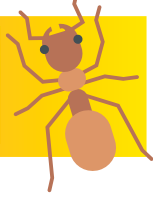


**P7** COULD ANTS SAVE THE WORLD?  
**P9** AND WOULD YOU EAT THEM?



**P7** TIME OR MONEY:  
WHAT MAKES YOU HAPPY?



PLAY THE **LIVE** FirstNews QUIZ  
TURN TO **P14** FOR MORE DETAILS

# FirstNews

Issue 693 £1.99 27 September – 3 October 2019

TRUSTED  
NEWS TO MAKE  
YOUNG PEOPLE  
THINK

NEWS : SPORTS : ENTERTAINMENT : INTERVIEWS : PUZZLES : COMPETITIONS AND MORE

## SIR DAVID SETS SAIL



by editor in chief Nicky Cox

**THE UK's new polar research ship was named the RRS Sir David Attenborough yesterday (Thursday) by the Duke and Duchess of Cambridge.**

Watched by Sir David himself, the royals followed tradition by smashing a bottle of champagne against the hull as they named the ship.

Naturalist and broadcaster Sir David said: "We all need this ship. Our world is changing and it's clear that people around the world – especially the young – are becoming more and more concerned about a climate catastrophe.

"But human beings are resilient and skilful. If we pay attention to the scientific knowledge that those who will sail in this ship will gather, then we will stand a much better chance of finding a way to deal with what lies ahead."

The RRS (Royal Research Ship) Sir David Attenborough is one of the world's most advanced polar research ships. It will be working all year round. She will spend the northern summer supporting Arctic research cruises and the austral (southern hemisphere) summer in Antarctica.

The idea is for the RRS Sir David Attenborough to enable researchers to investigate the role that polar

oceans play in our changing world. It's part of a major Government programme to keep Britain at the forefront of world-leading research in Antarctica and the Arctic.

Science Minister Chris Skidmore said: "Nobody has done more than David to spread the message that we should understand and protect our planet, and I'm delighted that he is being honoured in this naming ceremony."

The naming ceremony was part of a three-day public celebration, hosted at the Cammell Laird shipyard in Birkenhead, aiming to inspire and inform people about polar science, engineering and technology – and why it matters to everyday life.

Local primary schools that have been studying the Antarctic and climate change also took part in a 'penguin parade'.

Tomorrow (Saturday 28 September) is a day for families. As First News went to press, a few tickets were still available at [tinyurl.com/sirdavidship](http://tinyurl.com/sirdavidship).

**GRETA: FROM ONE GIRL TO A GLOBAL MOVEMENT** **P4**



**THE WEEK'S BEST SPORT PHOTOS** **P27**

**AROUND THE WORLD IN A GYROCOPTER!** **P7**





## 2. QUICK NEWS

### 1. AUTUMN IS HERE!

On 23 September, the autumn equinox took place. An equinox ('equal night') is when the sun is exactly above the equator and there are roughly 12 hours of daylight and darkness everywhere on Earth. The amount of darkness now increases until spring.

### 2. LGBT LESSONS

Parents are taking their kids out of school over an argument about LGBT lessons, reports *The Times* newspaper. Relationships education is set to become compulsory for all primary-age children from September next year, and will include learning about same-sex relationships. Some parents don't support the idea, mainly for religious reasons.

### 3. PENGUIN RETURNS

A penguin from New Zealand has been released back into the sea, after washing up on a beach in Australia. The Fiordland penguin was found stuck on some rocks back in July and looked quite poorly. Experts took him to Melbourne Zoo so that they could care for him and get him back to health, before releasing him back into the wild for his journey home.



### 4. ISRAELI ELECTION

Last week, Israel went to the polls for the second time in 2019 – after the last one was too close to call. The results were again very close. Current PM Benjamin Netanyahu's party won 31 seats, while the opposition party, led by Benny Gantz, got 33. Now, attempts by both parties will be made to form a coalition government with some of the country's other parties.

### 5. A MONTH OF HISTORY

This October marks Black History Month, which aims to honour the history, culture and achievements of black people.

# 20 THINGS TO KNOW AND TELL

QUICK NEWS TO READ YOURSELF AND SHARE WITH FRIENDS

### 6. HOUSING CRISIS

The number of empty houses in England went up by almost 11,000 last year, show new figures. There are now 216,000 properties that aren't lived in. Action on Empty Homes and the Nationwide Building Society believe these houses could help to tackle the homelessness crisis and want something to be done.

### 7. ELECTRIC VANS

Amazon says it will order 100,000 electric vans within the next five years. The company wants to use electric vehicles for its deliveries, to help it reach its goal of being carbon-neutral by 2040.

### 8. STRIKE CANCELLED

A strike planned by British Airways pilots has been called off. The strike action was due to take place today (27 September) because of an argument over pay.



### 9. POLL RESULTS

A television fundraiser in Denmark has raised 2.4 million euros (£2.6m) to be used for planting trees. Last week, we asked you: Would you give money to a telethon for the climate? Lots of you voted, with 93% saying YES, and 7% saying NO.

### COMMENT

"Yes it is important to take care of the environment and our surroundings so that we and our next generation have a better future," said *First News Live!* user, captain100.

### 10. NAME CHANGE

Snickers bars have had their name changed back to Marathon to celebrate 85 years of Mars making chocolate in the UK. The bars were renamed Snickers back in 1990. Don't panic though! The name change is only for a limited time in Morrisons supermarkets.

### 11. SAFETY APP

The BBC has launched a new internet safety app to support young people. The *Own It* app looks at how you interact with others online and offers advice if it thinks you are about to post something personal or upsetting. The Duke of Cambridge has shown his support for the idea.

### 12. FAST-FOOD FURY

McDonald's has put forward plans to open a drive-through restaurant in Rutland – the only county in England where there isn't a McDonald's. Lots of local people are unhappy at the plans though, saying it's nice that the area still has independent shops and restaurants.

### 13. BOOZE NEWS

The number of alcohol-related deaths has fallen by almost a fifth in Scotland. New rules came in last year setting the lowest price an alcoholic drink could be sold for. That's thought to be one of the reasons for the drop.

### 14. ROYAL TOUR

The Duke and Duchess of Sussex have begun their tour of Africa with baby Archie. During the ten-day visit, the couple are completing various engagements and meeting locals. Prince Harry is also travelling to Malawi, Botswana and Angola.



### 15. GCSE CONCERNS

Around 100,000 pupils a year are leaving school without five good GCSEs or equivalent technical qualifications, says the Children's Commissioner for England. Anne Longfield has called the rise in numbers "shameful." Children from poorer families or with special educational needs are among the most affected.

### 16. SCHOOLS SHOCK

The Labour Party has said it will get rid of private schools and replace school inspectors, Ofsted, if it wins the next election. The proposal was one of many discussed at the Labour Party conference in Brighton last week. Shadow chancellor John McDonnell also said the party would introduce a 32-hour working week, with no loss in pay, within the next ten years.

### 17. ONLINE CLASSES

Harrow School is setting up an online sixth form, which means pupils will be able to learn everything for their A Levels from home. The private school will charge £15,000 per year for the tuition, which will be open to students from across the world.

### 18. HEALTH FOR ALL

World leaders have adopted a new United Nations Political Declaration to ensure healthcare for all by 2030. UN Member States will invest in four major areas, including ensuring that no-one suffers financial trouble because they have had to pay for healthcare. The declaration also puts new steps in place to combat diseases and protect women's and children's health.

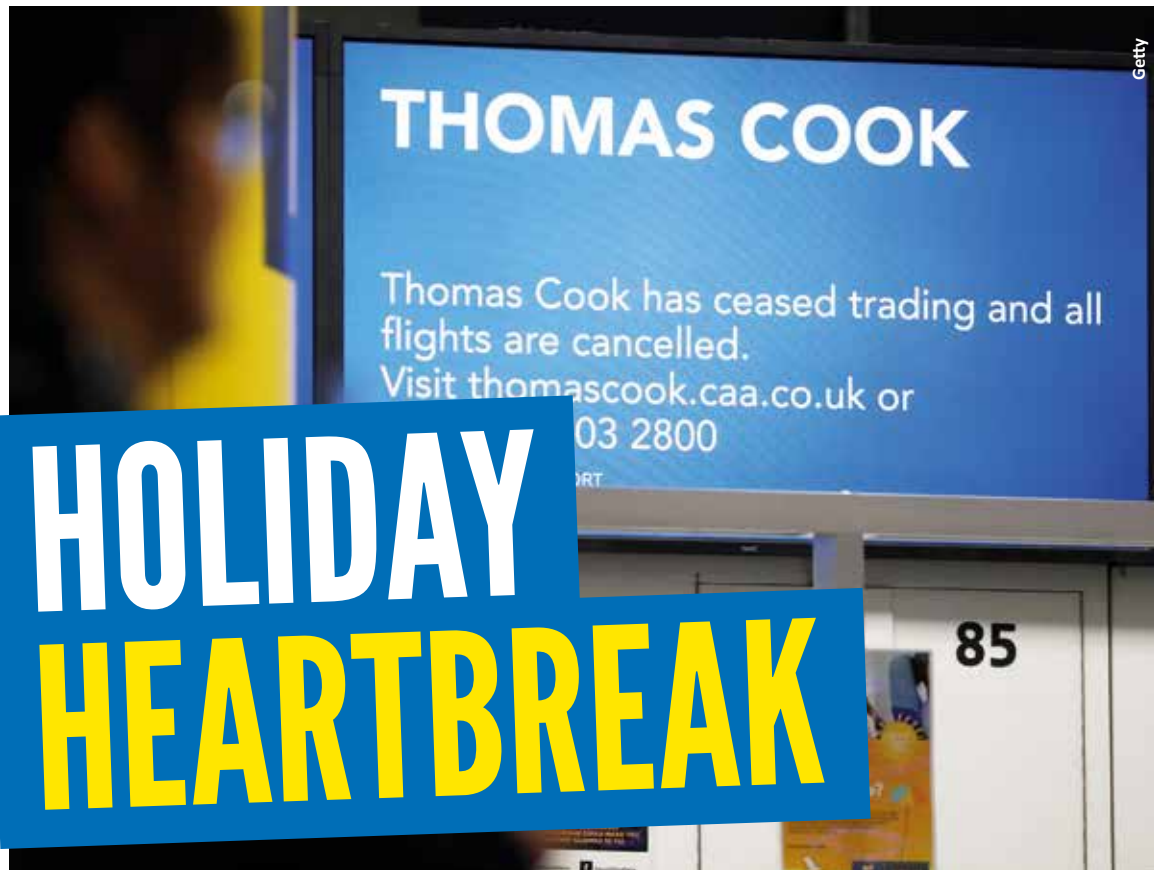
### 19. REPLACING PLASTIC

A student inventor has come up with a new product that is stronger and better for the environment than plastic. Lucy Hughes's MarinaTex is biodegradable and compostable, and made from waste fish skin and scales.

### 20. BAKERY WEDDING

A couple who got engaged at a bakery are set to enjoy their wedding there next year! Stephanie Bell and Robin Bell will hold their reception at the Oggy Oggy pasty shop in Exeter – and maybe tuck into a pasty or two while they're celebrating!





