UK's most famous reality TV show - Big Brother.

James: Enjoy the show!

TRACK 2: REALITY CHECK

Nicky: James, have you heard of Hester Stewart?

James: Hmm. Hester Stewart ... ? Wasn't she that student who died last summer?

Nicky: That's right. Hester was 21. She was training to be a doctor in Brighton.

James: How did she die?

Nicky: She was at a party and took a drug called Gamma-butyrolactone.

James: Gamma what?

Nicky: Gamma-butyrolactone. Or GBL for short.

James: What happened?

Nicky: She was drinking alcohol, and we don't know why, or even how, but she took GBL ... and it ended in tragedy.

James: But Hester must have been bright. I mean, she was studying medicine. Didn't she know that GBL was dangerous?

Nicky: It's possible that someone put it in her drink ... We just don't know. Our reporter Andrea has come into the studio to explain more about this tragic story. Hi Andrea.

Andrea: Hi Nicky.

Nicky: Tell us about GBL.

Andrea: Well, GBL is a chemical that you find in nail varnish remover ... or paint stripper.

Nicky: It sounds disgusting!

Andrea: Yes...but the problem is...it has no smell or colour.

Nicky: So, someone could put it in your drink and you wouldn't know about it?

Andrea: Exactly. You could drink it by accident! And it's particularly dangerous when it's mixed with alcohol.

James: What happens when someone takes it?

Andrea: It depends. Users report a sense of euphoria – happiness. They're likely to feel more confident. But this mood can turn quickly and they can become violent and aggressive. Some users even lose consciousness.

James: You mean they black out?

Andrea: Yes. Hundreds of teenagers in the UK are admitted to hospital every week after taking GBL. And as we know from the death of Hester Stewart, GBL is a killer. Six people a year die from taking the drug.

Nicky: Why do people take it?

Andrea: Well, it's relatively cheap and easy to get hold of. It's a party drug – and popular with clubbers looking for a so-called 'legal high'.

Nicky: Legal? But it's not safe!

Andrea: Luckily, the situation changed at the end of last year. The British Government has banned it.

Nicky: Not a moment too soon! So its good news that GBL is illegal now.

Andrea: Well, yes, but there's still some controversy. Hester Stewart's family, who campaigned so hard to raise awareness about the dangers of GBL, are furious with the British Government. They said Ministers were 'irresponsible'.

Nicky: But why? The Government just made the drug illegal, didn't they?

Andrea: Yes. But GBL has been classified as a Class C drug.

Nicky: What do you mean by a 'Class C drug'?

Andrea: Well, the recreational drugs are classified according to how dangerous they are. Heroin and cocaine are Class A drugs. Cannabis is a Class B drug. But GBL was classified as a Class C drug along with substances like painkillers. So, the Stewart family felt dismayed.

Nicky: I see. They think young people won't take it seriously enough.

Andrea: Exactly. They think this is sending out the wrong message to young people.

Nicky: Well, I hope our listeners have understood the risks of GBL.

Andrea: I do too. The more people that know about GBL, the more lives can be saved.

Nicky: There's a full report on GBL in the latest issue of CURRENT magazine.

TRACK 3: THE REPORT

James: Election fever has hit the UK. On the radio, the TV and in the newspapers...

Nicky: Everyone's asking the same question: Who's going to be the next Prime Minister?

James: It looks like it's going to be a straight fight between two men; Gordon Brown – he's the current Prime Minister – and leader of the Labour Party, and David Cameron. He's leader of the opposition....the Conservative Party.

Nicky: Most of our listeners will know about Gordon Brown. But what about David Cameron? We've got our CURRENT reporter Phillip in the studio to give us some background on the man. Phillip, what have you found out?

Phillip: Well, the things that stand out are his age and his education and his upbringing: he's pretty young for a potential Prime Minister. He's only forty-three. And while Gordon Brown went to a normal state school, Cameron went to one of the most famous and exclusive schools in the world. Eton College!

Nicky: Wow. Eton College! Cameron must come from a well-off family.

Phillip: Oh he's rich alright. He's the son of a stockbroker. But more interesting than that is this: ...Did you know that Cameron is a distant relative of the Queen?

Nicky: Blimey! He must be really posh. And what about his family? He's married to Samantha isn't he?

Phillip: Yes – but did you know that Samantha Cameron has blue blood too? She's descended from King Charles the Second!

Nicky: No way!

Phillip: Yes! But Samantha's actually quite liberal. She went to Camberwell Art College in London and she's a respected clothing and interior designer. She's had a huge influence on David, and the couple had three young children. Sadly, his son Ivan was born with severe form of epilepsy and he died last year.

Nicky: I remember that. That was when the public saw another side of David.

Phillip: Yes, I think so.

Nicky: And what was David like as a child?

