Unit 1 A new lifestyle

R = Reporter S = Steve

R: Hello, Ronnie your Roadmap reporter here. In the news today, there is a report about modern lifestyles and it's no surprise that experts say we're not getting enough exercise. We're all spending too much time sitting down. So how can we make our lifestyles healthier?
Earlier today I invited an expert into the studio to see what it takes to get really fit.

R: So, I'm here with successful personal trainer and exercise coach Steve. Welcome Steve.

S: Nice to meet you.

R: Good to have you with us.
Now Steve – I'm obviously pretty healthy, but what do I need to do to be as fit as you? Let's start with the diet. What kind of food do you eat?

S: So, I would have a balance of everything. I would have chicken, bananas, vegetables. Eggs I would have for breakfast.

R: And how much do you eat every day?

S: So, my meals would vary from about 5 or 6 a day.

R: I'm sorry, can you repeat that, please?

S: So, I'd have about 5 or 6 meals a day.

R: Really?
Is it difficult to eat that much?

S: No, you'd get used to it.

R: That's a lot of food, Steve. Now I see here you've got a health drink. So, do you need to drink those and eat all this food?

S: So, we've got a protein shake here and protein is key for building muscle.

R: Well, I'm trying to be healthier, so can I try it?

S: Yeah, go ahead.

R: After you.
Hmm. Hmmm, that's interesting.
Now Steve, to get a body like yours it's not just about healthy eating, is it? If I want to get fit myself, what do I need to do?

S: Why don't we start now? Drop down and give me 20!

R: What?

S: Drop down and give me 20!
Yep that's it.

R: OK.

S: All right. Let's go.
Come on – you need to get much lower than that. Don't stop!

R: How many more?

S:19 more.

R: Errrrm …

S: Keep going down – you need to get right down, lower down.

R: Oh that's good, that was good.

S: No, you need to get lower than that, right down. Keep going, keep going, come on!

R: I'm trying.
Are you sure this is good for me?

S: Of course it is.
So here – and it's up and down.
A bit lower.
Erm Ronnie, what are you doing?

R: All this exercise is making me hungry.

S: Come on.

R: So, Steve how long does it take to get muscles as big as yours?

S: Well, I've been doing this now for 10 years.

R: Sorry, 10 years? Guess what? I'll never be a bodybuilder.

S: Never give up – let's just try one more thing. Let me try some sit ups.

R: OK.
Unfortunately, we're out of time in the studio. I need to get back to my desk. Err, you carry on Steve.

R: They say it's best to take small steps if you want to change your lifestyle. Sitting down all day isn't very healthy and doing a bit of exercise can make us feel much better. I feel fantastic after my session with Steve, I really do. This is Ronnie your Roadmap reporter signing off.

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Unit 2 Unusual tastes

R = Reporter, P = Phil

R: Hello, its Ronnie your Roadmap reporter here … and I have a breaking news story! The UK has a vegetable problem. It seems that people in the UK are eating fewer vegetables than ever before. In fact, we're eating a lot less now than we were 60 years ago. What's wrong with people? Vegetables are great! I love them.

Did you know that potatoes were the first food to be grown in space? Or, that you can use a cucumber as an eraser?

So, how can we get people to start eating vegetables again? Earlier today I met a man who has the answer.

R: Joining me in the studio is Phil. Phil's an expert in growing vegetables. What do you grow Phil?

P: A lot of carrots, a few avocados, some cucumbers and peppers, lots of tomatoes and peas and a little broccoli.

R: Amazing, and I've heard you use some of these to make a delicious dish which everyone loves.

P: Uh huh.

R: So what are you making, Phil?

P: A five-a-day cake.

R: Aaah – let me guess. That's because it's made with five vegetables?

P: That's right.

R: And experts say we should eat five portions of vegetables a day. But it's a cake?

That sounds interesting. So how do you do it? What do you do first?

P: Well, first we need some brown or black bread for the base.

R: That's not a vegetable Phil, but carry on.

The tin.

OK, and what happens next?

P: Humus!

R: Humus! What a good idea!

In go the herbs.

What happens now?

P: Cucumber.

R: Is that a whole cucumber you are using? How exciting!