## HOLIDAY HEARTBREAK

**THOMAS Cook, one of the world's first travel agents, has run out of money. It means thousands of people have lost their jobs and holidaymakers were stranded abroad.**

The company couldn't find anyone to take over the failing business, so all of its flights and holidays have been cancelled.

Anyone who was due to start their holiday after 23 September was told not to travel to the airport, as they wouldn't be able to fly. The company had to cancel around 800,000 bookings, including people who were heading abroad for weddings or honeymoons.

Around 155,000 British travellers were stranded overseas, although the Government and Civil Aviation Authority said that everyone would get back home on other flights.

The company employed 21,000 people, including 9,000 in the UK. It was started in 1841, when a man called Thomas Cook sold tickets for a train trip from Leicester to Loughborough for a shilling (5p) per person.

## FOOD WASTE

**AS part of the effort to deal with the climate crisis, some of the world's biggest food companies are tackling the enormous scale of food waste.**

The public's demands for action mean that companies are finally developing an appetite to deal with the problem, and have signed up to halve their food waste by 2030.

"Every year, the world is wasting 1.3 billion tonnes of food," said Dave Lewis, the head of Tesco. "That's simply unacceptable."

The World Resources Institute says that global food waste costs the world economy \$940bn (about £750bn) every year. Producing that wasted food gives off 8% of the world's greenhouse gases every year.

Along with Tesco, companies like IKEA and Sodexo have signed up. The list includes five of the ten biggest food retailers in the world, covering more than 80 countries.

In a separate announcement, many of the



world's biggest rice producers and buyers have asked members of the Sustainable Rice Platform to halve their waste by 2030. More than half of the world's people eat rice three times a day, and it is responsible for 16% of agriculture's greenhouse gas emissions.

Many more positive announcements were expected at the UN's Climate Action Summit, which was taking place in New York this week.

## EDITOR'S COMMENT



**IT'S good to see Sir David Attenborough's amazing care for the planet being recognised with a ship in his name (front page).**

At 93 years old, it's also good to see that his work for our world is being carried on by kids across the globe.

When Greta Thunberg stood alone outside the Swedish Parliament to demand climate action, she couldn't have known it would kick off a global movement of young people (p4).

## GOOD WEEK FOR...

### OUR AIR

THE Woodland Trust is starting the biggest mass tree-planting scheme the UK has ever seen, as part of its Big Climate Fightback. By 2025, the charity hopes to have planted one tree for every Briton.



## BAD WEEK FOR...

### ENGLAND'S TEETH

A REPORT by Public Health England has shown that English people are eating more sugar than two years ago. An extra tax on sugary drinks forced manufacturers to lower sugar content in drinks, so many experts want the Government to do the same for other sugary treats.



## PLASTIC TOYS GONE

**BURGER King UK has removed all plastic toys from its kids' meals.**

The fast food chain hopes the move will help to save an estimated 320 tonnes of single-use plastic every year.

As part of its new Meltdown initiative, Burger King is also encouraging people to place any unwanted King Junior toy or other free meal toy into its plastic toy amnesty bins. All of the unwanted toys will be melted down and transformed into new play areas and interactive trays.

Schoolgirl sisters Ella and Caitlin McEwan will be very happy at the news, as they have been running a big petition calling for Burger King and McDonald's to ban plastic toys in children's meals.

Instead of a ban, McDonald's has responded by saying that, from next month, customers will be able to swap the plastic toys in its Happy Meals for bags of fruit.

In more plastic news, a new trust mark called the Recycled Plastic Rating has been introduced for brands to use. The mark will let shoppers know how much of the plastic packaging on items is made from recycled material.



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# 4. NEWS IN PICS: CLIMATE STRIKE SPECIAL

LAST Friday saw more than four million people in 163 countries take to the streets as part of the Global Climate Strike, a movement inspired by Swedish campaigner Greta Thunberg. More than 3,000 companies and 7,371 websites also joined the Digital Climate Strike. Here are some of the best photos from around the globe.



## NEW YORK, USA

GRETA Thunberg speaking at the first ever United Nations Youth Climate Summit. The summit brought together young activists calling for urgent action to halt climate change at the pace and scale needed to meet the challenge.



## MELBOURNE, AUSTRALIA

A YOUNG protester holding a placard with a picture of broadcaster and climate campaigner Sir David Attenborough.



## CAPE TOWN, SOUTH AFRICA

SOUTH Africa has the highest greenhouse gas emissions on the continent, and thousands of activists marched against climate change.



## EDINBURGH, SCOTLAND

PROTESTS took place worldwide, with campaigners demanding that governments and corporations take steps towards lowering CO<sub>2</sub> emissions and stopping global warming.



## BERLIN, GERMANY

BUTTERFLY flags flown by members of the Fridays For Future movement during a march in Berlin. Protests took place in more than 400 cities across Germany.



## DHAKA, BANGLADESH

STUDENTS in Dhaka, the capital city of Bangladesh, joined forces to demand action during the climate strikes.



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## 5. BIG NEWS

# TRAFFIC ON THE RISE



### TRAFFIC is increasing on the roads and in the air.

A new report by the Office for National Statistics shows that road traffic has increased by almost a third in less than 30 years – and greenhouse gas emissions from vehicles are still growing. Environmental campaigners say cleaner modes of transport, such as bicycles and buses, need to be made more accessible and affordable to help us reduce the dangerous levels of air pollution.

Meanwhile, our skies are also getting busy and polluted. CO<sub>2</sub> emissions from airlines increased by 32% from 2013 to 2018. The UK contributes to 4% of these aviation emissions, with just the US and China ahead of us.

The problem isn't set to go away any time soon either, with predictions that there will be twice as many planes in the sky by 2040. The company Airbus believes there will be almost 48,000 passenger and freight planes flying in 2038.

# NO-NO TO BOJO

### THE endless Brexit shenanigans were livened up with some courtroom drama this week, when the prime minister was ruled to have broken the law.

The row started when PM Boris Johnson asked the Queen to 'prorogue' (suspend) Parliament for five weeks until 14 October. The PM's critics said he only did this to prevent MPs from debating Brexit.

On Tuesday this week, the Supreme Court's 11 judges all agreed and said the PM's decision was unlawful. They said there was no "reasonable justification" for the prorogation and that the effect on democracy was "extreme".

MPs assembled in Parliament on Wednesday morning – but since this is Brexit, what happens next is anyone's guess. We'll keep you posted...



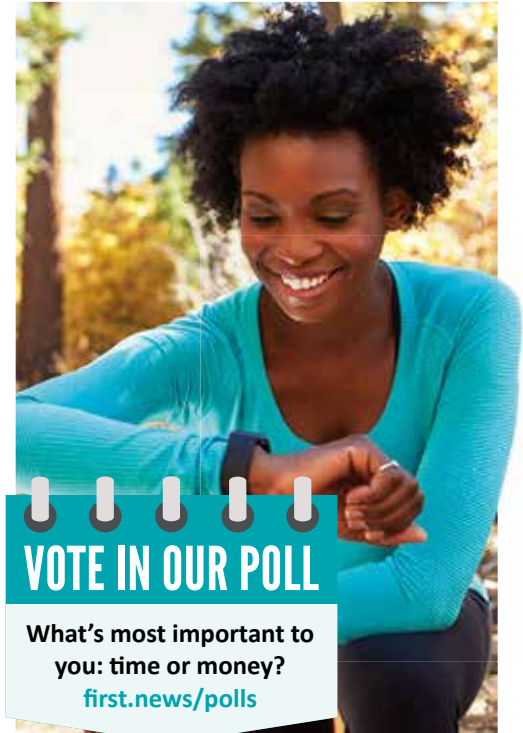
# TIME OVER MONEY

### TIME can make you happier than money, says a new study.

A total of 1,000 graduating university students were asked in a survey how happy they were. A year later they were asked to take the survey again. The results showed that those who valued time over money chose more rewarding activities and were happier one year after graduation.

Previous research has shown that although having more money meant people could potentially spend their time in happier ways, such as affording to live closer to their work office, wealthier people spent more of their time doing things that were less enjoyable, such as commuting and shopping.

The findings have been published in the journal, *Science Advances*.



### VOTE IN OUR POLL

What's most important to you: time or money?

[first.news/polls](https://www.first.news/polls)



# POOR REFLECTION

### ONLY 4% of children's books published in the UK last year had a minority ethnic hero.

This is actually an increase on the year before, when just 1% of main characters in books were black, Asian or minority ethnic (BAME).

A new report called *Reflecting Realities* has been published by the Centre for Literacy in Primary Education (CLPE). It looked at picture books, fiction and non-fiction for ages 3-11. The findings revealed that 11,011 books were published for kids in 2018, but only 743 of those had a BAME presence. That's despite BAME pupils making up 33.1% of the school population in England.

CLPE says the report shows "small yet positive shifts" in representation, but that much more can be done "to accurately and positively portray people from a range of ethnic backgrounds."



# 6. HOME NEWS

## BELFAST

### ● A new home

Red squirrels born at Belfast Zoo are off to a new home at Carnfunnock Country Park, in a bid to boost the local population. Red squirrels have dramatically declined in number, due to a loss of habitat and diseases spread by the grey squirrel. It's hoped that the country park will become a popular site for red squirrels over the next two years.



Ballygally University Group

## MORAY



iStock

### ● Learning to listen

Pupils from across the UK were invited to take part in special listening lessons at Gordonstoun school last week. Over three days, young people were taught all about developing their negotiating skills and learning how to listen properly to their friends. The principal of the school, Lisa Kerr, said the idea for the event was brought about by the "poor example" world leaders are setting during Brexit talks.

## ARGYLL

### ● Douse the house

People are being invited to bring water pistols to the Hill House in Helensburgh for a mass 'wet weather test' on 28 September. The National Trust for Scotland has installed the world's biggest chain mail structure around the famous house (which was created by architect Charles Rennie Mackintosh) to help protect it against water damage. The trust now wants to test the structure!



## ENGLAND



### ● Fire safety in schools

Two thirds of schools in England have been found to have poor fire protection systems. Zurich Municipal carried out inspections at 1,000 schools over two years. Now, the company is calling for the Government to make it a law that all schools must have sprinklers in case of a fire.

## BATH

### ● Authors assemble

The Bath Children's Literature Festival kicks off today (27 September) – and First News will be there for all the fun! The annual festival features all sorts of exciting talks, activities and book signings by famous authors. This year, you can catch the likes of Cressida Cowell, Dougie Poynter, Harry Hill, Michael Rosen and Chris Riddell, to name just a few. Make sure you keep an eye out for the First News team, who will be handing out papers!



Eleanor Household

## UK

### ● Eurovision votes

The British public will no longer get to vote for the act they want to send to the Eurovision Song Contest. The record label BMG will get the casting vote instead. It's hoped that the move might give the UK a better chance at scoring more points in the competition. This year's entry, Michael Rice, came last, with just 11 points!

## LONDON

### ● Bedtime stories

Actor Dame Helen Mirren will read a bedtime story in Trafalgar Square this winter, to help raise money for homeless people. She is one of many celebrities who are set to take part in The World's Big Sleep Out on 7 December. Will Smith will also read a bedtime story, in New York's Times Square. Around 50,000 people across the globe are set to sleep out under the stars to highlight the plight of the homeless.