Phillip: Well, I don't have much information about his early childhood but there have been some

pretty juicy stories about Cameron the teenager!

Nicky: Tell me more!

Phillip: Cameron says himself: "When I was fifteen I was doing things that teenagers do...drinking too much...smoking...and my exam results were poor."

Nicky: So, Cameron was a bit of a typical teenage rebel...!

Phillip: Yeah, apparently he was nearly expelled from college for taking cannabis...

Nicky: What, really? He took dope?

Phillip: That's the allegation. Apparently, the police were called in and everything! David got a fine from the college and had to write 500 lines in Latin!

Nicky: Well, I *didn't* know that!

Phillip: Well, I think the whole episode served as a wake-up call to David. He started studying hard, went to Oxford University and studied Philosophy, Politics and Economics, where he got a first class degree.

Nicky: So he turned out fine in the end. Thanks for sharing that with us, Phillip.

James: Yes, thank you, Phillip. We wanted to find out what London teens think about David Cameron. We've got three teens here in the studio: Myles, Jodie and Jade.

Studio teens: Hi!

James: Are you all first-time voters?

Myles, Jodie and Jade: Yes!

James: So, What do you make of David Cameron? First, Jade, what do you think?

Jade: Well, I have particularly strong views, I come from a very staunch Labour household and my family are working class, so I find it very difficult to connect with someone that was educated at Eton and then Oxford, so I'd definitely say his class alienates me and I think I speak for a big portion of society when I say that. Um, so yeah, I find the prospect of David Cameron in power quite scary.

James: So you won't be voting for David Cameron?

Jade: Absolutely not.

James: What about you, Miles? What do you think?

Miles: Erm, to be honest, I'm not too sure about all this politics issue, no, I don't have a view on it at all!

James: Do you not think it's important who's in power and who makes decisions about things?

Miles: I think it is important, but I'm going to leave that to people who are much older than me, because I think they understand a lot more than me.

James: Ok, and Jodie, finally, what about you?

Jodie: I don't understand much about politics, I just feel sorry for David Cameron that he lost his son.

James: Do you think that'll make you vote for him?

Jodie: No, but I do give compassion to him and his family.

James: Ok, so, some compassion for David Cameron from Jodie there, and not a lot from Jade. So, what do you three think the priority of the next Prime Minister should be? Miles?

Miles: Er, well, teenagers nowadays are getting a bit mixed up in the world, with crime and all sorts of issues. I think he should look at some of the issues with the youth of today and get in touch with some of us.

James: Ok, and Jade, we know you don't think much of David Cameron, but what would you like his priorities to be, should he become Prime Minister?

Jade: Well, something that's very important to me is climate change and implementing structures to reduce our carbon emissions in this country, I think that's really important. And also, unemployment levels, I think that's something that should be really addressed, particularly youth unemployment; I find it really sad that we've got a big portion of our young people that don't have jobs and are on benefits, I think that's quite a sad thing. And also the economy, it's got to be resolved, the banking industry needs to be regulated more.

James: So if David Cameron came out with strong policies on the environment, the economy and unemployment, would you consider voting for him despite your initial reservations?

Jade: Um, I don't think that they are his priorities, particularly climate change, it's not something that I feel he's been concerned about, in some of the policies of his that I've read so far.

James: Ok, thanks! Now we all know about the cuts that the next Prime Minister will have to make. Let's imagine that you three had to cut public spending, what would you cut and why? Jodie, let's start with you.

Jodie: I would cut spending on ID cards.

James: Ok.

Jodie: I don't think there's much point in spending too much money on that.

James: Ok, you don't think it's a good idea to spend money ensuring that people can prove who they are?

Jodie: Well, I just think that it's too much money going on it. Money should be spent, but not too much.

James: Ok, sure. And Miles, what about you?

Miles: Um, I think they should cut Head Teachers' pay. One, because teachers aren't my favourite people, and two, well, I just think it's a little too much.

James: Ok, what do you think your Head Teacher would think of that?

Miles: Oh! I wouldn't like to know!

James: Ok, thanks for that, Miles. And Jade, what about you?

Jade: I definitely agree with Jodie, I would scrap the ID cards, I'm really anti the ID cards system, and also MP's expenses. I know it's going through changes at the moment, but it's something that needs to be sorted out.

James: Ok. Thank you all for your opinions. And let me just say that it's important that you do use your vote. After all, if you don't vote, you can't complain about the politicians!

Nicky: Yes, that's true! So who are you going to vote for James?

James: Ah...that's the ten million dollar question! I'm not telling...

TRACK 4: THE BUZZ

James: Our next story is also about voting...

Nicky: Yes – voting on reality TV. We've got some bad news for reality TV fans. This year is the last *Big Brother* series in the UK. The show has been axed after ten years. And if you don't know about *Big Brother*, then where have you been?