It looks very fresh!

This is a very unusual cake.

And what's the next vegetable?

P: Mashed avocado.

R: Mashed avocado, very nice. And what's next?

P: Carrot.

R: That's lots of carrots. Very nice. And then?

P: Cover it in cream cheese.

R:There we go. That looks wonderful!

The cake is then left in the fridge for a few hours and after that it can be decorated.

There you have it. All you need is a large cucumber, some avocados, lots of carrots, a few peas and some peppers. That's five vegetables in a cake.

I can't wait to try it.

R: It's delicious! This is Ronnie your Roadmap reporter on a mission to get you eating more vegetables.

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Unit 3 Mud Monster Run

R = Reporter M = Mark N = Narrator

R: Ronnie the Roadmap roving reporter here!
I've been feeling very tired lately, spending too much time out on the road. So my friend Mark has invited me to do something fun, something that will help me relax. Now I don't know where we're going, but I hope we're going to a spa, you know with a lovely swimming pool where you can relax and do nothing.

M: What time do you call this?

R: Hi Mark, how are things? … Wait a minute, I don't see a spa? Where are we?

M: No spa … no relaxing.

R: Oh? I'm sorry to hear that.

M: No, today we're doing something way more exciting! Have you heard of Mud Monsters Run?

R: Er, no. What is it?

M: It's a mud run, and today we've got the whole place all to ourselves! Lucky you!

R: Oh. That sounds brilliant!

M: Well, don't just stand there!

R: OK, sounds easy enough! Great! I mean how hard can it really be?

N: Mud Monsters Run is a ten kilometre obstacle course. Races take place twice a year in June and October, and people come here from all over the country to take part. There are sixty-five obstacles, but the mud itself is the biggest obstacle of all.

R: So here I am, at the start of a Mud Monster Run and I'm ready for action!

M: Come on! Get on with it!
Wow! Wasn't that amazing? How much fun was that? Ronnie? Ronnie! Oh sorry – Ronnie? Are you all right, mate?

R: Guess what? Guess what?

M: What?

R: I prefer the city! All this country air and mud – it's horrible. Cut the camera. I want to go home!

R: Wow! Well, that was an experience.
This is Ronnie, your Roadmap reporter, signing off.

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Unit 4 Husky dogs

R = Reporter V = Vickie

R: Hello there, Ronnie the Roadmap Reporter here.
Today the office have sent me out – to the middle of nowhere – to try and find a story. But there's no news to report, I'm afraid. No, really is not a lot happening. Nothing!
Hello!

V: Ronnie, its Vickie.

R: Vickie Pullin! The UK's leading female dog sled racer! It's so good you called – I need a story to report and you can be it.

V: I'm not sure about that.

R: Don't worry – it'll be fine! I'm on my way right now – what's happening, what can I film?

V: Would you like to come and watch me train my dogs for the next big race?

R: Yeah – sounds great! I'd love to.
We are back in business!
Ronnie the Roadmap reporter here. Today I'm at 'Arctic Quest' to find out what it takes to be a champion racing driver – but not car racing, it's dog racing!
So Vickie, what is Arctic Quest?

V: Arctic Quest is a sled dog company in the UK, where we offer husky rides, we go into schools and do an educational programme, and we do talks and demos as well.

R: And what equipment do you need to use?

V: We use something called a cart – three wheels and four wheels – and then some dogs.

R: What exactly is a cart?

V: It's similar to a bike, but it doesn't have a saddle or pedals, and it's designed to be pulled by dogs.

R: How do you train for a big race?

V: The most important thing is giving the dogs a lot of love, having fun and lots of exercise.

R: Well, could we join you for a training run?

V: For sure!

R: Great! Let's meet the team.

[DOGS BARKING]

R: Husky dogs are strong and fast, which makes them great for racing. They're also very sociable and friendly, or so I'm told.
Hi Vickie. Why do I have to wear this?

V: Because you're going to be helping me train the dogs.

R: Er, perhaps this isn't such a good idea. I'm not sure about this.
So, Vickie, how did I do?

V: You did a great job!

