

## Handout

# Media Content Example 1: Recipe

**Directions:** Read the *Simple Mushroom Curry* recipe (BBC Good Food), written by the chef and broadcaster Roopa Gulati and assess it using the 5A rating.



## Simple mushroom curry



Prep: 15 mins  
Cook: 30 mins - 40 mins



Easy



Serves 4



### Ingredients

50g unsalted butter

500g chestnut mushrooms, quartered

4-6 tbsp sunflower oil

1 tsp cumin seeds

1 tsp fennel seeds

1 large onion, finely chopped

4 garlic cloves, finely chopped

1 tsp ground ginger

¼ tsp ground turmeric

½ tsp Kashmiri chilli powder

½ tsp garam masala

400g can chopped tomatoes

1 tsp caster sugar

2 tbsp thick, full-fat Greek yogurt

2 tbsp chopped coriander

cooked rice or naan, to serve

### Method

- Step 1** Melt the butter in a large wok, karahi or non-stick frying pan over a medium-high heat and cook the mushrooms for 10 mins, or until any moisture has evaporated and they're starting to brown. Transfer to a bowl and set aside.
- Step 2** Heat the oil in the same pan over a medium-high heat and fry the cumin and fennel seeds, stirring continuously for about 30 seconds until they release a nutty aroma. Stir in the onion and cook for 12-15 mins until golden. Reduce the heat to medium, then add the garlic and continue frying for 1 min. Add the ginger, turmeric, chilli powder and garam masala, followed by the tomatoes and sugar. Cook, uncovered, for 5-7 mins, or until the masala thickens and a layer of oil forms around the edge of the pan.
- Step 3** Spoon the yogurt into a small bowl, add a small ladleful of the hot masala and mix well before stirring the yogurt into the pan of masala. Pour in 100ml hot water and simmer for 3-4 mins until the curry has the consistency of double cream. Season to taste, then return the mushrooms to the pan and stir to warm through. Scatter with the chopped coriander and serve with boiled rice or naan, if you like.

## Media Content Example 2: Satirical Article

**Directions:** Read the article [‘Scientists Announce That Unexplored Parts Of Ocean Probably Contain More Water’](#) (The Onion) and assess it using the 5A rating.

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BREAKING NEWS

# Scientists Announce That Unexplored Parts Of Ocean Probably Contain More Water

Published Yesterday



CAMBRIDGE, MA—Advancing a bold new theory that could revolutionize the way scientists think about the planet, researchers at the Massachusetts Institute of Technology announced Monday that the unexplored parts of the world’s oceans probably contain more water. “While we can’t say with certainty what lay in those deep recesses of the sea we have yet to observe firsthand, chances are there’s a bunch of water in there,” said Adrian Yu, an MIT professor who along with his colleagues spent decades studying what is considered one of the great mysteries of science before concluding the unseen reaches of the ocean are likely full of water, as well as waves, tides, and, in the colder regions, ice. “We’re pretty sure the water is salt water, too. If you go deep enough, there might also be sand or mud down there, but more research is needed before we can say definitely. It’s all pretty standard ocean stuff, though.” Leading oceanographers hailed the finding, calling it the greatest advancement in the field since last year’s discovery of a sophisticated undersea civilization of tiny merfolk who ride around on seahorses and talk to dolphins.

## Handout

### Media Content Example 3: Instagram Post

**Directions:** Read the Instagram post by influencer [Jehava\\_Brown](#) and assess it using the 5A rating.



 **jehava\_brown** • Follow  
Harrisburg, Pennsylvania

 **jehava\_brown** • After I take my kids to school, I am in full work mode until I start afternoon pickups! I need a snack that won't take a bunch of time to prepare and that I can easily enjoy while being productive! I love to #EatBrightLiveBright by giving myself a delicious treat, while not compromising what I put into my body. @CampbellsWellYes is perfect for my lifestyle!  
Post a photo of a positive act you've done for yourself or someone else tagging @campbellswellyes and using the hashtags #EatBrightLiveBright and #gotitfree to receive a coupon to try a Well Yes! Sipping Soup!  
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#bossmomlife #wahmlife #bloggerlife  
#workathomemom #entrepreneurgoals  
#momentrepreneur #bloggergoals  
#womeninbusiness #healthyliving  
#healthyeating #healthylifestyle

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**404 likes**  
13 DECEMBER 2019

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After I take my kids to school, I am in full work mode until I start afternoon pickups! I need a snack that won't take a bunch of time to prepare and that I can easily enjoy while being productive! I love to #EatBrightLiveBright by giving myself a delicious treat, while not compromising what I put into my body. @CampbellsWellYes is perfect for my lifestyle!

