**TV Guide for week beginning 28 May 2018**

**Monday 28.5.18**

C4 8:30-9pm Tricks of the Restaurant Trade : social media and the restaurant business

C4 8-8:30pm Jamie’s Quick and Easy Food : recipes with 5 ingredients

C4 9-10pm 24 Hours in Police Custody : investigating a drugs-related crime

C5 9-10pm Inside the Railway : documentary about Paddington station

BBc2 9:30-11:25pm King Lear A dramatisation of Shakespeare's play set in the present day.

**Tuesday 29.5.18**

BBC4 9-10pm Africa : animals of Africa

BBC2 8-9pm Springwatch – countryside issues

BBC2 9-10pm The Collins Variety Agency : history of Scotland’s first theatrical agency

C4 8-9pm Food Unwrapped – food issues around the world

C4 9-10pm The Battle for Britain’s Heroes : the racist views of some national icons – Churchill, Nelson etc

**Wednesday 30.5.18**

BBC4 9-10pm Big Sky, Big Dreams, Big Art : the art of the East Coast of America – Rothko, Wifred and Marsh

BBC1 9-10pm Scotland from The Sky: aerial photography and archaeology

BBC1 8-9pm The Big Crash Diet Experiment : testing crash diets

**Thursday 31.5.18**

BBC1 8-9pm Britain’s Best Home Cook : home cookery challenge

BBC4 9-10pm The City in the Sky : how passenger jets work

BBC2 9-10pm The Million Pound Menu : street food and fine dining

BBC1 9-10pm Ambulance : documentary re West Midlands Ambulance service

**Friday 1.6.18**

C4 8-9pm How To Get Fit Fast : finding the right exercise