R: You know, I think I have a pretty good chance of becoming a world champion myself one day. The only thing I need to practise now is how to celebrate!
May I?
What a winner! So, me and the dogs are off for steak and biscuits to celebrate!
This is Ronnie, your Roadmap reporter, signing off.
Eurgh, dogs like this?

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Unit 5 Spun Candy

R = Reporter C = Conor

R: Hello there. It's Ronnie, your Roadmap Reporter, here. I'm out on the road today with a sweet story. Did you know – the world's largest lollipop weighed one thousand eight hundred kilos and was more than four metres tall? Incredible right? So I thought I'd come to the experts and see how that could be possible.

R: I'm here at Spun Candy to meet Conor Steyn who's going to show me all I need to know about sweets. And what do you do here, Conor?

C: We teach people how to make sweets by hand.

R: Fantastic!
Hello Dad. What's that? It's Mum's birthday! No, no of course I haven't forgotten. Of course I've got her a gift. OK. Yeah, I've got to go. OK. Bye.
Oh no. I haven't got her a gift.

C: I think we'll be able to help you with that.

R: Yes! Maybe I could get my mum sweets for her birthday!

C: What kind of sweets does your mum like?

R: I'm not sure. What have you got?

C: Well, how about this?

R: Maybe.

C: Or, what about this?

R: Hmm…

C: Or even a candy rose?

R: Nice! But I'm looking for something really special.

C: I have just the thing. Let's go!

R: Here in the kitchen, Conor's going to help me make a sweet gift for Mum's birthday.

C: This is our sugar syrup and we're going to add our flavour.

R: Great.

C: Can you smell it?

R: How hot is that?

C: It is a hundred and fifty degrees. Very, very, very hot! One, two, three.

R: Wow!

C: Now we're going to add our colours!

R: Fantastic!

C: We're going to start with yellow!

R: Uh huh!
So, how many lollipops would this make, Conor?

C: I think about fifty.

R: Fifty?

C: Time to separate the colours!

R: Here we go!
Whoar!

C: Now you're going to mould the candy and you're going to fold it.

R: OK!

C: … and you're going to make your rainbow. There you have – hold it.

R: Mmm!
Now it's my turn.

C: Don't worry Ronnie – you can have mine.

R: Ah. Thanks.

R: Well, what an amazing day! I found the perfect gift for my mum. Thank you Spun Candy!
This is Ronnie, your Roadmap Reporter, signing off.

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Unit 6 Happiness

R = Reporter V = Victoria

R: Hello, Ronnie the Roadmap reporter here. Now, we all know life can be very stressful and one way we can help forget about the boss or that phone we can't just switch off is to try and do something relaxing. These days more and more people are practising yoga and meditation.
So, does it help? Can it make us feel happier?
Now, I've never tried yoga or meditation, so I've no idea. But today I've invited an expert into the studio to show me how to do it.

R: Wow! I'm in the studio with Victoria – a yoga and meditation teacher.
Victoria, hello!

V: Hi, welcome!

R: Thanks!
So, first of all, could you tell us a bit about meditation. What does it do?

V: Yeah, it's just a really great way to feel calm and relaxed.

R: And how do we do it?

V: OK, we start by sitting down, comfortably, and it's good to be in a nice quiet space, like this.

R: OK.

V: Just cross your legs for me and put your hands on your knees. And we're just going to start by taking some long, deep breaths. OK?

R: OK.

V: Just follow my lead.

R: Ahum.

V: And in.

R: I don't think I'm doing it right.

V: Err, let's just focus on the breath for now and I'll count the entire time.

R: Great.

V: Ready, and in – 1, 2, 3, and out – 3, 2, 1.

R: Great! I must say I'm feeling much more relaxed. I think we should try some yoga next. Could you show me a few positions.

V: Yeah absolutely! So, if you just stand here for me.
If you just start on all fours – I just want you to rock back, and pull through and arch.

R: I don't think I can do that.

V: Let's just give it a go, yeah?

R: OK.

V: OK.
Yeah, and now just rock back. And, yeah, arch, look up, look up, yeah.

R: So, what's next?

V: OK.
So, if you just stand on the opposite side of the mat. And stand on one leg and bring the free leg up – yep like that … relax the arms and lift up. Perfect!