Getty



# NEWS IN NUMBERS

**3.14** million pounds from the National Lottery Heritage Fund has been donated to help protect the Union Chain Bridge between Scotland and England. The bridge over the River Tweed will undergo major repairs next year.

**2** lucky guests could win a stay at Highclere Castle for one night on 26 November, if they can prove they're Downton Abbey fans! The popular show and movie were filmed at the castle (pictured) in Berkshire.



iStock

**11** was the age of a young girl who helped to frighten off an armed robber in a supermarket in Worthing, West Sussex. The girl was with her dad when they spotted the robber and decided to throw bread at him to get him to leave. Police are now looking for the suspect.

**150,000** schoolchildren have been learning all about glass and how it is made as part of a special Glass Guardians programme for Recycle Week (23-29 Sept).



## 7. BIG NEWS

### THE EARTH COULD BE SAVED BY ANT-IBIOTICS!



**FUNGUS-FARMING** ants could help solve our antibiotic problem, new research has found.

Before Alexander Fleming discovered the antibiotic penicillin in 1928, bacterial infections were one of the biggest killers on the planet.

Over that time, bacteria have evolved and developed, and become increasingly resistant to antibiotics, meaning the medicine doesn't make us better. But it turns out that leafcutter ants might be the solution to that problem!

Leafcutter ants are known as 'fungus-farmers'. They cultivate fungus 'gardens', and protect their crop from parasitic fungi that would otherwise destroy their farms.

To fight against these parasitic fungi, the ants use an antimicrobial substance that's produced by bacteria in their nests.

This antimicrobial defence works by constantly evolving and changing – making it almost impossible for the parasitic fungus to evolve quickly enough to become resistant.

While there's still work to be done, the researchers say that the discovery could "help combat the rise of antibiotic resistance." Fungus crossed!

## AROUND THE WORLD IN A TINY CHOPPER



by Aaron Henderson

**JAMES Ketchell (above) has become the first person to travel all the way around the world in a gyrocopter.**

A gyrocopter is a lot like a helicopter, except it's tiny and has an open top, meaning that Ketchell was completely exposed to the elements!

His journey, which covered 24,000 nautical miles over 175 days, is actually Ketchell's fourth endurance test.

He rowed across the Atlantic in 2010, climbed Everest in 2011, and cycled around the world in 2013.

"Climbing Everest and rowing the Atlantic was easy compared to this," said Ketchell, "as some of the

terrain is so barren and remote. It's beautiful, but if I had a problem, I wouldn't want to think about what would happen."

There were a couple of close calls too. While flying over Canada, a thunderstorm forced him to make an emergency landing.

"It was a James Bond moment," Ketchell explained. "Lightning was coming down all around me, and I landed on a road. These burly truckers, who aren't fazed by anything, their jaws just dropped."

## UN FINDS 41 COUNTRIES NEED FOOD ASSISTANCE



**THE Food and Agriculture Organization (FAO) of the United Nations has released a report that shows 41 countries need help to feed their people.**

Of the countries listed, 31 are in Africa, about half are facing civil unrest or are involved in a conflict, and many are facing a strain on resources due to a large number of refugees settling there.

The FAO says that, in many of the countries affected, limited rainfall is making the food situation worse.

The 41 countries are relying on food being brought in to feed their hungry citizens.

## FAST BEATS CAUSE CRASHES

**DRIVING** while listening to banging and upbeat tunes has been found to make motorists more likely to speed and drive more dangerously.

Public health experts have examined the effect of music on motorists, and found that they are much more likely to drive faster and more dangerously when listening to higher-tempo tunes.

Using a driving simulator, participants were put on a six-lane motorway with moderate traffic. Those listening to tracks with a tempo higher

than 120 beats per minute were found to change lanes far more often and would travel up to 10mph faster.

The study is one of a few that has found that your driving can be affected by music. In Canada, a study found that listening to music above 95 decibels (about as loud as a power drill), slows reaction times by about 20%.

Another study has found that a few songs are particularly good at making you drive dangerously, including Green Day's *American Idiot*, and *Party in the USA* by Miley Cyrus.

Next time you're on the road and think you might be going a little fast, why not ask your parents to put on Smooth FM instead of Kerrang?





# HEALTHY OR STEALTHY?

## FOOD FACT



The University of Michigan carried out what's known as a 'life cycle assessment' for the Beyond Burger, and said that it generated 90% less greenhouse gas emissions compared to a beefburger, and used 46% less energy.



One of Neat Burger's meat-free products, created with Beyond Meat. The company is the first international plant-based burger chain

MEAT alternatives like Quorn, tofu and beanburgers have been around for years, but recently they've had an explosion in popularity, helped by the appearance of lots of new 'fake meat' burgers made with plants instead of animals. **Although they're called healthy and environmentally-friendly, how true is that?**

## BRING ON THE SUBS

There are lots of reasons why people are trying meat substitutes, whether it's because of worries about health and climate change (see last week's issue), animal welfare or simply just wanting to try something new.

There's been huge interest in some new products, such as Greggs' vegan sausage roll, and even KFC has been trialling meat-free nuggets in the US, where people queued around the block for hours to try them. Plus there's the Beyond Burger and Impossible Burger, which were both created to mimic the look and taste of real meat.

## ADDING UP THE ADDITIVES

There's an enormous variety of options available, but some are significantly more healthy than others. You should always check the ingredients, as some are very high in salt and are often highly processed, with lots of additives. For instance, a Quorn quarter-pounder has 1.8g of salt, which is more than four times that of a steak, although it has a third less saturated fat. But plain Quorn mince only has 0.2g of salt per portion and has fewer ingredients (it does have added sugar, but a tiny amount).

"There are so many new products on the market that are stamped with 'plant-based' but if you look at the ingredients, they've got a whole load of additives in them," says Dr Megan Rossi (@TheGutHealthDoc). "Food additives have generally been regarded as safe, but tests didn't take into account their effect on gut health. So a lot of these additives are being re-tested, as we're starting to think that some aren't quite so neutral or safe as we thought."

Tofu and tempeh are both made from soy beans and are usually the least processed, so lots of experts say these are some of the best alternatives. Tempeh isn't as widely available, but is made from whole, fermented beans, so contains lots of

healthy protein and fibre. But as we said last week, a lot of the world's soya is used to feed animals.

"Soya is a wonder food," says Philip Lymbery, the head of Compassion in World Farming. "It's high in protein, yet the vast majority of it globally is fed to industrially-reared animals. In this way, we waste enough food to feed a billion people every year. Disgraceful waste."



Even chains like Burger King are selling meat-free burgers

The incredibly popular Greggs vegan sausage roll is also incredibly unhealthy. It's made with Quorn, but each one has a whopping 1.9g of salt – plus 9.4g of saturated fat, which is almost half your daily allowance.



Beefburgers can be highly processed too. Asda's Smart Price burgers are just 62% beef and also contain water, onions, fat, flour, rice flour and soya

## GREEN OR SMOKECREEN?

Many of the latest plant-based burgers are marketed as being healthy for us and the environment, but experts are divided.

"It's amazing that they are able to get so close to the flavour," researcher Frank Mitloehner told us. Unlike most scientists, he doesn't agree that we need to cut down on meat, but even he says that "in general the plant-based alternatives will have a lower

environmental footprint". But, like a lot of scientists, he's worried because "they are ultra-processed and in my opinion not in the best interests of the consumer".

As many experts point out, the problem with any burgers – real or fake – is that we often eat them in an unhealthy white bun with sauce, chips and a fizzy drink.

"I don't think anyone is saying that burgers of any description are a health food," says Lymbery. "What Beyond Meat and others are trying to do is create plant-based foods for meat eaters. If you like the taste and feel of a meat burger, then a plant-based version is more animal-friendly and planet-friendly."

"These burgers that are made from plants and designed to mimic the experience of eating meat, there's very little research to show what the ecological footprint of some of those are," says WWF's Liam Walsh. "And the jury is still also out on the health aspect. The Impossible Burger is plant-based, but is it a healthier alternative? There are some questions around that. It's probably better for people to focus on whole plant protein – pulses and lentils, that sort of thing – instead of eating plant-based products that are highly processed."



The Beyond Burger's long list of ingredients



# 9. FOOD MATTERS

## “I’M QUITE HAPPY TO EAT INSECTS!”



ONE meat alternative that we haven't talked about might gross you out a bit, but could become a big part of our diets in the future – insects!

It's estimated that two billion people around the world eat insects and that 1,900 species have been used as food at some point. We spoke to Dr Tilly Collins, an expert at Imperial College London who studies creepy-crawly cuisine.

### How healthy do you think a lot of meat alternatives are?

They really help people move over to a lower meat diet, and I think we should be eating a lot less meat generally. They are variously nutritious and lots of them are healthy. You know, mushrooms are healthy. Mycoproteins [as in Quorn] are generally healthy – it's the processing that you have to look at.

### What are the benefits of eating insects instead?

From a health point of view, the benefits really come because we eat the whole insect and get all the nutrients in it, as opposed to just a small bit.



Thomas Angus

Tilly's favourite insect snack

### Are some insects better than others?

We're still learning about that. Crickets are looking really excellent on all fronts. They're low in saturated fats, rich in protein, low in carbohydrates, low in sugar, so insects are excellent all-round. And they're not only excellent for us, but as dog food, cat food and fish food, and even for chicken food. They're really excellent and much closer to their natural diet.

### Are there any negatives to eating insects?

The only negatives are that we haven't got enough information on some of them, and also overcoming the yuk factor.

### Have you tried many yourself?

Oh yes, I've eaten quite a lot. I'm quite happy to eat insects! I just object when bits get stuck between my teeth, so I'm all for grinding them up.

### Do you have a favourite that you've munched on?

Mealworms are my favourite. Especially fried up with garlic and a bit of soy sauce.

### Is there less yuk factor because they're small and you can't see their eyes?

Yes, certainly. I have trouble with whole, big juicy larvae, but ground up into a burger, no problem!

### Is it too early to say whether insects are better than mammal and bird meat?

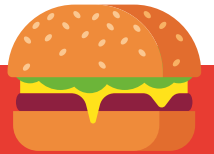
Oh, it's certainly more broadly nutritious, more sustainable to produce and mostly more delicious! It is better on all sorts of fronts than animal meat, but we're not used to it.

### Philip Lymbery from Compassion in World Farming asked me why we should farm insects at all, as there's enough protein in the world already.

I think that insects have a really important role in recycling. After it leaves the farm, about 70% of

food is wasted, which is a tragedy. But some of that waste can be easily reprocessed via insects. Things like food waste from restaurants and hotels, or out of date stuff, a lot of that goes to compost. But that could be recycled via insects, into really good, sustainable protein. Even human poo can be recycled by flies into very good fish food. The other thing is that most insects that do well in farms are ones that exist naturally in high densities [packed together]. Fly larvae and maggots are used to it, so it's natural for them, whereas it's very unnatural for cows or chickens to be kept in that way.

## FOOD FACT



People have been eating insects for thousands of years. Some of the first written evidence is in the Bible, when John the Baptist is said to eat "locusts and wild honey".