James: Yes, this show is hard to miss! It's in 41 other countries as well! It's everywhere and anywhere from South Africa and Brazil, to Russia and Peru!

Nicky: In *Big Brother*, twelve contestants live in a house for 100 days. Cameras watch their every move. Viewers vote each week for someone to leave the house.

James: I'd hate that. Why would you do it?!

Nicky: Maybe for the prize money – you could win one hundred thousand pounds!

James: And don't forget the fame...millions of people watching you every day. Do you know how many people watched *Big Brother* at its peak?

Nicky: No idea.

James: Well, in 2002, *eight million* people tuned in! But last year...only *two million* people watched. People just aren't so interested now.

Nicky: So is *Big Brother* a big DEAL or a big YAWN? Let's ask our studio guests Steve and Miranda...Say hello guys.

Steve: Hello!

Miranda: Hi!

Nicky: So Steve, *Big Brother*. Do you love it or hate it?

Steve: I'm afraid I'd have to say, 'hate it'.

Nicky: Oh! And why's that?

Steve: I just don't understand the point of it.

Nicky: And Miranda, how about you, Are you a fan?

Miranda: Yes, I really love *Big Brother*.

Nicky: And did either of you watch *Big Brother* this year?

Steve: No.

Miranda: Well, this year I watched slightly less than I normally do.

Nicky: Oh right, why's that?

Miranda: Um, I just found it harder recently to commit to watching the show every day. But ordinarily, all the past series I've watched quite religiously.

Nicky: And Steve, did you watch any this year?

Steve: I didn't really. It is quite hard to get away from because of all the other programs that come with it, and the constant viewings on the other channels, but I try and avoid it.

Nicky: And Miranda, who has been the most interesting contestant for you?

Miranda: Definitely Jade Goody! I think her journey from when she was first on the program to her sad death last year has been quite incredible. It's amazing what she achieved, especially considering she didn't even win the series. Yeah, she's written books, had a perfume come out, been a TV star... I'm a bit of a Jade Goody fan!

Nicky: So Steve, who have been the most interesting contestants for you?

Steve: Well, I did watch the very first series, and the guy who won that was kind of a regular builder, I think he was, Craig Phillips. I thought it was interesting then because he gave his money to a sick friend of his, and kind of used the fame and wealth that came from it in a really positive way, not just for himself.

Nicky: Yes, yes that's true. Um, so, People say *Big Brother* has changed TV forever. Miranda, do you agree?

Miranda: Yes, I think so. It shows that normal people can become famous on television without really having a talent. It definitely was the birth of the big explosion of reality tv, I think.

Nicky: And would you say that's a good thing, for them not having a talent to become famous by reality tv?

Miranda: Well, I think it shows that you have to have personality and an interesting character, and I think that's a positive attribute.

Nicky: And Steve, how about you? How do you think *Big Brother* has changed tv?

Steve: I agree with Miranda, it really was the birth of a whole new genre of tv. Some of the spin off programs that came from it; *I'm a Celebrity*... and other things like that, I think some of them have been ok, but really, no, it ruined tv.

Nicky: You think it ruined tv. Ok, thanks for that honest opinion there. Now *Big Brother* is over, what kinds of programmes would you like to watch in its place? Steve, how about you?

Steve: I'm afraid I like a good documentary.

Nicky: Great! And Miranda?

Miranda: Um, maybe some more dramas that are aimed at young people, there's lots of good drama on tv at the moment, but less good drama that's aimed particularly for young people.

Nicky: Good ideas! Thanks to our studio guests, Steve and Miranda. Hey James-

James: What, Nicky?

Nicky: It's lucky there's no camera in THIS studio.

James: Why's that?

Nicky: You've got coffee all down your shirt!

James: Oh no!

TRACK 5: 60 SECONDS WITH

James: Finally! The moment I've been waiting for.

Nicky: Yes, it's time to talk about James' dream woman.

James: She's gorgeous, talented, charming... and she's from Newcastle! Yes...it's Cheryl Cole.

Nicky: For listeners, twenty-six-year old Cheryl is Britain's sweetheart. If you've been in the UK recently – you will probably have seen her face on the covers of magazines and newspapers!

James: And you would have seen her on TV too. She's a judge on TV talent show, *The X Factor*. She's also in a hugely successful girl band – Girls Aloud.

Nicky: And don't forget, Cheryl has bagged herself a footballer-husband too. She's married to the Chelsea and England football player, Ashley Cole.

James: We've got Lisa in the studio with us. She's CURRENT's showbiz expert. Hi Lisa!

Lisa: Hi everybody.

James: So Lisa – how long have you been following Cheryl?

Lisa: Ever since 2002, the year she appeared on TV talent show: *Popstars*, and she won her place in *Girls Aloud*.

