

Aston Villa in the Community - Tapescript

In this video you see how Aston Villa have opened their kitchens to encourage young people to learn how to cook, exercise and eat like their heroes. Aston Villa star **Nigel Reo Coker** explains to local schoolchildren about making healthy eating a choice for life.

Learning tip!

These tapescripts are excellent examples of natural English – listen and read how people really speak. Because it is spoken and not written English, sometimes it doesn't seem grammatically correct but it is real!

Listen to the video as often as you like and use the Video time information to find the most interesting (or difficult!) sections easily.

In order of appearance

- The presenter
- Adam Pickett, the Chef of Aston Villa who talks to the presenter about the aims of the programme
- Kevin Haywood, the Head of local National Health Service (NHS) which works with Aston Villa on this project
- Nigel Reo Coker from Aston Villa FC
- Four different children who participate today called child 1, child 2, child 3, child 4.

Who	Tapescript	Video times
Presenter	Aston Villa pride themselves on their relationship with their community. Their current project sees kids from local schools come here to use their kitchens and chefs as part of their education. Well I've got quite a big head chef as you can see. Is it ok?	00.01 00.21
Chef Adam Pickett	What the children are doing – they are doing the preparation to make a healthy pasta salad. Ok, Nigel Reo Coker is coming in this afternoon and we are going to put all the pasta salads together and Nigel is going to explain to them a little bit about what the players eat in regards to their healthy diets to make them (kind of , you know) quality athletes. I think it's important that the children can aspire to professional people. What we are all about as an organisation in Aston Villa is to teach children cooking as a lifeskill, to ensure that when they are older they are not relying on take-aways and fast food all the time. You know they are actually (being) able to cook. These children, as you can see, they really enjoy the cooking but they have got nowhere to do it. Lots of schools don't cook with them any more, especially primary schools. If they cook once a year, you know, they are very lucky. So the opportunity for them to come to Aston Villa where their heroes are playing football and be able to cook, I think is an absolutely amazing opportunity for them.	00.25
Kevin Haywood	We want to bring children from the most deprived parts of Birmingham into Villa Park to give them that "wow factor". Because I remember when I first came to Villa Park and you see the stands and you see the pitch and you go "wow!". As soon as you've got the children going "wow!" you know that they are alert, they're going to listen but most important they are going to retain the knowledge that we give them. And what better role models can we have than footballers who want to give	01.18

Who	Tapescript	Video times
	them the knowledge that fresh, affordable food is healthy, is nutritious, is easy to prepare and is going to help you lead a far healthier life.	
Nigel Reo-Coker	We're here to show just how deeply rooted Aston Villa is to the community. You know, a couple of months ago they opened a gym for local kids to come and use any time they want and today is the opening of the kitchen. It's to promote healthy eating and healthy lifestyle to local community kids. With all the fast food and everything you know, people are looking for that quick fix. But you can get that quick fix yourself by going to a supermarket and getting fresh fish and seasoning it and then putting it into the oven and, you know, you have food in five or ten minutes which is something I do quite often after training.	01.58
Presenter	So you are useful in the kitchen?	02.23
Nigel Reo-Coker	Yes, mama didn't raise no fool.	02.25
Child 1	I have enjoyed today because a lot of times I do not get time to cook.	02.30
Child 2	I enjoyed today because I was kneading the bread and chopping.	02.34
Child 3	When we did the bread, we did it into a team that I kind of really enjoyed today.	02.38
Child 4	I met a football player from Aston Villa and I learnt how to cook.	02.42
All children	Thank you chef Adam and Aston Villa for helping us cook today.	02.47

Make a note of any useful expressions you have learned here