To make the same amount of protein, crickets need 12 times less feed than cattle



iStock

## POLL OF THE WEEK

Would you eat insects if it helped to save the planet?  
first.news/polls

### Do you think many people will have an ethical problem with farming insects?

No. There will be a few who raise it, but insects are wired very differently to us and we have no evidence of self-consciousness or even an advanced nervous system in the way that we have. [Lymbery told us he's not against farming insects, but that "we need to make sure we are compassionate about the fact that at least some insects, and probably many of them, have some level of capability to feel pain and suffer", although scientists disagree on whether insects feel pain in the same way that we do.]

### If insect protein was cheaper than meat, do you think more people would eat it?

That's one thing that would help. But a good place to build a market would be with processed food. They could substitute insect protein for the meat in things like nuggets. No-one really knows what the meat is inside there. You can say chicken, but it might only be 2% chicken and the rest of it is just... yuk.

### If insect farming took off, would it be cheaper than animal meat?

Oh yes. It's much, much cheaper to produce.

### Could people do it at home with the right equipment?

Yes, you can easily buy those. They're fantastic, like little insect hives. Both Horizon Insects and Livin Farms have little insect farms that you can buy. You tip your food waste in and get beetle larvae out the bottom.

Would you crunch a cricket or munch a mealworm? Let us know in our poll! Next week: food inequality. Why is it that we waste so much food, while many in the world are starving?



Fried insects for sale in Thailand. Beetles are the most common edible insect globally

iStock

Getty

Scorpions and spiders are very popular snacks (although technically they're not insects, as they have eight legs, not six)

Thomas Angus



# 10. WORLD NEWS

## CANADA



### ● Trudeau in trouble

On 21 October, Canada will be voting for new MPs in an election, and many polls had put the current prime minister, Justin Trudeau, ahead of his conservative rival, Andrew Scheer. However, since photos emerged of Trudeau in racially-insensitive make-up at an 'Arabian Nights' party in 2001, his lead has dramatically fallen. It turned out to be just one of three times that he 'blacked up'. He later said that he couldn't recall how many times he'd done it. The Canadian PM has apologised for the photos and called them "racist and hurtful". He said that he didn't think it was racist at the time, but now sees how it is.



## FRANCE



### ● Cat capture

When emergency services responded to reports of a 'big cat' prowling the rooftops in the French town of Armentières, they didn't really expect to find an actual panther! The animal, thought to be about six months old, was being kept as a pet and got out through an open window. It eventually returned to its home, where it was tranquillised and captured.

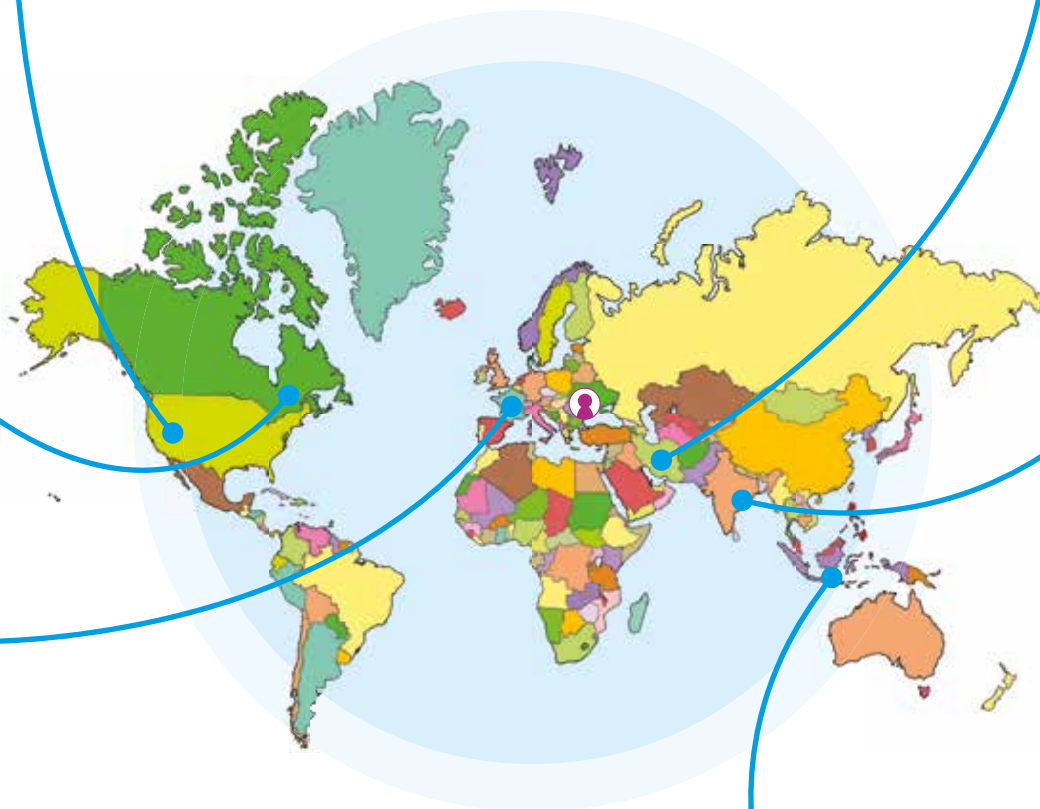


## USA



### ● Alien party

Back in July, a joke Facebook event titled *Storm Area 51: They Can't Stop All Of Us* was created. Area 51 is a highly secretive US Air Force facility. What goes on in Area 51 is such a secret that there have been rumours that the Americans keep captured aliens there. More than 1,000,000 people signed up for the event, which was set for 20 September. Despite the event being deleted on Facebook, thousands of people still turned up to the town of Rachel in Nevada, close to the secretive military facility. There, the group wore costumes, took selfies and protested with signs that said: "Save ET from the Government!"



## IRAN



### ● Footie for females

Since 1979, women have effectively been banned from stadiums where men are playing football. The ban isn't law, but it is "ruthlessly enforced", says Human Rights Watch. Now, FIFA says that it has worked with the Iranian authorities, to make sure that women in Iran will be able to attend football matches, starting with a World Cup qualifier next month.



## INDIA



### ● Begging to Bollywood

While waiting for a train, software engineer Atindra Chakraborty filmed Ranu Mondal, a beggar who was singing on the platform. He then bought her food and uploaded a video of her singing. Almost overnight, Mondal became a huge success, and Sony Entertainment Television invited her on to its reality television show, *Superstar Singer*. Since then, her life has been changed dramatically. She's been on her first plane, stayed in her first hotel, used room service for the first time and had dozens of artists and studios asking her to record with them.



## INDONESIA



### ● Seeing red

In Indonesia, much like in the Amazon, people burn forests to clear space for farmland. While it's technically illegal in Indonesia, it has continued for years, even though the fires often spin out of control and spread into protected forested areas. The smoke creates a haze, with millions of tiny particles filling the air, which can irritate eyes and make it hard to breathe. Last weekend also brought the sight of a strange phenomenon that turned the sky a deep red. A process called Rayleigh scattering is why the sky is usually blue, but the size of the particles from the fires meant that red light from the sun was scattered more than the blue. It made everything look red, and many locals said that Indonesia suddenly looked like Mars!



## OUR WORLD

NAME: VICTORIA  
LIVES: MOLDOVA

TO FIND OUT MORE, GO TO  
[WWW.WEARELUMOS.ORG](http://WWW.WEARELUMOS.ORG)

### VICTORIA spent six years of her life living in an institution for children with disabilities.

She was able to return to her birth family, thanks to the de-institutionalisation process (moving patients out of hospitals and into the community). She then graduated from school in 2016. In her speeches, she promotes the needs of services for children with disabilities.

In her spare time, she enjoys crocheting.





## MOZ MYSTERY



The US embassy in Cuba

**YOU** may remember reading in *First News* about a mystery illness that affected several embassy staff in Cuba.

The bizarre incident in 2016 saw several Americans and Canadians suffer headaches, blurred vision and dizziness. Some were later found to have “brain abnormalities”.

It was thought to have been caused by some sort of Cuban weapon, though nobody knew for certain. A top secret “acoustic attack” using noise to make people unwell was one theory, but now Canadian scientists think they know the cause: mosquito gas.

The spray used to kill mosquitoes contains neurotoxins (a poison that affects the nervous system). However, the scientists warn that “other causes cannot be ruled out”.

## ALIEN TALK

**WHEN (or if) aliens finally make contact with Earth, there's one thing the British public do not want: a referendum on how best to respond.**

A poll by Oxford University found that holding a vote on what to do next was the least popular option. Brits are most keen on leaving the decision to scientists to work out.

Perhaps after the Brexit vote in 2016, adults are a bit fed up of using referendums to make big decisions...?



# RHINO SAVED?



The last two northern white rhinos on Earth: Najin (right) and Fatu

**THERE is hope that the northern white rhino can be saved from extinction after scientists created two embryos of the animal.**

An embryo is the early stage of development of an organism.

The last male northern white rhino died in 2018. There are only two females left in the entire world: Najin, aged 30, and Fatu, who is 19. An international team of scientists have now created embryos in Italy using two fresh eggs from Najin, and the frozen sperm from a dead male.

The embryos are being stored in liquid nitrogen, and the plan is to transfer the embryos into a southern white rhino female, who will then hopefully give birth to a baby northern white rhino.

The southern and northern varieties have different genetics, but are both subspecies of the rhino. They are found in different regions of Africa. Around 20,000 of the southern variety are alive today in South Africa, Namibia, Zimbabwe and Kenya.

The reason there are only two northern white rhinos left is because the animal has been hunted for decades for its horn, which some people mistakenly think can cure illness.

Richard Vigne is the managing director of the conservation site in Kenya where the rhinos live. “This is a major step forward in our efforts to recover the northern white rhinos,” he said. But he said that most species at risk of extinction are not as lucky as the rhinos, who have had a lot of time, effort and money dedicated to their cause. Vigne warned that “global human behaviour still needs to radically change if the lessons of the northern white rhinos are to be learned”.

## BONKERS AWARDS



**THE winners of an awards ceremony for science that makes people laugh have been announced.**

The 29th Ig Nobel prize ceremony was held at the prestigious Harvard University in the USA. Winners of the Nobel Awards – an annual event that celebrates serious science – dished out the prizes. Each winner was allowed 60 seconds to make an acceptance speech. The time limit was enforced by an eight-year-old girl who said: “Please stop. I’m bored” repeatedly until the winners stopped talking!

**Among the winners were:**

- Italian and Dutch scientists who have collected evidence that pizza might protect against serious illness and death, if the pizza is made and eaten in Italy.

- Japanese researchers who estimated the total saliva produced per day by a five-year-old child.



- An Iranian engineer who invented a nappy-changing machine.

- An international team led by UK scientists who measured how pleasurable it is to scratch an itch.

- An international team who studied how, and why, wombats (left) make cube-shaped poo.

- German researchers who

discovered that holding a pen in your mouth makes you smile, which makes you happier – and who then discovered that it actually doesn't.



TATA CONSULTANCY SERVICES

## INNOVATIONS



**COULD you create an invention that will change people's lives for the better?**

Next week, *First News* and TCS are launching an exciting new competition to find our Young Digital Innovator of the Year for 2019.

We are looking for the next generation of brilliant inventors with brilliant ideas. This year's competition will focus on how young people can help old people live safer, happier and healthier lives.

The competition will be open to all readers aged under 16. For more information, keep an eye on *First News*!