James: How much do you know about her background?

Lisa: She's got a really interesting background. Cheryl Tweedy was brought up on a council estate in Heaton in Newcastle. It's an inner-city area where unemployment is high and drugs are rife...

James: I've heard that one of her friends died from an overdose. Is that true?

Lisa: Yes, her old friend John Courtney was a promising football player – but he was also a drug addict. He got hooked on heroin and fell into a life of crime. Even when Cheryl was starting to be famous she took time out to come home. She begged him to stop, but it was too late and he died.

James: Oh my goodness. How sad. Have you got anything less depressing? What was she like at school?

Lisa: Well, that's pretty depressing too! She was suspended twice for bad behaviour. The first time, she got into a fight with a lad, and the second time she was caught swearing on the school bus. She left school with no qualifications, not a thing! Even her head teacher said to her: "It will be interesting to see what you do, Miss Tweedy!"

James: But she could dance, couldn't she?

Lisa: Oh definitely. At nine, she was offered a place at the Royal Ballet School in London. She beat more than 5,000 other dancers!

James: Impressive. So why didn't she keep it up?

Lisa: Well, it was all a bit of culture shock for Cheryl. There she was, this girl from Newcastle at the prestigious Royal Ballet School. She was picked on by the other girls because of her clothes and her accent. She even says that she cried herself to sleep every night. Despite the fact that she was a talented dancer, she felt she could never fit in there.

James: Sounds a bit like the story of *Billy Elliot*!

Lisa: Yes!

James: So what's next for Cheryl?

Lisa: Cheryl launched a solo album last year. It's called *Three Words*, and it's done well ... of course... and there's lots more in the pipeline: books, clothing ranges, beauty adverts... she can do anything she wants now!

James: Why's she so popular, Lisa?

Lisa: I think it's because she's got those 'girl-next-door' qualities. She's friendly and down to earth, even though she's become this massive star. And she's stunning too. That helps!

James: I know that! But she does look different from when we first saw her on our screens. She must have a personal stylist now!

Lisa: Oh yes. Guess how much she spent on clothes for the last *X Factor* series?

James: No idea... A thousand pounds?

Lisa: *One hundred* thousand pounds!

James: [laughing] One hundred thousand pounds?! Well, I'm glad she's married to a rich footballer.

Nicky: Why's that?

James: I can't afford to take her on a date!

Nicky: Well, that's all for this issue, see you in May!

CURRENT MAY / JUNE 2010

TRACK 6: INTRODUCTION

James: Welcome back to CURRENT radio! I'm James...

Nicky: And I'm Nicky. In this show, we're off to the movies... We've got the lowdown on the hottest films to see this summer!

James: And today's special report is on eating disorders. We talk to an expert on a new and worrying trend.

Nicky: But first we're remembering that great moment...when you leave school.

James: How are students celebrating their freedom? We've got a disturbing story about a school prom in the States and a phone-in.

Nicky: Great. Let's kick off the show!

TRACK 7: SPECIAL REPORT

Nicky: So James, when you left school ...was there a party?

James: Of course! We had a disco. Why?

Nicky: Well, there's a story in this month's CURRENT about school proms in America.

James: Ah yes. The all-American school prom. What's new about that?

Nicky: Well, the story we have in CURRENT is rather shocking. It's about how one High School in Georgia still has a segregated prom – one for African-American pupils and the other for whites.

James: You've got to be kidding!? Isn't that illegal?

Nicky: You would have thought so. The proms are organised outside of school by parent committees. So it's actually not the school itself here. The parents say that this is the tradition, and it's not a question of race but that the students have different tastes in food, music and dance...and the two proms reflect those tastes.

James: Hum. Tradition? I don't buy that at all. What do the students themselves think?

Nicky: They've actually tried to have a prom together but they didn't get the financial support they needed from their parents.

James: Why don't the students make a stand? I mean they're all 18-years-old and presumably fairly intelligent! If that was me, I'd refuse to go to a segregated prom on principle!

Nicky: Maybe they're too afraid to stand up to their parents? I mean they're still financially dependent on them at that stage if they want to go to university and drive a car, all those things.

James: Yes. But still. At least, they'd have more self respect if they took a stance on this.

Nicky: Well I think it just goes to show that even though the U.S has a black President, some parts still have a long way to go when it comes to race relations.

TRACK 8: THE PHONE-IN

Nicky: Still on the subject of leaving school and proms. It's our CURRENT phone in. We want to know how YOU are celebrating the end of school. Are you having a prom? Or maybe you've just had it. First, I've got Gemma on the line. She's from Bristol. Hi Gemma.

Gemma: Hi Nicky.

Nicky: Gemma - What was your leaving party like?