R: Yes.
Hello. Hello Mum. I'm in the middle of a report. No it's not a problem, not a problem at all. I'm really sorry, I have to go. OK, bye then.
Well, thank you to Victoria for coming in and teaching us the basics of yoga and meditation. I'm feeling much more relaxed – who says modern life was stressful?
This is Ronnie your Roadmap reporter signing off.

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Unit 7 Talliston House

R = Reporter J = John

R: Hello there, Ronnie the Roadmap roving reporter here.
I'm out on the road again looking for extraordinary places and interesting people to report on.
Today, I'm visiting a very unusual house owned by the writer John Tarrow, and guess what? I've been invited to stay the night! It's going to be great! A nice comfortable room where I can get my beauty sleep.

R: From the outside, this looks like an ordinary house. But John has spent 25 years turning the inside into something unique – and I can't wait to see it!

J: Hello Ronnie. Welcome to Talliston House and Gardens.

R: Thanks very much.

J: Come on in.

R: Wow John, what a fantastic room!

J: Thank you!
In Talliston each room celebrates a different period in history. This is the Victorian living room.

R: Amazing!
So John, what room is this?

J: This is the 19th century dining room.

R: The objects you can see in this room are typical of the Victorian times. The walls are made of real stone. They're nearly half a metre thick and were so heavy the builders had to move them in with a special machine.
And where are we now?

J: We're in New Orleans in 1954!

R: John has filled the house with over sixteen hundred objects, collected from around the world. People, like me, can stay here and explore the house. There are thirteen rooms in total and each one is different. There's the Norwegian boathouse bathroom from the 1980s, a Japanese conservatory, a wood cabin from 1948, a 1920s study, and at the top of the Italian staircase, there's a guest room – an Edwardian bedroom – that's supposed to be haunted!

J: And this is where you're going to sleep.

R: Sorry? This is my room? Will I get a good night's sleep?

J: Oh yes, it's very comfortable and you've got everything you need.

R: Erm.

J: And it's usually very quiet in this room.

R: Yes. OK. Errrr, no problem. No problem at all. I'll just make myself at home.
Hello, John!

J: Is everything all right Ronnie?

R: I'm afraid I have to go! I must leave right away.
I'm really sorry, but I've got a breaking news story and it can't wait. I have to leave right away.

R: Well thank you to John Tarrow and his extraordinary home. This is Ronnie your Roadmap Reporter looking for a taxi home. There really is no place like home. Back to the studio.
Taxi!

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Unit 8 Getting around

Reporter:

Hello, its Ronnie your Roadmap reporter here. Now you've probably noticed there are more and more cyclists on the roads these days, especially in our towns and cities.

A report by the city of London shows there are four times as many people cycling in London now than in 1999. What makes cycling so great? Well, obviously it's an easy way to get from A to B. But is there more to it than that? I got on my bike to find out.

Hello, Ronnie here, on the road again. Bicycles are a quick and cheap way to get around our busy cities. And here are some interesting facts for you.

Did you know that cars and vans getting stuck in traffic jams cost companies around 1.5 billion pounds a year in lost business? Many companies now use bike deliveries instead of vans to make sure their packages arrive on time.

So, let's see how fast bike deliveries really are. I'm going to do a test right now.

Hello, I'd like to order a large pizza please with extra cheese and ham. I'm really hungry, so I want it right now, come as quick as you can.

Where am I? I'm at Roadmap Towers. It's easy to find, you go straight on down the high street, turn left at the traffic lights, then turn right. At the end of that road you'll come to a roundabout, you'll see a big building in front of you. That's the studio.

Let's see if it gets here before the end of the report.

So, cycling is a quick form of transport and it's also good for the environment.

WOW! Nice.

Hello pizza. Yes, where are you? You're lost? You're where? No, no, go straight on, take the second right, its next to the cinema.

I can get here quicker on this thing!

So, where were we? Yes, cycling. Research by Stanford University School of Medicine, shows that people sleep better if they cycle 20 to 30 minutes a day. And it's excellent exercise for our lungs.

Slow down!

Also, people who cycle 30 minutes a day, five days a week take half the number of sick days off work.

Hello pizza. You're still lost? Where? Where? At the police station? Turn right, turn right.