SCIENCE MUSEUM GROUP

This report is from our friends at the National Railway Museum.



**FASTER, FASTER!**

**HOW do you make a train go faster?**

Building a bigger, more powerful engine is one way, but as trains go faster, they begin to be slowed down by air resistance.

In the 1930s, engineers worked out that building ‘streamlined’ engines with more aerodynamic shapes helped trains to cut through the air and reach higher speeds. The National Railway Museum has several streamlined engines, including Mallard, the world's fastest steam locomotive (left).

Most high-speed trains now have a pointed, streamline shape. As well as locomotives, cars, buses and even bicycles can be streamlined.

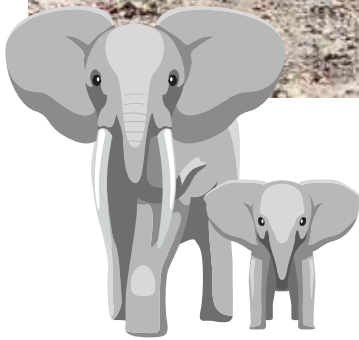
To find out more about forces and streamlining, visit the Science Museum this October half-term for *Future Engineers*, a week of free activities and events.



# 12. ANIMAL NEWS



David Shepherd Wildlife Foundation



## SAFE HAVEN

**A FEMALE elephant who was rescued as an orphaned baby has returned to the orphanage to have her own baby!**

Chamilandu was one of the first baby elephants rescued by the Game Rangers International Elephant Orphanage Project (GRI-EOP). She has been roaming free in Kafue National Park, Zambia, for the past four years, but chose to return to the camp to give birth to her first calf.

Wild elephants grow up and live in family groups with lots of female elephants. Without a herd of older females to guide her, Chamilandu chose to return to her safe place to have her baby. The male calf arrived safe and sound this week, and is proving to be a popular new addition among the orphaned elephants living at the camp.

The voluntary arrival of Chamilandu is great news for researchers, who are constantly learning more about these amazing animals.



Chester Zoo

## HATCHLING FIRST

**A PAIR of endangered trogon chicks have hatched at Chester Zoo – the first time this species has hatched in captivity anywhere in the world.**

The parents of the chicks were part of a group of more than 100 exotic birds rescued from illegal smugglers in the Netherlands last year. The birds were destined to be sold into the illegal pet trade, and many of them were in poor health. The chicks' parents were given a safe haven at Chester Zoo and have settled in so well that they've started a family.



Chester Zoo



Meet Cinder!

Sea World San Diego

## OTTERLY ADORABLE

**MEET Cinder, an orphaned baby sea otter who is being treated at Sea World San Diego after being found abandoned in Alaska.**

The five-week-old cub was found stranded against some rocks by strong currents. She was taken to a local rescue centre before being flown to Sea World San Diego, where she's being given round-the-clock attention by the vets and animal care team. Because she is so young, Cinder is being bottle-fed every three hours with a special mix similar to the milk she would have got from her mum. Isn't she adorable?



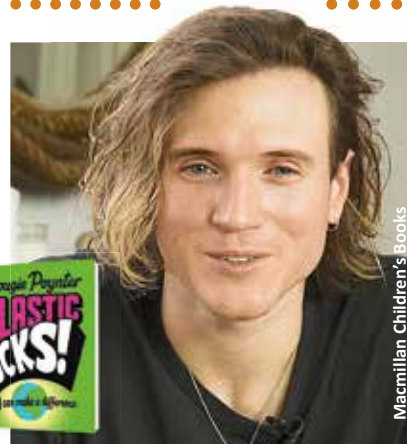
Morgan Hughes

## BAT'S RARE!

The lesser horseshoe bat

**A RARE lesser horseshoe bat has been discovered at Dudley Zoo, and is the first one to be found in the West Midlands.**

A team from the zoo were conducting an overnight bat survey at Big Ben Cavern, an old quarry entrance that is on site at the zoo. The cavern is not open to the public but is home to wild bats. During the survey, more than 25 bats were caught, measured and recorded, but this is the first time the lesser horseshoe species has been found there.

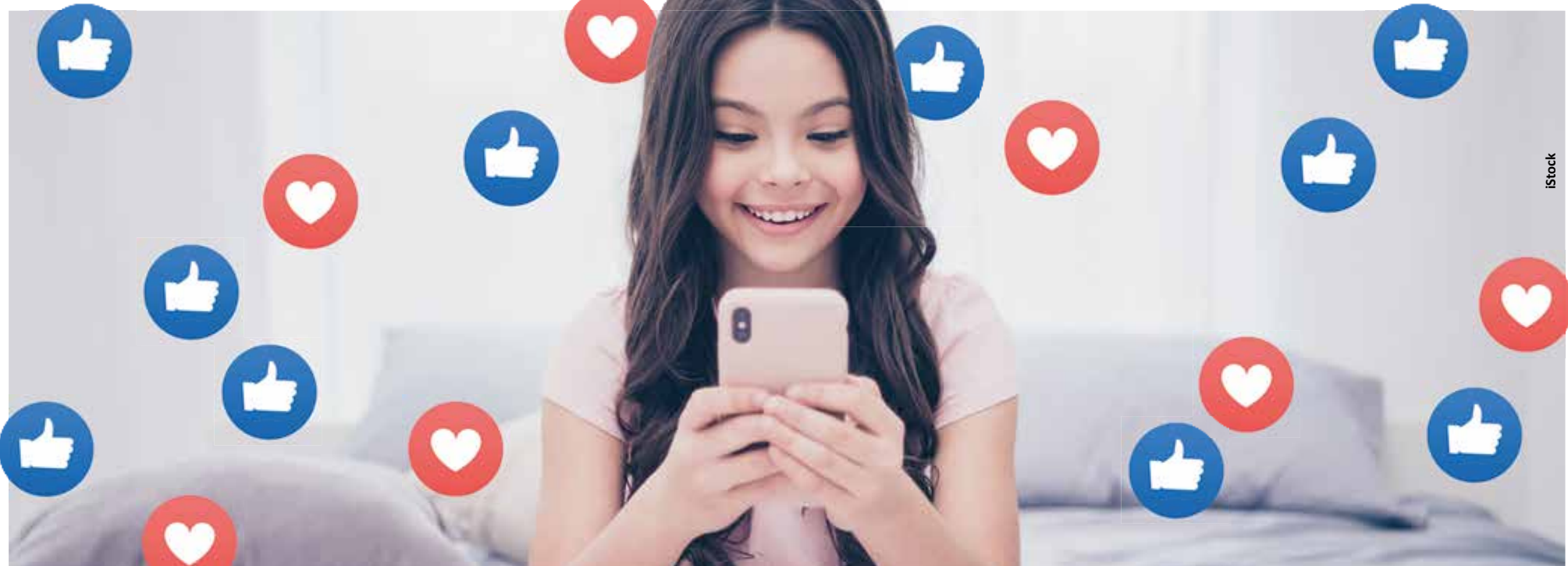


Macmillan Children's Books

## DOUGIE'S TOP TIPS FOR REDUCING PLASTIC

Could you write a letter to a supermarket, takeaway or restaurant that uses lots of plastic, asking them to try and reduce their waste? There's a template you can download at [first.news/plasticsucks](http://first.news/plasticsucks).





# WHAT IS INFLUENCER MARKETING?

INFLUENCER marketing is a fast-growing industry. Brands are increasingly looking to team up with social media influencers (you might call them YouTubers or vloggers) to advertise their products, instead of, or as well as, using more traditional marketing campaigns.

## TELL ME MORE

Many influencers have a huge reach among young people, so our friends at Media Smart think it is important that you know when the content you are viewing is advertising. Media Smart provide free educational resources about the advertising industry for teachers and parents. They have worked with youth influencers such as Hannah Witton to create some short films, with supporting classroom or assembly materials for your teachers or parents, to help you understand more about how influencers market to you.

Which influencers or YouTubers can you think of?



## WHAT ARE 'SOCIAL MEDIA INFLUENCERS'?

Influencers are people with a social media following on things like YouTube or Instagram. Their following might be very large – as with some celebrities – or smaller, including so-called micro influencers who often focus on particular areas or hobbies.

Due to their lifestyle, expertise, fashion sense, celebrity status and beliefs, they are generally respected and thought to be credible, but importantly they are often seen as trustworthy.

## WHY DO COMPANIES USE INFLUENCER MARKETING?

Many companies or brands are now partnering with influencers and promoting their products or services to the influencer's followers. This method of advertising can feel more personal and real than traditional marketing. Micro influencers may not have as many followers, but they will often have more regular communication with their audience and their fees will be more affordable. This makes them very attractive to brands.

## HOW DO BRANDS WORK WITH INFLUENCERS TO MARKET THEIR PRODUCTS OR SERVICES?

1. Giveaways and competitions
2. Paying for social media posts, vlogs and blogs
3. Giving them free products, services or experiences
4. Affiliate marketing: followers are sent directly to the brand's website, often using a code. The influencer is paid according to how many followers click the link or use their code.

## WHAT ARE THE RULES AND REGULATIONS OF INFLUENCER MARKETING?

- If influencers work with brands to create content for their own social media accounts, it qualifies as an ad if the brand pays them using money or freebies, and has some form of control or say over the content.
- If influencers are gifted or loaned a free product or experience, they should disclose it, even if it isn't an ad and they are not being paid to promote it.
- You need to be able to recognise that something is an ad, without having to click or interact with it. It needs to be 'obvious' and clear.
- There are potentially lots of ways influencers can make advertising content 'stick out' as being an 'advert', but by far the easiest is to include a prominent label that makes this clear, such as Ad/Advert/Advertising/Advertisement.
- There are strict rules that cover promotional content, e.g. making claims (they need to be backed up); advertising age-restricted products (like gambling or alcohol) or running 'giveaways' and prize draws.



YouTuber Ryan ToysReview has 21.6 million subscribers and is just seven years old!

## HOW CAN YOU WATCH OUR INFLUENCER FILMS?

If you are interested in watching our influencer films at school or at home, ask your teacher or parents to go to [www.mediasmart.uk.com](http://www.mediasmart.uk.com) for FREE access to our Influencer Marketing educational resource.



# ASK THE AUTHOR

First News Junior Journalist Lucy Eaton, 12, interviewed Philip Reeve and Sarah McIntyre to celebrate National Poetry Day and the release of their latest book, *Kevin's Great Escape*.

On Saturday 14 September 2019, I travelled to London. I went into a really big bookshop called Daunt Books – it was beautiful and looked like a library in Hogwarts. I had the privilege to interview Philip Reeve and Sarah McIntyre, the author and illustrator of *The Legend Of Kevin* and *Kevin's Great Escape*, for *First News*.

I was a little intimidated and nervous before the interview because it was my very first one. However, I soon realised that there was nothing to be scared of at all! Sarah and Philip were very easy to talk to and I learnt a lot of facts about them that I didn't know before. If you are interviewing someone who you don't know and you are a little nervous, just remember that although it may seem a little intimidating, there is honestly nothing to be scared of.

The first question I asked was: "How did you get the inspiration to write the *The Legend of Kevin* and *Kevin's Great Escape*?"