Post a photo of a positive act you've done for yourself or someone else tagging @campbellswellyes and using the hashtags #EatBrightLiveBright and #gotitfree to receive a coupon to try a Well Yes! Sipping Soup! #sponsored

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#bossmomlife #wahmlife #bloggerlife #workathomemom #entrepreneurgoals  
#momentrepreneur #bloggergoals #womeninbusiness #healthyliving #healthyeating  
#healthylifestyle

## Media Content Example 4: Sports/Celebrity News

**Directions:** Read the article [‘PITCH-URE PERFECT Inside Wayne Rooney’s £20m ‘Morrison’s mansion’ that boasts full-size football pitch, two fishing lakes, cinema and pool’](#) (The Sun) and assess it using the 5A rating.



Sport > Football > Championship

### PITCH-URE PERFECT Inside Wayne Rooney’s £20m ‘Morrison’s mansion’ that boasts full-size football pitch, two fishing lakes, cinema and pool

Gary Stonehouse

Published: 15:54, 11 Oct 2023 | Updated: 17:50, 11 Oct 2023



WAYNE ROONEY is returning home to England and his family - and will be living in his £20million “Morrison’s mansion” that has a full-size football pitch, two fishing lakes, cinema and a pool.

The [Manchester United](#) and [England](#) legend has just been [named as the new manager of Birmingham City](#) and replaces the [axed John Eustace at St Andrews](#).

He will be joined at Brum by Arsenal and Chelsea icon [Ashley Cole](#) and former United team-mate [John O’Shea](#) who will be working alongside him as coaches.

[Rooney left MLS side DC United](#) at the weekend after they failed to make the play-offs.

He had been living with his coaching staff in Washington while [wife Coleen and their four sons, Kai, Klay, Kit and Cass](#) remained in England.

However, after joining the [Tom Brady-backed Blues](#) he will be getting all the support he needs from his family as he returns home to join them full-time at their lavish Cheshire mansion.



Wayne, Coleen and the rest of the Rooney family moved into their dream home in 2021 Credit: Instagram



Their £20m Cheshire home was dubbed the ‘Morrison’s mansion’ during construction Credit: BackGrid

## Media Content Example 5: Dairy Milk Advertisement

*Directions:* Review the [Dairy Milk advertisement](#) and assess it using the 5A rating.



## Media Content Example 6: Advice Article

**Directions:** Read the article [‘Identity theft: how to protect yourself from fraud’](#) (The Guardian) and assess it using the 5A rating.

The screenshot shows the top of a Guardian article page. At the top, there are links for 'Print subscriptions', 'Sign in', 'Search jobs', 'Search', and 'UK edition'. Below this is a dark blue banner with the text 'Support the Guardian' and 'Fund independent journalism with £5 per month', along with a 'Support us' button. The Guardian logo and 'Newspaper of the year' are on the right. A navigation bar includes 'News', 'Opinion', 'Sport', 'Culture', 'Lifestyle', and 'More'. Below the navigation bar, there are links for 'Money', 'Property', 'Pensions', 'Savings', 'Borrowing', and 'Careers'. The article title is 'Identity theft: how to protect yourself from fraud' in purple. The author is 'Sandra Haurant' and the date is 'Mon 15 Aug 2022 07:00 BST'. There are social media icons for Facebook, Twitter, and Email. The main image is an illustration of two women talking, with one woman pointing to the other's bag. Below the image is a caption: 'Being targeted by fraudsters can affect your credit record. Illustration: Jamie Wignall/The Guardian'. The text below the image reads: 'The most important rule is to keep the lid tightly closed on all your personal information'.

Identity theft happens when a criminal takes your personal information with the intention of committing identity fraud. [...]

Being targeted by fraudsters can be distressing, while sorting it out can be time-consuming, and the crime can have a direct impact on your personal finances – affecting your credit record and making it difficult to successfully apply for credit cards, loans or mortgages. So what can you do to try to protect your identity?

### **Safeguard information**

There is so much about all of us online, says Amber Burridge, the head of intelligence at the fraud prevention body Cifas.

“Criminals will not just look at one source – they will look at links between the sources and social media accounts,” she says.

“On social media, it’s best to keep settings on the highest privacy level on all accounts, including LinkedIn, which we don’t always think of in the same terms as the likes of Facebook.”

### **Hang up on fraudsters**

[...]

One of the latest forms of fraud is where people are contacted on WhatsApp, or via text, by crooks claiming to be family, saying they have lost their mobile and access to online banking to pay bills.

### **If in doubt, don’t click**

Don’t click on third-party links, whether they arrive via social media posts, text messages or emails, or anywhere else. The simple rule is, always look up the official website.

### **Protect passwords**

“Password managers, like 1Password or LastPass, can be a great way of creating strong passwords and keeping track of them,” says Steve Goddard, the fraud and financial crime expert at Featurespace, a firm that provides tools to banks that aim to stop stolen IDs being used fraudulently.

[...]

