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Video diary

Teacher's notes

Summary

This DVD programme can be used as support for materials in Unit 13 *Talent* of the Student's Book. This is a video diary about a young woman who wants to get fit before her first date with a new boyfriend.

Language focus

Grammar: *too* and *enough*, future *going to*.

Vocabulary: *go running*, *go swimming*, *do exercise*, *do floor exercises*.

Functions: making excuses.

Background information

Video diaries are a very popular form of entertainment. Students often do them at school, and they usually form part of the format of make-over programmes. The presenters talk about the make over, consultants give advice, and the 'victim' tells the audience face to face about their experiences in private alone with the video camera.

Suzy mentions that the biscuits she is eating are organic. Organic food is supposed to be healthier and contain less sugar than ordinary food and so Suzy feels it is OK for her to eat them.

Procedure

Before you watch

- 1 Ask the students to discuss ways that Suzy can lose weight and get fitter. Note their ideas on the board.

While you watch

PART 1 (00:00–01:11)

- 2 Play Part 1 of the programme and ask the students to answer the questions. Ask them to tell you which of their predictions about Suzy in Exercise 1 were correct.

- a) 25
- b) She's going to go out with David.
- c) I'm going to ...
 - 1) go running once a day.
 - 2) do exercises twice a day.
 - 3) go swimming three times a week.
 - 4) eat less every day.

Ask the students if they think Suzy will stick to her plans.

PART 2 (01:12–07:02)

- 3 Play Part 2 and ask the students to number the pictures in order.

- a) 7
- b) 5
- c) 2
- d) 1
- e) 6
- f) 4
- g) 3

Ask the students to say in their own words what happened at the end of the story. Then ask them some further predictive questions, such as:

Do you think Suzy saw David that evening?

Do you think they became boyfriend and girlfriend?

Do you think Suzy was right to get fit before her date?

Would you change your look and get fit if you wanted to meet someone?

Would you change your look to get a new job?

Would you do more exercise if your doctor told you to?

- 4 Ask the students if they can remember any of the excuses that Suzy uses. Then play the whole programme again and get them to tick the things Suzy says.

a) b) d) e) g) h)

If there is time, let the students watch the complete programme at the end so they can enjoy the whole film.

After you watch

- 5 Ask the students to read the email and complete it with the correct expressions. If necessary, play the programme again so they can check the order of events again.

1) i 2) h 3) b 4) c 5) f 6) g
7) d 8) a 9) e

Optional extension

Ask the students to imagine they are going to make a video diary about their day. Ask them to think of six moments in their day that are typical, e.g. *having breakfast, getting the train, studying / working, going to the gym, watching TV, seeing friends*.

When the students are ready, get them to work with a partner and compare their ideas for their video diary.

If the facilities are available, the students could make their video diary and they could be watched in a later class.

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Video diary

DVD script (07:02)

PART 1 (00:00–01:11)

Day one

Today's my birthday. I got this DV cam ... so this is my video diary. I'm 25 today. That's a quarter of a hundred. Today is the first day of the rest of my life. I'm going to get into shape. Eat less, exercise more.

Oh, did I mention that I'm going to go out with David in two weeks' time? Yes, David asked me out! And I've got to look good. So ... this is my new fitness rota.

I'm going to go running once a day ...

And I'm going to do exercises twice a day ... morning and evening.

And I'm going to go swimming three times a week.

And I'm going to eat less. That's every day. No snacks, no crisps, no sweets, and no cake.

I start tomorrow. Well, today is my birthday ...

PART 2 (01:12–07:02)

Day two

It's ... six o'clock in the morning ... and I'm going to go running. I feel ... well, I feel a bit sick, actually.

Day three

This is really tough. My knees hurt. I've got a bad foot. My back aches. But ... my stomach well, ... it still feels a bit soft, actually. But no pain, no gain.

Day five

I can't go running today. I've got a stomach ache from all those abdominal exercises ... it really hurts ... and er, well, it's raining. It looks really cold.

I'll start again tomorrow.

Day eight

I'm into my second week now and er ... well, I'm not following the rota. I haven't got enough time. And I've got to have a social life.

I know, I know, I shouldn't eat biscuits. But this isn't a snack, it's my dinner. I didn't have time to make anything to eat this evening. I'm just too busy at work ...

And well, they are organic – look!

Day eleven

OK, I've got three days left. And I'm going to start running again. Seriously.

Day thirteen

This is the last day. My date with David's tomorrow. I've got a bit behind with my training, so today I'm going to do everything.

Day fourteen

David's going to call for me in ... a couple of minutes. I'm really excited and I look ... well I look OK, I think. Certainly better than I did a couple of weeks ago. I just hope we don't go dancing. My body aches so much ...

Oh no, not again. Oh, oh dear, I guess I should turn it off.

Ah! Ah, my back. I can't move!

Oh, that's just perfect ...