Philip told me that when he was younger (about 30 years ago) he was at the beach and he found a piece of driftwood. He decided to draw an image of a flying fat pony! Philip took it home and kept it on his wall. One Christmas, Sarah came over and she noticed the piece

of driftwood with a pony on it and decided to draw it on a piece of paper. She showed this to Philip and they decided to write a book based on a fat flying pony called Kevin.

The second question that I asked was: "Did you ever think that you'd be an author?"

Philip told me that when he was younger, he dreamed of being an author, but he wouldn't have expected it to happen. He said that if you want to become an author, make sure you read a wide range of books. He recommended to try and read some of the classics too, but don't worry if you really don't like a book – there are always plenty more to choose from!

After Philip, I interviewed Sarah. The first question that I asked her was: "How long did you practise to become so good at illustrating?"

Sarah said that she loved drawing and that she drew for hours a day. She also drew on her homework and her teacher didn't tell her off for it! Sarah told me that when she was younger, she wanted to be an artist, but she didn't think that she could make a living out of it, so she tried lots of different jobs. Then, finally,

she went to an art college and she decided that she did want to become an illustrator.

I also asked Sarah what advice she would give to children who wanted to become an illustrator. She said that you should draw as much as you can, including trying to draw comics. However, don't draw the same thing over and over again, try drawing pictures in different situations.

Thank you *First News*. It was so much fun meeting them both and I really loved Sarah's hat!



## FNQ – THE WEEKLY FN QUIZ

# FNQ

## IS LAUNCHING IN SCHOOLS!

WIN AMAZON VOUCHERS

**THE weekly live news quiz is changing time to Fridays at 8:45am, starting on 4 October!**

- Ask your teacher if you can join in and play with your classmates. Maybe your teacher can play too!
- It's a great way to bring the weekly news into the classroom.
- Download the FNQ app in time for Friday's game – **it's free!** Join the game live on **Friday at 8:45am**. You'll be asked questions about the week's news and earn points for questions you answer correctly. Save up your points and they can be exchanged for Amazon vouchers!



## DOWNLOAD THE APP NOW!



FOR MORE INFORMATION, VISIT [WWW.FNQAPP.CO.UK](http://WWW.FNQAPP.CO.UK)



## THIS WEEK

**1** TWO ground-breaking new rollercoasters for 2020 have been announced by SeaWorld and Busch Gardens. *Iron Gwazi* at Busch Gardens in Tampa Bay will be a new imagining of the classic wooden rollercoaster *Gwazi*. Meanwhile, at SeaWorld Orlando, *Ice Breaker* will launch riders backwards and forwards with a beyond vertical drop at a 100° angle. Definitely not one for the faint-hearted!



Busch Gardens

**2** The cast has been announced for Mackenzie Crook's new version of *Worzel Gummidge*. *Worzel* is a scarecrow who lives on Scatterbrook Farm, where he meets Susan and John, played by India Brown and Thierry Wickens (pictured with Mackenzie as *Worzel*).



Amanda Searle

**3** Disney Junior star *Vampirina* is making the jump to the big screen for two days only. On 5 and 6 October you can catch *Vampirina: Fang-tastic Party* at cinemas across the UK!



# PICS OF THE WEEK

### A NEW trailer for *Frozen 2* has been released and it is magical!

The trailer shows Elsa, Anna, Sven, Olaf and Kristoff all heading off to find the Enchanted Forest, a mysterious place that they heard stories about as children. Will they discover the secrets of Elsa's magic? And will the people they meet along the way help save Arendelle from a new threat? Find out when *Frozen 2* hits cinemas on 22 November.



Disney



Disney



Disney



## McFLY

Tom, Dougie, Harry and Danny are McFly.



### How different will your tour be now that some of you have kids?

**Danny:** There'll be lots of green tea and nappies.  
**Tom:** That's just for Dougie! To be honest I think that it's a really special thing. For those of us that are dads, our kids seeing what we do is really exciting. My son Buzz is so excited to see us play; he cannot wait!  
**Danny:** Who's his favourite?  
**Tom:** At the moment, you, but he thinks you're a footballer, so...

### The reunion show is in November and the *Lost Songs* are being released leading up to it, but will there be any more McFly songs?

**Tom:** Yeah, I think McFly is forever and we're excited about what is next, what's next year and are looking at the next studio album. The real album six will be the new album that we make, but we can't really make that until we put these lost songs out.  
**Danny:** Plus, we need some time to get some real bangers going. Time is different now, we don't just

get to hang out all the time. It's more: "Gotta go, it's bath time; okay, let's write that one tomorrow!"

### Which of your classic songs are you most looking forward to playing?

**Tom:** To be honest, I like playing them all. You know when bands get tired of playing their hit songs? I've never felt that. It's always fun to play *Five Colours*, or *All About You* or *Shine A Light* because when you're in the moment and playing live, you're not thinking about the 10,000 other times you've played them.  
**Danny:** And also the memory of writing it and where that song has taken us, it's just nice; we never get bored of it. We've played the songs so many times, especially *Five Colours*, but we do different versions and it makes it fun.



LOOK who's back! After announcing a reunion gig earlier this month, plus plans to release a new song every week until the show, McFly have now announced plans to go on tour again! We popped along to the big announcement to find out more.

Tickets for McFly's *The 2020 Tour* are on sale now

## CHARITIES SUPPORTED BY FIRST NEWS





# BEHIND THE MAGIC

THIS week, Disney's magical live-action version of *Aladdin* is available to take home on DVD and Blu-ray. Check out these amazing facts about the making of the film.



The song *Prince Ali* is the biggest musical number in the film. More than 200 extras and 250 dancers took part in the scene, which sees Aladdin arrive in Agrabah posing as Prince Ali Ababwa. The giant camel that he rides in on is made from 37,000 flower heads mounted onto a metal frame. It took a team of 15 model makers three weeks to make!



Will Smith jumped at the chance to play Genie. "In this film I get to sing and dance and rap and perform and do comedy and drama, so it was a great opportunity to use myself fully as an artist," he says.



Mena Massoud, who plays Aladdin, had a GoPro camera attached to his waist to capture footage from his point of view as he runs and jumps through the narrow alleys and rooftops of Agrabah!

Princess Jasmine has nine different outfits in the film, all made in bright colours to reflect her strong personality. "She has as many beautiful outfits as she needs, but all she really wants to do is go out and see the people," explains Naomi Scott.



Some of the gems on the floor of the Cave of Wonders were actually made of rubber so that the cast and crew could walk over them!



*Aladdin* is out now on DVD, Blu-ray and digital download



The fictional city of Agrabah was built at Longcross Studios in the UK in just 15 weeks. It features thousands of market stalls and props, including a 1,000-year-old olive tree! "There was an entire marketplace, a bazaar, someone making Turkish delight, someone selling lamps and someone making scarves... it was insane," says Mena Massoud. Scenes were also shot on location in South Jordan.





THOUSANDS of young gardeners will celebrate this autumn by harvesting their crops and cooking up soup for the Royal Horticultural Society's (RHS) Big Soup Share between 7-13 October.

Growing food is the most popular gardening activity in schools. This week of events, organised by the gardening charity, is a fun way to learn how to turn fresh vegetables into tasty soup to enjoy with friends, family or the local community.

Last year, students at St Gregory's Catholic Science College, London, transformed their harvest haul into a hearty soup to serve at a homeless shelter, while Deer Park Primary School, Derbyshire, made use of their giant prize

pumpkin and Nancy Reuben Primary School, London, made borscht, an Eastern European beetroot soup.

There are so many easy-to-grow soup ingredients – think classic flavours such as tomato, leek and potato, or carrot and coriander. Plus food grown close to home is not only healthy, but zero travel miles mean it's good for the environment and often tastes better too!

## MEET GREEN-FINGERED GEORGE

George Hassall, 14, is an RHS Young School Gardener of the Year winner and regularly appears on *Blue Peter*. This year he's helping his local community group, Operation Farm in Manchester, to run a Big Soup Share event. He told us more...

### ● HOW ARE YOU PREPARING?

I've taken part in the Big Soup Share loads of times. Once we made soup for 500 people and served it in a park at a harvest festival – that was pretty epic. This year me and the other young gardeners will be doing an event at a big community kitchen.

We had a big planning meeting in September, where we talked about all the jobs to do. We decided to make two soups – spicy parsnip and carrot flavour and a big pan of herby harvest soup. We're also making our own soda bread and cupcakes made with veggies.

### ● WHAT ARE YOUR FAVOURITE CROPS TO GROW?

I love growing courgettes. The seeds are really easy to handle, especially for tiny hands, they grow really quickly and – boom – the courgette starts to appear. You can even eat the flowers!

### ● ANY TIPS ON HOW TO GROW THESE?

Pick them when they are still small, as they are quite sweet. Don't turn your back and forget about them, as they grow into huge marrows,



George gets gardening

although these are great in soup. You can chop marrows and roast them to add extra flavour and use them in one of my favourite soups: green soup.

### ● WHAT OTHER GARDENING JOBS WILL YOU BE DOING THIS AUTUMN?

We'll be harvesting our apples, planting broad beans to give us an early crop next year and I'll be looking after my purple sprouting broccoli, which should be ready next spring. A good tip here: once harvested, leave the plant to go to seed, as bees are crazy for the yellow flowers.



Pupils at Columbia Primary take part in the Big Soup Share

## JOIN IN

Schools and community groups wanting to take part can download lots of free resources at [schoolgardening.rhs.org.uk/bigsoupshare](http://schoolgardening.rhs.org.uk/bigsoupshare). Don't forget to ask your teacher to post on social media using #soupshare.



# MEAT-FREE MEATBALLS WITH SPAGHETTI IN A TOMATO SAUCE

EVERY week as part of our new Food Matters series, we're going to be bringing you a delicious recipe to try at home! Here's the third one for you to enjoy.

Birds Eye Green Cuisine Meat-Free Swedish-Style Balls are a delicious vegetarian alternative to meatballs. They are rich in pea protein and a source of fibre, so you won't miss out on important nutrients.

Preparation time: 15 minutes    Cooking time: 20 minutes    Number of servings: 4

### Ingredients:

- 400g spaghetti
- 1 pack of Birds Eye Green Cuisine Meat-Free Swedish-Style Balls
- 2 x 400g tins of chopped tomatoes
- 1 tbsp olive oil
- 1 white onion
- 1 garlic clove
- 1 tbsp tomato purée
- Salt, pepper, oregano to season

Remember to always have an adult with you when you cook with heat!



BirdsEye

Did you know? Simmer means to cook on a low heat.



### Method:

1. Pre-heat your oven to 200°C/Fan 180°C/Gas Mark 6.
2. **To make the sauce:** Ask an adult to help dice the onions. Heat the olive oil in a large saucepan and add the chopped onions. Turn the heat down and cook the onions until they're soft.
3. Crush the garlic clove in a garlic crusher and add to the onions. Add the tomato purée. Cook for a few minutes then add the chopped tomatoes and oregano. Season with salt and pepper and simmer for 20 minutes.
4. While the sauce is cooking, put the Birds Eye Green Cuisine Meat-Free Balls on to a baking tray in the middle of the oven. Cook for 13-15 minutes and turn them over halfway through cooking.
5. **To make the spaghetti:** Bring a saucepan of water to the boil on the stove, add a dash of salt and drop the spaghetti in. Leave to cook for 8-12 minutes or as per the instructions on the pack.
6. When the spaghetti is ready, drain it using a colander and pour it into the sauce. Add the Birds Eye Green Cuisine Meat-Free Balls and mix everything up well. Buon appetito! (Tip: to test if spaghetti is done, throw a piece against the wall – if it sticks, it's done!)

