

Delivering a memorised script - Practical Assignment:

Choose from one of the scripts below to memorise and deliver to camera. Record via your camera or smart phone. Remember everything from the self-shooting module.

Make sure you have good energy, good eyeline, passion, variety of tonality and ability to memorise the script.

Script 1:

Swapping red meat for fish, eggs and chicken could mean we live longer.

A new study from the British Medical Journal found people who ate more processed meat increased their risk of dying in the next eight years by 13 per cent.

Switching to healthier proteins could reduce the threat by almost a fifth.

But what counts as red and processed meat and are there any other meat free alternatives available? I've come to The London Clinic of Science and Nutrition to meet with nutritionist Chris Johnston to find out.

Script 2:

Greenhouse gas emissions in the UK will be cut to almost zero by 2050, under the terms of a new government plan to tackle climate change.

Together, building and construction are responsible for 39% of all carbon emissions in the world.

With the UK Green Building Council releasing new framework to help the construction industry achieve net zero carbon buildings I went to meet, Senior Policy advisor at the UK Green building council Richard Twinn to discuss this framework further.

Script 3:

It's competition time now, and your chance to win a year's supply of chocolate and five thousand pounds, all you need to do is answer this simple question:

Is chocolate made from....

- A) Coffee beans
- B) Baked Beans
- C) Cacao beans?

Hmmm. Bit tricky? If you think you know the answer, all you need to do is text your name, A, B or C to 60022. Texts cost £2, plus your standard network rate. Terms and conditions are available on our website and please ask the bill payer's permission before entering. Good luck!

Script 4:

Traffic, noise, fighting the crowds, breathing in polluted air, and unending stimuli. It's no wonder city life is often considered stressful, and why many families are choosing to "escape the grind" by returning to a simpler life in the country.

But is rural living, with its own set of challenges, really less stressful than city life?

Script 5:

From ketchup being sold in the 1830s as medicine to turkeys being once worshipped like gods these are 25 strange facts from history you probably didn't learn in school.

Script 6:

Today we're visiting Spain's capital and largest city, Madrid. Widely known for its sizzling nightlife scene, home of beautiful art, world-renowned football and delicious food and drink.

This city constitutes a diversity of ethnic groups, making it one of Europe's most colorful cosmopolitan cities. The heart of Madrid (and Spain) is Puerta del Sol, a large plaza serving as the scene of festivals, and street performers as well as a hub for the public transportation network. Another important square is Plaza Mayor, known for the lively San Miguel Market. From morning till night, this city is packed full of surprises and fun.