

Broccoli dodgers exposed; Secret tomb under ancient temple; light show from outer space; and Nedd Brockman does it again!

Hello and welcome to Squiz Kids Today ... your fresh take on what's happening in the world around you.

I'm Bryce Corbett -

It's Monday, October 14...

In Squiz Kids Today ... Broccoli dodgers exposed; Secret tomb under ancient temple; light show from outer space; and Nedd Brockman does it again!

That's what's making news, kid's style...

THE LOWDOWN

Are you a broccoli-dodger? Would you rather eat a Mars bar than mashed potato? Or a burrito instead of a brussell sprout? Well - you're not alone ... as new figures yesterday revealed that 95 percent of Australians are not getting their recommended five serves a day of fresh fruit and veggies.

And it's not only hurting our wallets and waistlines - but taking its toll on our farmers too.

Those were the findings over the weekend after the Australian Bureau of Statistics released the National Health Survey which found that our lives have gotten so busy, we're relying more and more on processed food. And it's bad for our health.

Processed food is any food that has been changed some way when it's made or prepared. A packet of chips, for instance, is a processed food. Yes, it starts as a potato - but before getting into the packaging, it that potato undergoes a whole lot of processing - with different flavours and additives thrown in to make it saltier or sweeter.

And did we mention that this week is National Nutrition Week? Be sure to check out the excellent worksheets that Christie has prepared for today's Classroom Companion. This week, you'll be decoding those mysterious nutrition labels that are on the backs of

everything we buy at the supermarket and solving a maze that has a lovely big basket of veggies at the centre. You can find them via our website, squizkids.com.au. ----

Hear ye! Hear ye! All members of the Commonwealth of Australia are hereby requested to have their shirts pressed, their shoes polished and their hair neatly brushed as your King and Queen prepare to pay us a visit this week.

Yes - there will be Union Jack flags flying all over the country as King Charles and Queen Camilla leave behind Buckingham Palace in London to pay a flying visit to Sydney and Canberra - arriving on Friday and culminating with a big outdoor meet-and-greet at Sydney Opera House next Tuesday. How posh.

SPIN THE GLOBE

Each day we give the world globe a spin and find a news story from wherever it stops .. and today we've landed in Jordan ... in the Middle East ... where archeologists have uncovered a secret underground tomb beneath a temple in the desert.

The temple of Kaznah in Petra is one of the wonders of the Arab world - a huge structure cut into the side of towering pink sandstone cliffs. If you've ever seen the movie Indiana Jones And The Last Crusade' you'd know it as soon as you saw it.

Using special radar technology, archeologists were able to detect a hollow space underneath the stone entrance to the temple - and upon digging it up, discovered an ancient tomb filled with human skeletons and artefacts made of bronze, iron and ceramic - estimated to be over 2,000 years old.

How cool is that?

SPACED OUT

Were you one of the thousands of Aussies who looked to the heavens last Thursday and Friday night and were treated to an astral light show with the most vivid colours?

Then you were lucky enough to have experienced the aurora australis ... a phenomenon that takes hold of the skies above Australia very rarely - and only when planet Earth is

tilted at the right angle and solar flares from the Sun hit our atmosphere at just the right angle.

And so it was over two nights last week - meaning Aussies from Tasmania all the way up as far north as the Gold Coast were dazzled by the interstellar light show - turning the night's sky a glorious hue of pink, green and purple.

I've stuck a link to photos in today's episode notes ... you're welcome.

BIGGEST, FURTHEST, LONGEST

This is the Squiz Kids segment where we dips our lids – which is a funny way of saying we celebrate - incredible achievements.

And today, we've giving a great big Squiz Kids salute to Port Macquarie cyclist Lachlan Morton - who last week pulled off the incredible feat of riding around the entire country of Australia in only 30 days, nine hours and 59 minutes - smashing the record for doing so by an entire week.

Lachlan told radio listeners yesterday he still has a very sore bum from so many days on a bike saddle. Ouch.

And speaking of incredible physical feats - at the time of putting this podcast together, marathon running superstar Ned Brockmann was getting closer to his crazy goal of running 1000 miles in 10 days around an athletics track in Sydney. 1000 miles is just over 1,600 kilometres. So - a really, really long way.

It's called Nedd's Uncomfortable Challenge ... and he's been running to raise money for charity - to help find homes for people that don't have them.

And where Lachie's bum was sore - Nedd's feet had swollen from a size 9 to a size 12.

There are not enough blister Band Aids in the world ...

THE S'QUIZ

This is the part of the podcast where you get to test how well you've been listening ...

1. What's the name of the spectacular night sky light show that appeared last week over large parts of the Australian continent?
2. King Charles will visit Australia later this week along with his wife, Queen who?

3. How many miles did Nedd Brockman set out to run in his Uncomfortable Challenge? Remember, I said miles, not kilometres.

SHOUT OUTS

It's Monday, October 14 ... first day of Term 4 for NSW, South Australia and Tassie kids – welcome back .. those of us who've been back for a fortnight are so pleased you could join us ...

It's also a special day for these Squiz Kids celebrating a birthday today and tomorrow.... Annie from Lockleys, Madeline from Tennyson, Terrence from Minto, Scarlett from Brunswick, Tangra from Darwin, Tilly from Vermont South, Bob from Yass, Gabriel from Oran Park, Boston from Thurgoona, Margaret from Bathurst, Bailee from Forest Lake and Katrina from Hazelbrook.

Belated shoutouts go to... Juliet from Bronte, Gabe from Point Lonsdale, Liya from Middletown Grange and Aina (pronounced Eye-na) listening over in Sapporo, Japan.

Welcome back to school to NSW, ACT, SA and Tasmania... Classroom shoutouts go to... class 5B with Mrs White at Assisi Catholic College in Upper Coomera, classes S3B and S3Y with Mrs Bickham, Mrs Pi and Mrs Yee at Carlingford Public School, class 5G with Mr Shand at Launceston Christian School, class 6B with Mrs Black at Queenwood School in Sydney and class 3/4A with Mrs Anderson at Boggabri Public School.

The S'Quiz Answers:

1. Aurora australis
2. Camilla
3. 1000

Don't forget .. if you've got a birthday coming up and you want a shout out - or if you want a classroom shout out - drop us a line at squizkids@thesquiz.com.au or fill out the form on our website.

Well - that's all we have time for. Thanks for listening to Squiz Kids Today -We'll be back again tomorrow with a brand new Squiz The World as we pay a virtual visit to the fascinating country of Bangladesh - where the women's T20 World Cup is taking place this week

In the meantime, get out there and have a most excellent day. Over and out.