With so many advantages, it's really no surprise that cycling is so popular, especially with city people like me who live their life in the fast lane.

This is Ronnie, your Roadmap reporter.

The pizza has arrived, just before the end of the report.

This is Ronnie your Roadmap reporter signing off.

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Unit 9 Practice makes perfect

R = Reporter C = Ronnie Clone

R: Hello, Ronnie the Roadmap reporter here in the studio. Now, we all know it's important to get a good education – we need qualifications to go to university or get a good job. But it's just as important to keep learning as an adult, particularly when you're older. Experts say it helps keep our brain healthier, just like exercising the muscles in your body. And you're never too old to learn a new skill.

Now at school I used to be terrible at sport, I still am unfortunately, and I couldn't dance at all. My friends used to laugh at me at the school disco. But you know what, I've always wanted to be good at dancing. So, I thought I'd give it another go.

R: There are so many programmes on TV these days about learning to dance. They make it look easy, but I know it's not.

C: Don't worry about it Ronnie – anyone can learn to dance.

R: Ah, hi Ronnie.

Well, I'm not sure I can – could you tell me what I need to do?

C: Yes of course. It's easy – you don't need to learn those difficult moves. You can invent your own. Here are my three simple tips.

First, start with some moves you know well. Think about something you do every day. I call this the 'I've just come out of the shower move'.

Don't forget your feet!

Now you give it a go.

R: Could you tell me if I'm doing it right?

C: Erm I'm not sure. I think you need to practise a bit more – you need to really use that towel.

OK. Let's move on.

Tip number two: think about something that makes you happy. I call this the 'I've just found some money move'.

Your turn.

R: Erm, oh. It's harder than it looks. How do you do it?

C: You just need to try harder. Last year I couldn't touch my toes, but I tried every day and now it's easy. OK. Let's move on. The final tip.

To dance like a professional, you need to show some emotion. I call this the 'argggh, I've forgotten something move'.

I use this a lot at work.

You give it a go.

R: Yes, I can do that one pretty well.

C: Nice! Now you've learnt three great moves, so let's put them together into a routine. Ready, 1, 2, 3 … start dancing!

Yeaah.

You're a natural.

R: Yes, that was amazing! I couldn't dance before, but I can now. This is Ronnie your Roadmap reporter signing off, proving it's never too late to learn something new.

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Unit 10 Arundel Castle

R = Reporter P = Paul

R: Hello there! Ronnie the roving Roadmap reporter here. Now, many people have hobbies – you know things they like to do in their free time. Er, some people play football, some go to the gym, some people like cooking, some people even like fishing!
What do you mean? Fishing?
Yes I know FISHING!
Now, in my opinion, that's not a very interesting thing to do with your free time, but today I'm going to meet some people who do something really exciting!
And their hobby takes them to amazing places. Like here!

R: So, here I am at Arundel Castle and this is Raven Tor. That was amazing! So, can you tell me a bit more about what you do here?

P: Raven Tor is a re-enactment group.

R: Sorry, a what? Can you say that again?

P: A re-enactment group

R: I'm not sure what you mean, sorry. What is a re-enactment group?

P: Re-enactment is where you recreate history, either in costumes, weapons or armour, and you're bringing history alive.

R: Oh I see! Oh that sounds pretty cool.
Today these guys are bringing the 12th century alive.
So Paul, master of Raven Tor, what exactly are you wearing?

P: Well, I'm wearing a hood, a sir coat, and clothing from the 12th Century.

R: Amazing! And what's that for?

P: This is a shield, which protects your body from spears, swords and axes.

R: What was that last part again?

P: It's a shield, which protects your body from swords, spears and axes.

R: Impressive stuff!
It looks like they need some help.
Guys – after seeing all the fun today I want to be part of it!

P: I'm not sure Ronnie. What do you mean?

R: You, me and the guys – I want to join the group. I want to join Raven Tor!

P: I'm not sure, I think a bit more practice, err, I think you should leave it to the professionals.

R: Oh I see, oh OK, well they'd miss me in the news room anyway.

R: Wow! What an amazing day. It just goes to show, hobbies really can be exciting. This is Ronnie, your Roadmap reporter, signing off!

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