Gemma: Well, it was quite cool actually. We had a prom – and everyone got dressed up. A lot of people arrived in big cars. It was like the Oscars!

James: Did you like dressing up?

Gemma: Well I'm a bit of a girly-girl so I loved it! My friends and I spent ages planning the whole night. We got our hair done, our nails done – the works! And my cousin came over and did our make-up for us. Mum and dad hired a Limo...so we showed up in style. When we arrived at school there was a red carpet. It made us feel like stars.

Nicky: Sounds like you had fun...Thanks Gemma. Now Tom. He's calling from Bournemouth and has just been to his prom last week. What about you Tom – did you enjoy putting on a suit?

Tom: Honestly Nicky? I hated our prom. I just wanted to wear jeans, but that wasn't allowed.

James: What was the music like, Tom?

Tom: Actually that was pretty good, they had a live band...and they were great! In the end everyone was dancing, even the headteacher!

Nicky: And now I've got Lucy on the line. She's calling from Cambridge. Hi Lucy. Did you have a school prom too?

Lucy: Yes, we did, but it wasn't really my thing. It was nice if you're one of those beautiful girls with lots of money, but I live with my mum in a single-parent family so there was no way I could splash out hundreds of pounds on shoes and dresses and make up. For me, it was just another added stress. There was this horrible pressure and competitiveness to look amazing and wear something unique. And on the night everyone was sizing each other up, asking where they got their dress. Mine was from the high street and I had to wear my normal school shoes and I know that there were some girls bitching about this. So actually, I hated it.

Nicky: Oh dear. Well it's interesting to hear that side of things. Finally Adam is calling from Norwich. What about you? Did you have a school prom at your school?

Adam: Yes we did, but I didn't go. The whole prom thing is so American and so cheesy. We even had a 'Prom Queen and King', YUCK! What will we have next in our schools? Homecoming? Cheerleaders? It's just another example of the Americanization of the UK as far as I'm concerned.

Nicky: Strong views there...Thanks Adam. So, How do YOU celebrate the end of school? Get in touch with CURRENT and let us know what you're up to.

James: Yes, we'd love to know if you have a prom or an unusual tradition in your school. In the meantime, don't forget to read our feature on Proms in this issue of CURRENT.

TRACK 9: REALITY CHECK

Nicky: If you've been a CURRENT reader for a while, you'll know that we've covered lots of teen health issues to do with food and diet.

James: Yes, everything from sugar and salt to trans fats and additives. But now CURRENT is covering a new issue. We're asking: Can you eat *too* healthily?

Nicky: Apparently so. Some teens have become overly-obsessed with healthy eating.

James: But, isn't it good to be healthy?

Nicky: Of course, but some people take healthy eating too far and can actually become quite ill as a result. Doctors have identified this and call the condition ‘orthorexia.’

James: Orthorexia? I’ve heard of anorexia but I’ve never heard of this! It sounds serious.

Nicky: It is. That’s why CURRENT has invited an expert to talk to us. Ursula Philpot is a dietitian and she’s from Leeds Metropolitan University. She knows lots about orthorexia and is on the line now:

Nicky: Hi Ursula, this is Nicky from CURRENT magazine. As you know we’re covering orthorexia in this issue. Can I ask you a few questions?

Ursula: Yes, that’s fine.

Nicky: How big a problem is orthorexia with young people today?

Ursula: It’s probably a rising problem. It’s part of what we call the ‘disordered eating spectrum’, so it’s where normal eating moves towards disordered eating and eventually onto eating disorders and orthorexia is just a part of disordered eating.

Nicky: Right, so, how does orthorexia start?

Ursula: It would usually start with people making up what we call food rules, so um, making strict rules about what they will and won’t eat, deciding that there are good and bad foods and putting foods into categories and slowly, over time, becoming more and more strict with these categories.

Nicky: Right, so what’s the difference between being orthorexic and going on a diet?

Ursula: People usually go on diets for a short term purpose, to lose weight. Being orthorexic is more about food rules. So, it’s more about saying ‘I won’t eat that because of the additives’, ‘I won’t eat that because there are colourings’ ‘I won’t eat that because I believe it’s unhealthy’, but doing that in a very strict way. So it’s becoming difficult to eat in a normal way because you have so many rules and regulations about what you will and you won’t eat.

Nicky: Right, so when you’re orthorexic what kinds of foods do you stop eating?

Ursula: Often it will be what people would deem ‘junk food’, and obviously that’s a fairly good thing, to stop eating junk food in the beginning. But if it then moves towards lots of other foods, particularly food groups, so maybe people will start to cut out, say, dairy products, or they may cut out meat, but without balancing it properly in the rest of their diet, then people can end up with very unbalanced diets.

Nicky: Right, so it would be dairy foods and meat, really?