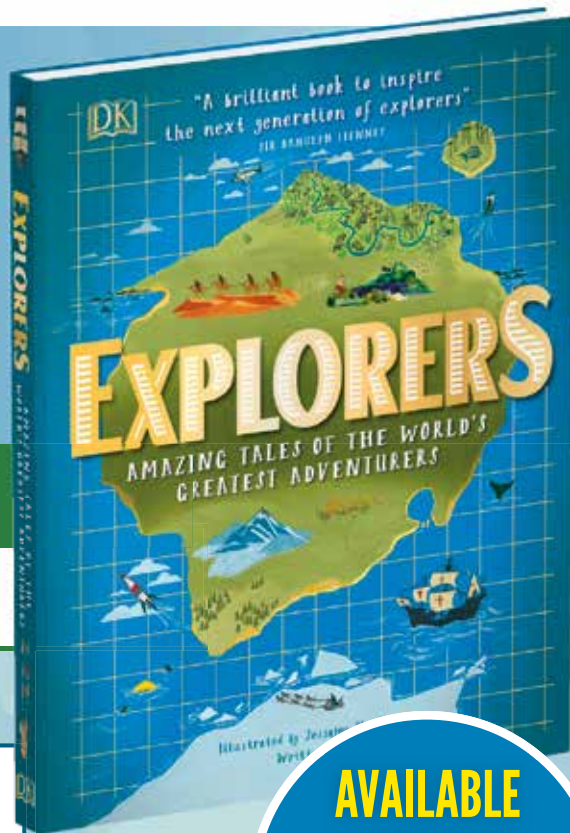
Protein contributes to the maintenance of muscle mass. Enjoy Meat-Free Balls as part of a varied and balanced diet and healthy lifestyle.

## DK Advertisement feature

# DO YOU HAVE WHAT IT TAKES TO BE AN EXPLORER?

VENTURE into steamy jungles in search of lost temples, fight off frostbite in the Arctic and blast off into space! *Explorers* discovers the amazing true stories of the world's greatest intrepid adventurers.

There are more than 50 explorers featured in this book, showing you, no matter who you are or where you come from, anyone can be an explorer if they set their mind to it!



AVAILABLE WHEREVER BOOKS ARE SOLD!

INCLUDES MAPS AND CROSS-SECTIONS



## MEET SOME EXPLORERS

● **Howard Carter:** British archaeologist who discovered the ancient tomb of King Tutankhamun.



● **Mario Rigby:** A modern-day explorer who spent two years walking and kayaking across Africa, blogging and sharing his experiences on social media.



● **Jeanne Baret:** The first woman to sail around the world – disguised as a man!



● **Aloha Wanderwell:** This Canadian-American explorer and aviator became the first woman to drive around the world.



WIN one of ten copies of *Explorers*. Enter at [www.dk.com/uk/firstnews](http://www.dk.com/uk/firstnews). T&Cs apply.



# MISSING MONKEY

**A CUDDLY toy monkey has enjoyed a royally good trip at Buckingham Palace, after accidentally being left behind there.**

Savannah Hart from South Australia took her class's monkey mascot Harriet on a trip to the palace during a holiday. Sadly, when she returned home, she realised the cheeky monkey had gone missing.

After realising where she'd left Harriet, Savannah and her classmates at Woodside Preschool sent a letter to Buckingham Palace asking if they could kindly return her. Amazingly, only a week later they received a reply!

Staff at the palace decided to make sure Harriet had some fun before sending her on her travels home and they took some cute pictures. They even gave her a little friend to keep her company – a toy Corgi called Rex.

It turns out Harriet is quite the jetsetter. She's previously joined pupils on their trips to Europe, America and Fiji!



Royal Collection Trust/  
© Her Majesty Queen Elizabeth II 2019



# A STONY SHOW!



**SKILLED stone skimmers will be heading to Scotland for one of this year's most bizarre championships.**

Yep, you guessed it! The World Stone Skimming Championships are here, folks!

On 29 September, hundreds of competitors from across the globe will head to Easdale Island to show off their impressive talents.

The overall winner gets to raise the famous World Stone Skimming Cup.

Of course it's all good fun, but there are some serious rules in play too. For instance, all stones must be of naturally formed Easdale slate and be no more than three inches in diameter at their widest point.

How do you reckon you'd do?!

# FISHY OPERATION



Facebook/Highcroft Veterinary Group

**A TINY fish has undergone a life-saving operation at a vet's in Bristol.**

The molly fish, known as Molly, is just 2.5cm (an inch) long and weighs less than a gram. When she developed a growth in her stomach, her owners were worried that her days were coming to an end. But Highcroft Veterinary Hospital believed it could do something to help, although it would be risky!

They took Molly into surgery, where she underwent a tricky 40-minute operation to remove the growth.

Vet Sonya Miles said Molly was the smallest animal she had ever operated on!

Thankfully, everything went well and Molly made a remarkably quick recovery. She was back at home, swimming happily, later that day.



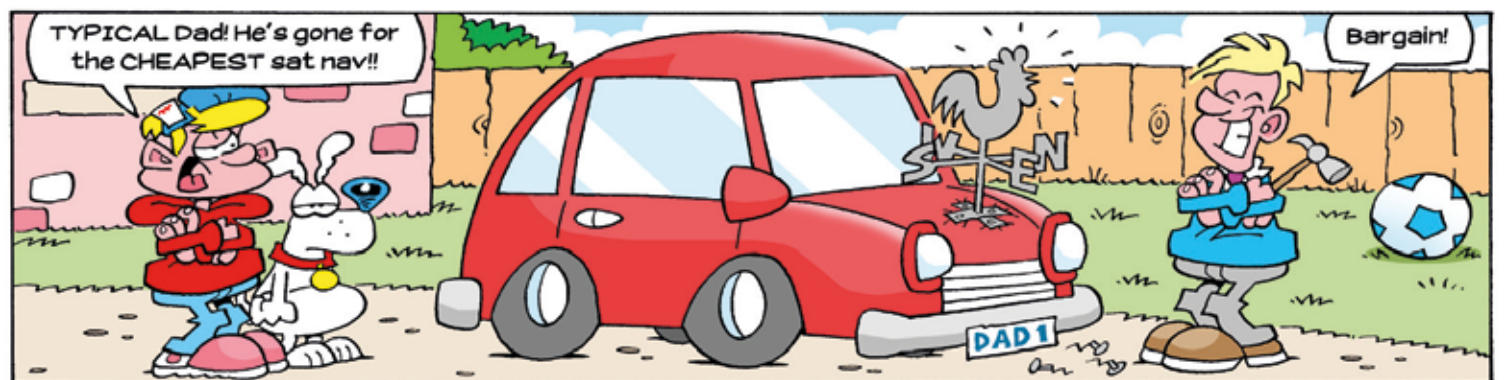
HOW DO  
ASTRONAUTS SAY  
SORRY?  
THEY  
APOLLO-GISE!

WHY DIDN'T  
THE LAMP SINK?  
IT WAS TOO  
LIGHT!

THANKS TO FIRST NEWS READER, SARA M-C. SHARE YOUR JOKES WITH US AT [NEWSDESK@FIRSTNEWS.CO.UK](mailto:NEWSDESK@FIRSTNEWS.CO.UK)



Written and illustrated by Paul Palmer





# 20. BOOKS

## THE BEST BOOKS ABOUT... CYCLING



**PEDAL power!** There are tons of things that make cycling a super way to get around, but did you know that there are some truly brilliant books about our favourite two-wheeled mode of transportation?

### CYCLING FOR GOLD OWEN SLOT

A story about a paperboy called Sam, who is talent-spotted when out delivering on his round! After joining a cycling club, he trains to be good enough to compete in the famous, newly-built Olympic Velodrome. Written by an award-winning sports writer.



### EMMANUEL'S DREAM LAURIE ANN THOMPSON

Born in Ghana, West Africa, with one leg, Emmanuel had to hop more than two miles to school! This is the story of how he became a cyclist, spreading his powerful message: disability is not inability.



### FLYING FERGUS CHRIS HOY

Written by cycling legend Sir Chris Hoy, this is the first in a series of adventure books that feature lots and lots of cycling.

## WORDS FOR LIFE



**SIMON Mockler** is the author of the brilliant *Beatrix the Bold* series, and has worked as an artist, musician, teacher and, well, author! Simon's new book, *Beatrix the Bold and the Riddletown Dragon*, is out now. He told us about his favourite books when he was younger.

“ I read all sorts: *The Last of the Mohicans*, *Tregarrick*, *The Wolves of Willoughby Chase*, *The Chronicles of Narnia*, and *The Adventures of Tintin* whenever I had tonsillitis. ”



TO READ THE FULL INTERVIEW, VISIT [WORDSFORLIFE.ORG.UK/AUTHOR-INTERVIEWS](http://WORDSFORLIFE.ORG.UK/AUTHOR-INTERVIEWS). FOR BOOK RECOMMENDATIONS, ACTIVITIES AND GAMES, GO TO [WORDSFORLIFE.ORG.UK](http://WORDSFORLIFE.ORG.UK).

# YOUR READS!

## THE UNWORRY BOOK

ALICE JAMES

Reviewed by Ethel Butler, age ten

The *Unworry Book* is a book for children, to help us to understand why we worry and what we can do to help ourselves.

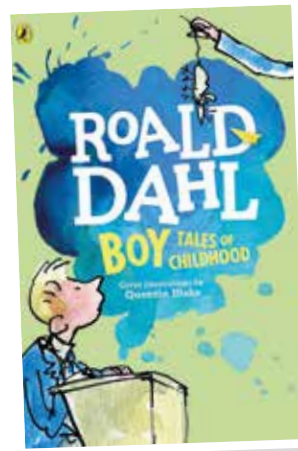
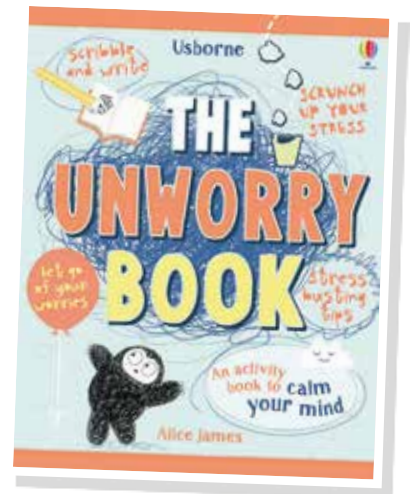
One cool thing that I learnt was that worrying isn't always a bad thing and sometimes it can get you out of a tricky situation. The book is



full of all kinds of exercises; some help you think about all the different emotions that you feel, and some of them help you find ways to deal with your worries.

One of my favourite exercises was colouring in boxes to represent my feelings that day. It made me realise that I need to spend more time relaxing. My other favourite activity was turning doodles into pictures. I turned my doodle into a farting cyclist, which really cheered me up!

This is a great book for all stressed kids, and even those that aren't.