### **Update where you live**

If you move house, remember to contact all the relevant companies and organisations – from your bank and credit card company to your doctor and dentist – to update them, and organise to have your mail redirected.

[...]

### **And always report it**

Report any suspicious activity on your account – even if you are not certain it is the result of fraud – to your bank, to [Action Fraud](#) (the national fraud and cybercrime reporting centre) and Cifas.

## Media Content Example 7: Opinion Piece

**Directions:** Read the article [‘The government needs to extend the living wage to young people - this is a right, not a privilege’](#) (The Independent) and assess it using the 5A rating.



Student > Opinion

# The government needs to extend the living wage to young people - this is a right, not a privilege

*‘With such instability, it is no wonder that a quarter of young people aged 18–30 lack the wages to move out of their parents’ home’*

Kamila Kingstone • Friday 02 December 2016 17:04 GMT • [Comments](#)



Bartenders (Getty Images/iStockphoto)

Imagine you and a colleague are waiters in the same café. You do exactly the same job – serving coffee, clearing tables, and washing up – but your colleague earns £3,200 per year more than you.

Why? Because she is 25 and you are not.

As last week’s Autumn Statement brought welcome news of a four per cent rise to the living wage, few seemed to notice that a large number of workers would be excluded.

For countless young people, a decent wage is still a distant dream. While those aged 25 or more are entitled to the hourly living wage of £7.20 (to be raised to £7.50), 21–24 year olds are entitled to only £6.95, 18–20 year olds to just £5.55, and under-18s are condemned to a measly £4 an hour.

Such a system is not only highly unusual, but discriminatory, harmful, and backward. How can



an 18 year-old be legally an adult, permitted to vote, join the army, marry, and stand for Parliament, but not be entitled to an adult wage? In a society appearing to embrace the principle of equal pay for equal work when it comes to gender, the unequal pay of young people is a glaring hypocrisy.

The Low Pay Commission (LPC), the government's advisory body on the minimum wage, justifies the system by claiming that it "protect[s] employment". "Young workers are more at risk of being priced out of jobs than older workers", the LPC argues, so the ability of young people to work for less than the living wage helps them into employment.

But the government is approaching the problem in the wrong way. There are multiple possibilities for reducing youth unemployment, including vocational training and providing tax incentives for businesses. Forcing young people to work for poverty-inducing wages is not the answer.

## Media Content Example 8: News Article

**Directions:** Read the article '[Sycamore Gap tree: The story so far](#)' (BBC News) and assess it using the 5A rating.

### NEWS

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## Sycamore Gap tree: The story so far

2 hours ago



MARK BEADLE

The tree was popular with photographers throughout the seasons

**By Chris Robinson**

BBC North East and Cumbria

**The Sycamore Gap tree, which once stood in a dip next to Hadrian's Wall in Northumberland, has been chopped down. It was an incredibly popular landmark, but what was so different about it and why did it affect so many people?**

### What was the Sycamore Gap tree?

Quite simply it was a single sycamore tree growing between a natural dip in the countryside along Hadrian's Wall, close to the village of Once Brewed.

The National Trust, which looks after the site with the Northumberland National Park Authority, said it was planted in the late 1800s by previous landowner John Clayton **to be a "feature in the landscape"**.



IMAGE SOURCE, PA MEDIA/OWEN HUMPHREYS

Image caption, Forensic investigators examined the remains of the Sycamore Gap tree

While a popular spot for walkers and photographers due to its unusual setting, it became famous after featuring in the 1991 film *Robin Hood: Prince of Thieves* starring Kevin Costner. Afterwards it gained the nickname the Robin Hood Tree - although in reality it was some 170 miles (273 km) from Sherwood Forest.

Dan Newman, whose character Wulf hides in the tree and is rescued by the eponymous hero, told the BBC **it was the first scene he filmed** on his very first day on set.

[...]

The Northumberland National Park Authority **said the site was its "most-photographed spot"**, and in late 2016 it was crowned English Tree of the Year in the Woodland Trust's awards.

Author LJ Ross, whose second novel was named after the tree, said many creatives "felt inspired" by it.

It was also a focal point along the 84-mile (135km) Hadrian's Wall route between Wallsend, North Tyneside and Bowness-on-Solway, Cumbria.

[...]

## What happened to the tree?

On the morning of 28 September, 2023, news spread that the tree had been "deliberately" chopped down overnight.

A police investigation was launched and a cordon put in place.

Forensics officers were seen taking measurements and samples from the remains and photographing the area.

One was heard saying: "In 31 years of forensics I've never examined a tree."

Two men in their 30s have been arrested on suspicion of criminal damage and have been released on bail, Northumbrian Police said.

[...]

Historic England has also revealed that part of Hadrian's Wall - constructed between AD122 and AD130 - **sustained "some damage" after the tree was felled.**