Ursula: It can be any number of things, people will often start by cutting out what they call junk food, so crisps, chocolate, sweets... they then may say that they don’t want anything that’s out of a packet or a tin, they then may go on to say that they don’t want to eat dairy products, they don’t want to eat wheat products, and so gradually their diets become more and more restricted.

Nicky: Ok, so when you cut out all these foods... What effect does it have on your health?

Ursula: Well to cut out large food groups such as dairy products or wheat can have quite a dramatic effect on your health if you're not very careful to replace them with good substitutes. Say, for example, dairy products are our main source of calcium, if you cut out dairy products, you must replace them with lots and lots of calcium containing foods, and again, if you were to cut out wheat products which are a good source of energy and B vitamins, you'd need to make sure that you replace those with a wide variety of other grains and other sources. It's really about the fact that there isn't a need to cut out things like dairy products and wheat products unless you have a genuine food allergy, and that's really what orthorexia is about.

Nicky: So when you cut out dairy products, what sort of health issues will you be getting yourself into?

Ursula: Well osteoporosis, or what we call 'brittle bones' is the biggest problem. So, without a good calcium and good protein intake, people can put their bones at risk of becoming very brittle and very fragile over time.

Nicky: Right, so how can you tell if someone is orthorexic? What kind of behaviour do they show?

Ursula: They'll probably be quite preoccupied with what they're eating, and probably have quite strict rules about what they will and won't eat. They may insist that they prepare food from scratch, and they can't join in with things like a piece of cake in the office or a family dinner because the food hasn't been prepared in the right way, or the food has been prepared with too many packaged ingredients, for example. So it would be somebody being very strict about what they eat and applying those rules in a very inflexible way.

Nicky: Ok, thank you. So can you tell me what advice can you give young people to eat healthily?

Ursula: The mainstay with healthy eating is to have a diet with a lot of variety in it. Too much of anything is a problem, so you want to have plenty of variety in the diet and not rely too much on any one particular food. You need to have the basis of the three food groups; you need to have fruit and vegetables in your diet, you need to have proteins such as meat or fish or beans, and you need to have what we call carbohydrates, so bread, cereals, rice or potatoes, and you need to have all three of those groups at each meal.

Nicky: Thanks Ursula.

Ursula: Thank you.

TRACK 10: THE BUZZ: SUMMER MOVIES

Nicky: Now it's time for our movie review.

James: Yes we've got Mike in the studio with us. Mike – we're hoping you can tell us what films to see this summer.

Mike: Yes, of course! Well, if you like animations, there are a couple of sequels to check out. The first is another Shrek movie. It's called *Shrek Forever After*.

James: Oh I love *Shrek*!

Mike: And they're making another *Toy Story* – *Toy Story THREE*.

James: Really! I can't wait. Who could forget those fabulous characters... Woody, Buzz, Mr Potato Head... So any idea about the plot? It's been a long time since the toys were in action.

Mike: Well it's all a bit hush-hush at the moment and I don't want to spoil it for you too much...remember the toys' owner, the boy Andy?

James: Yes!

Mike: Well he's all grown up and going to college. So it's crunch-time for the toys.

James: Oh no! What about action movies?

Mike: I've got a treat for you! Do you remember the movie *Karate Kid*?

James: Yes, it came out about 20 years ago didn't it?

Mike: Well they're doing a remake. It's the same story, but this time it's called *KUNG FU Kid*.

James: Who's in it?

Mike: Will Smith's son, Jaden Smith has got the lead. And as it's a karate movie, you'll see that Jackie Chan pops up too.

James: Not bad. What about something for the girls, Mike?

Mike: Well James, for slush-fans the big release this summer has to be the third *Twilight* movie. It's called *Twilight Eclipse*.

James: Tell our listeners the background Mike, where does the story come from?

Mike: The *Twilight Saga* started out as a series of romantic novels about a teenage girl, Bella. She moves to the town of Forks and falls in love with Edward Cullen. The catch is that he's a vampire – and vampires like human blood! The books were instant bestsellers and have sold millions. Now they're being turned into films and have catapulted the stars, Kristen Stewart and Robert Pattinson, into super-stardom.

James: You seem to know a lot about that!

Mike: Well, yes, I have to. It's been one of the biggest hits of the last two years. *Twilight New Moon*, the second movie, came out last year in November. *Twilight Eclipse* is going to carry on with that success.

James: Anything else that my girlfriend will be dragging me to see this summer?

Mike: Well, you can't ignore the second *Sex in the City* movie out in June. The girls seem to go mad for that. This one follows on from the first film. It's partly set in London and we'll also get to see Carrie Bradshaw and the girls in their eighties outfits!

James: I can't say I'll be first in the queue. But each to their own! Thanks Mike for those film tips.

Nicky: Thanks for listening everybody and have a great summer!

James: Bye everyone!

Studio team: Goodbye!

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Producer: Sarah Johnson

Writers/Editor: Emma Crates and Sarah Johnson

Voices: Presenters - Nicola Hornett and James Hutchinson. Actors - Myles Taylor, James Daley, Jade Williams and Jodie Devlin.

Sound Engineer: Norman Goodman

Studio: Motivation Sound Studio, London.



LISTENING ACTIVITIES



TRACK 2 REALITY CHECK

Listen and fill each gap with one word:

- Hester Stewart wanted to be a _____ .
- The presenters think Hester was _____ because she was studying medicine.
- You find GBL in paint stripper. It's a _____ .
- If people take GBL they first have a feeling of great _____ but then they may get _____ and _____ .
- When Hester's family heard about the Government's actions they were _____ .
- The Government has _____ GBL as a Class C drug.



Name: _____

Class: _____ Date: _____

TRACK 3 THE REPORT

A. True (T) or false (F)?



1. David Cameron is younger than Gordon Brown.
2. Cameron went to a prestigious school.
3. He is a close relative of the Queen.
4. Samantha Cameron is very traditional and conservative.
5. Samantha has worked but she doesn't now.
6. David was expelled from college because of drugs.
7. David didn't go to Oxford University.

TRACK 3  **THE REPORT**

B. Who says it? Is it Myles, Jodie or Jade? Write *M*, *Jo* or *Ja* in the boxes:

This person ...

1. feels sorry for David Cameron and his family.
2. was brought up in a family that has always strongly supported the Labour party.
3. is concerned about the number of young people out of work.
4. doesn't understand enough about politics to vote.
5. is worried about the environment and climate change.
6. thinks Cameron should try and communicate more with young people.
7. doesn't think they can relate to someone from a completely different background.

Track 4 THE BUZZ

A. Listen to the presenters introducing the topic *Big Brother*. Listen and write a word or words to replace the underlined phrases:



1. *Big Brother* has been cut.

2. In *Big Brother* people taking part in the show live in a house for 100 days.

3. Viewers express their opinions about who should leave the house.

4. You take part for what you win.

5. How many people watched *Big Brother* when it was at its most popular?

6. Eight million people watched it on TV every day.

Track 4  **THE BUZZ****B. Listen to Miranda and Steve. Answer these questions:**

1. Why didn't Miranda watch so much of *Big Brother* this year?

2. Steve didn't watch it at all but he still knows about it. Why?

3. What was surprising about Jade Goody's success?

4. Why does Steve have respect for Craig Phillips?

5. What do Steve and Miranda agree on?

6. What effect does Steve think *Big Brother* had on TV?

TRACK 5  **60 SECONDS WITH ...****A. Listen and circle the correct options:**

1. Cheryl comes from ...
 - a. Newcastle.
 - b. Newbury.
2. Cheryl lived on a ...
 - a. country estate.
 - b. council estate.
3. At school, Cheryl got into a fight ...
 - a. with a lass (a girl).
 - b. with a lad (a boy).
4. And she was caught ...
 - a. smoking
 - b. swearing

on the school bus.
5. At ballet school, Cheryl was ...
 - a. picked up by other girls.
 - b. picked on by other girls.
6. Cheryl is ...
 - a. stunning.
 - b. stunned.

B. Here are 10 adjectives and adverbs used in this track. Put them in the order you hear them (1 to 10):

down-to-earth	<input type="checkbox"/>	depressing	<input type="checkbox"/>
gorgeous	<input checked="" type="checkbox"/>	charming	<input type="checkbox"/>
impressive	<input type="checkbox"/>	promising	<input type="checkbox"/>
successful	<input type="checkbox"/>	prestigious	<input type="checkbox"/>
stunning	<input type="checkbox"/>	talented	<input type="checkbox"/>

C. Read this excerpt. Circle the correct answer then listen to check:

James: So Lisa – how long have you been following (1. – / the) Cheryl?

Lisa: Ever since (2. – / the) 2002, (3. a /the) year she appeared on TV talent show: *Popstars*, and she won her place in (4. – / the) *Girls Aloud*.

James: How much do you know about her background?

Lisa: She's got (5. a /the) really interesting background. Cheryl Tweedy was brought up on (6. a /the) council estate in (7. – /the) Heaton in Newcastle. It's (8. – /an) inner-city area where unemployment is high and (9. – /the) drugs are rife ...

James: I've heard that one of her friends died from (10. an /the) overdose. Is that true?

Lisa: Yes, her old friend John Courtney was (11. *a /the*) promising football player – but he was also (12. *– /a*) drug addict. He got hooked on (13. *– /the*) heroin and fell into (14. *a /the*) life of crime. Even when Cheryl was starting to be famous, she took time out to come home. She begged him to stop, but it was too late and he died.

TRACK 7 SPECIAL REPORT

A. Listen and answer the questions:

1. What's the issue with the prom in Georgia?

2. Who organises the proms?

3. What reasons do the organisers give for the two proms?

4. Why does Nicky think the students are afraid to make a stand?

B. Listen. Who says these phrases? Is it Nicky or James? Write N or J:

1. You've got to be kidding!

2. I don't buy that at all.

3. You would have thought so.

4. It just goes to show...

TRACK 8 THE PHONE IN

True (T) or false (F)?

1. Gemma had to wear fancy dress to the prom.
2. Gemma and her friends spent time doing their own hair, nails and make-up.
3. Her father owns a limo.
4. Tom was allowed to wear jeans to his prom.
5. Tom had a good time in the end.
6. Lucy couldn't afford to spend much money on clothes.
7. Other girls admired Lucy's shoes.
8. Adam had cheese at his prom.
9. Adam doesn't think we should accept American traditions in the UK.



Track 9 REALITY CHECK

Fill in the gaps:



1. Orthorexia begins when people make

_____.

2. People usually go on a diet because they want to

_____.

3. But sufferers from orthorexia stop eating whole

_____, e.g. dairy.

4. This means they then have very

_____.

5. Taking certain foods out of your diet can have a

_____ on your health.

6. Dairy products give us

_____.

7. You should only stop eating certain foods if you have a definite

_____ to them.

8. People who have orthorexia will only eat things they have cooked

_____.

Track 10  **THE BUZZ****Listen and classify the films. Tick the boxes:**

	Animation	Sequel	Action movie	Remake	Based on book	Girlie movie
<i>Shrek Forever After</i>						
<i>Toy Story 3</i>						
<i>Kung Fu Kid</i>						
<i>Twilight Eclipse</i>						
<i>Sex and the City</i>						

B. Answer the questions:

1. What do you find out about the storyline for *Toy Story 3*?

2. How old is *Karate Kid*?

3. Who has the main part in *Kung Fu Kid*?

4. What kind of part has Jackie Chan got in the film?

5. What characters are Bella and Edward Cullen?

6. Were the *Twilight Stars* famous before the films?

7. When did they start making the *Twilight* films?

8. When will you be able to see *Sex and the City 2*?

ANSWERS

Track 2: 1. doctor; 2. bright; 3. chemical; 4. happiness, violent, aggressive; 5. furious; 6. classified

Track 3: A.1.T; 2.T; 3.F; 4.F; 5.F; 6.F; 7.F B.1. Jo; 2. Ja; 3. Jo; 4. M; 5. Ja; 6. M; 7. Ja;

Track 4: A. 1. axed; 2. contestants; 3. vote for; 4. the prize money; 5. peak; 6. tuned in

B. 1. She found it hard to commit to watching it every day although she had done with previous shows.; 2. It's mentioned all the time on other programmes and channels.; 3. She didn't actually win.; 4. He gave his winnings to a sick friend.; 5. That *Big Brother* started a new genre of TV/reality TV.; 6. It ruined it!

Track 5: A. 1.a; 2.b; 3.b; 4.b; 5.b; 6.a

B. The correct order is: 1. gorgeous; 2. talented; 3. charming; 4. successful; 5. promising; 6. depressing; 7. impressive; 8. prestigious; 9. down-to-earth; 10. stunning.

C. 1. -; 2. -; 3. the; 4. -; 5. a; 6. a; 7. -; 8. an; 9. -; 10. an; 11. a; 12. a; 13. -; 14. a.

Track 7: A. 1. The prom is segregated. 2. Parent committees. 3. They say it's simply a matter of tradition and that the different proms reflect different tastes in music and food etc. 4. Nicky thinks it's because the students are still financially dependent on their parents at this stage – and so they are reluctant to stand up to them.

B. 1.J; 2.J; 3.N; 4.N.

Track 8: 1. F 2. F 3. F 4. T 5. T 6. T 7. F 8. F 9. T

Track 9: 1. food rules; 2. lose weight; 3. food groups; 4. unbalanced diets; 5. dramatic effect; 6. calcium; 7. food allergy; 8. from scratch

Track 10: A.

	Animation	Sequel	Action movie	Remake	Based on book	Girlie movie
Shrek forever after	✓	✓				
Toy Story 3	✓	✓				
Kung Fu Kid			✓	✓		
Twilight Eclipse		✓			✓	✓
Sex in the City		✓				✓

B. 1. Andy has grown up and is going to college. The toys are perhaps going to be thrown out.; 2. Twenty years old.; 3. Will Smith's son, Jaden Smith.; 4. A very small part.; 5. Bella is a teenager and Edward a vampire.; 6. No, they shot to fame because of the film.; 7. Two years ago.; 8. June 2010.

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