## BOY ROALD DAHL

Reviewed by Thalia Wyers, age 11

In this autobiography, Dahl provides hilarious recounts of cheeky pranks at his first boarding school, Llandaff Cathedral. On one occasion, Dahl and his friends put a dead mouse into a jar of sweets to scare a shopkeeper who would use her long, grimy, warty fingers to take the sweets from the jar.

At Dahl's second boarding school, Repton, the boys would sprinkle sugar on the corridor floor so they could hear the matron coming when she walked on it.

Sadly, there was lots of caning, but also some fun times. Despite reading about the many grim moments in Dahl's childhood, I loved learning about life at school in years gone by and was fascinated by the events that shaped this great writer's life.



## BECOME A FIRST NEWS BOOK REVIEWER!

HAVE you read a book recently that you desperately want to tell people about? Write us a review! We'll need around 100 words on a book you've been reading – good or bad – and a picture of yourself (with parents' permission!). Email your review to [bookreviews@firstnews.co.uk](mailto:bookreviews@firstnews.co.uk)



# RACE FOR THE KIDS

by Harry

**I WAS born with a poorly heart and had to go to Great Ormond Street Hospital (GOSH).**

I was too young to remember what it was like as a baby, but when I was four and a half, I had to go and have another operation at GOSH.

It was very scary because I didn't know what was going to happen, but the nurses were very nice and brought me things like books to cheer me up.

I didn't like things happening to me, such as taking medicine and having chest drains taken out.

I did like mum or dad staying with me at night and going to the sensory room. I liked all the lights and sounds because it reminded me of space and made me feel happy.

In October I am running Race for the Kids with my mum, dad and Alfie, my brother who is three, to raise money for GOSH so they can help other boys and girls like me.

I met Emma Bunton and she signed my Race for the Kids T-shirt. She was good fun and very friendly, and I had lots of photos taken with her.



Harry with Emma Bunton and his dad and mum

JUNIOR JOURNALIST

WE WANT TO HEAR WHAT YOU/YOUR SCHOOL IS UP TO

Are you doing something sponsored for charity? Starting your own school newspaper? Putting on a show? Are you off on an amazing holiday or did you have a great day out? Why not share your experiences with First News readers?

Email your report (including pictures) to [yournews@firstnews.co.uk](mailto:yournews@firstnews.co.uk)

Don't forget to include your name and age (and your school's name and address for school news reports). By writing in, you give consent to First News printing details and photographs of those involved in the report.

# MY DAY AT A REFUGEE CAMP

by Sami Ghusayni, Hurlingham School, London

**TODAY was the day that I finally went to the refugee camp. I had been waiting for nearly two whole months! I was very excited to see the world from the Syrian refugees' point of view.**

The plan was to play football with the refugees, provide them with some quality food and try to make their day a bit brighter.

The day started just like any other day: I emerged out of my bed like a sloth moving at its fastest speed. My dad wanted to go for a drive and he asked me if I wanted to go with him and I accepted. We drove through the balmy streets of Beirut and I spotted a sports shop that sold footballs. I pointed it out to my dad and explained that we needed a football, since the refugees did not have one.

We bought a football with the names of all the Barcelona players on it. After that, we picked up my mum, bought pizzas and moved swiftly on to the camp in the suburbs of Beirut, in a place called Naami.

We met up with Josiane, who was helping us with the visit, then we went to the refugee camp.

I was astonished by the state of their shelters. They had plastic sheets over the top and tyres round the side. The floor was hard rock and there was no washroom in

sight. The smell was horrendous. I soon noticed the large flow of sewage water running beside me.

The first boy I met was Mustapha, who was even taller than me. In fact, almost as tall as my parents! He was 16 years old and came from Syria. Next I met Ahmad, who didn't even know how old he was, but he thought he was nine.

We started to play football, with the two goals we had made. Some had never played football before but they definitely enjoyed it and gave it a good try. In the end, my team won. We then went into the shelter. We soon sat down and ate the pizza that my parents had provided. A few minutes later, I walked 15-year-old Ibrahim, and we played with LEGO, did colouring and played some party games. Before I knew it, it was time to go. I waved goodbye and, as quick as a flash, I was back at my grandma's house.

That day I learnt that I should be thankful for what I have, and that helping people doesn't always have to include giving money. For me it's about spending time



Sami at the camp

JUNIOR JOURNALIST

and energy to make them feel happy.

I felt like football brought them together and made them forget about the world that they are living in.

I believe that refugees should get better treatment, care and education. This is based on a conversation that I had with Mustapha. I asked him if he went to school and he said that he didn't. Mustapha should be encouraged to go to school because then he could have a better future and hopefully get a job to help support his family.

After visiting the camp, I now plan to fundraise by doing a 5km run around Wandsworth Park. I plan to spend the money raised on books and education supplies for the refugees in the camp.

Maybe one day, if I raise a lot of money, I could use it to build or buy a football pitch for the refugees.

SUBSCRIBE FOR SCHOOL – FIND OUT MORE AT [SCHOOLS.FIRSTNEWS.CO.UK](http://SCHOOLS.FIRSTNEWS.CO.UK)

CALL: (020) 3195 7256 EMAIL: [SCHOOLS@FIRSTNEWS.CO.UK](mailto:SCHOOLS@FIRSTNEWS.CO.UK)



## 22. PUZZLES

# WIN! A BLINGER DIAMOND SET



HAVE a go at our sudoku and fill in the numbers one to nine. Send in your answers and five lucky winners will each win a Blinger Diamond Collection set. An innovative, easy-to-use and fun fashion toy for you to add sparkle and shine to your hair, clothes, accessories, stationery and more. Let these sparkly crystals add some pizzazz to your hair and fashion accessories! Includes: Blinger with 75 gems. Find out more at [www.character-online.com](http://www.character-online.com).

6		4		5		2		8
				1				
		9	2		8	3		
3		2		4		6		7
	6	1				9	4	
8		5		9		1		2
		8	7		1	4		
				3				
1		7		6		8		3

# WORD LADDER

SEE if you can get from the top of the ladder to the bottom by changing one letter at a time to make a new word.

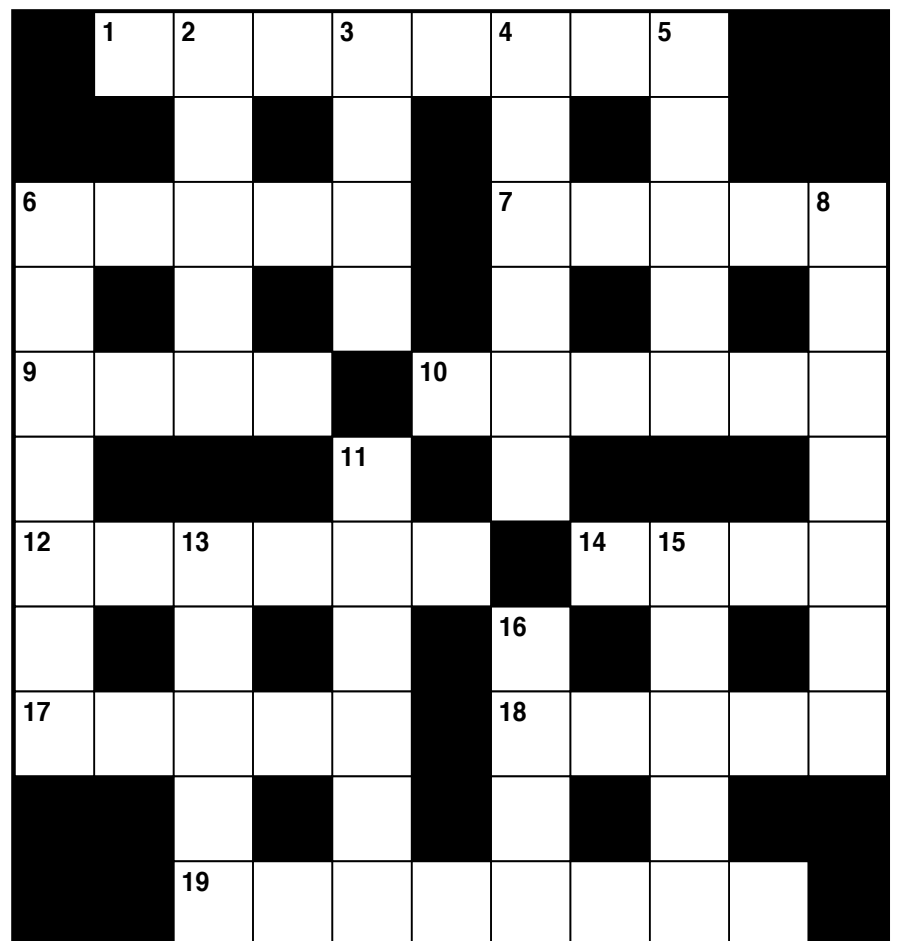


MAKE

TOYS

# CROSSWORD

JUST for fun this week! Can you complete our crossword by using the clues below?



# WIN! A BANANAS BUNDLE FROM BANDAI



**BANDAI UK's award-winning Bananas™ are ready for the picking!**

Series 3 introduces new single chocolate-dipped Bananas in their signature bright colours and the doodle bunches in the three-pack. Peel the scented Bananas to reveal brand-new cute collectable Crushie characters, mini squishies, gemstone and character stickers, collector sheet and a hanging vine to connect and display your new Crushie friends. There's even more fruity fun to be had with the collection of Lemons & Limes and all-new Strawberries. And there's even a new Bananas Playhouse for the Crushies to play in. Open the playhouse to reveal a Bananas-themed world of fun, with 13 surprises to discover and collect.

We have nine Bananas bundles up for grabs. Each prize includes a three-pack Bananas Bunch, Bananas Playhouse, and Lemons & Limes OR Strawberries.

To be in with a chance of winning, just answer this question:

What's a bunch of bananas known as?  
 a) a hand b) a foot c) an arm

BANANAS™ are available at Argos, The Entertainer, B&M and Very. For further information, visit [www.bandai.co.uk](http://www.bandai.co.uk)



TEACHERS! Visit [tinyurl.com/firstnewsbananas](http://tinyurl.com/firstnewsbananas) for free PSHE lesson resources!

# ENTER NOW! MARK YOUR ENTRY BANANA

[firstnews.co.uk/competitions](http://firstnews.co.uk/competitions) or see page 23. The closing date is 10 October 2019.

### ACROSS

- 1 Subjects such as biology and physics (8)
- 6 Mark used to separate ideas in a sentence (5)
- 7 Ledge for books (5)
- 9 \_\_\_ a sketch: drawing toy (4)
- 10 Wander (anagram) (6)
- 12 Say nasty things to someone (6)
- 14 From a great distance (4)
- 17 Pattern; tendency (5)
- 18 Happen again (5)
- 19 Enter without permission (8)

### DOWN

- 2 Eg, *The Beano* (5)
- 3 School test (4)
- 4 Relaxed and informal (6)
- 5 Serious or strict (5)
- 6 Medicine seller (7)
- 8 Roger \_\_\_ : tennis star (7)
- 11 Toboggan (6)
- 13 Perspire (5)
- 15 Pay particular attention to (5)
- 16 Put paper around a present (4)





# 23. PUZZLES

**HOW TO ENTER:** Send your finished puzzles to Puzzles 693, First News, 7 Playhouse Court, 62 Southwark Bridge Road, London, SE1 0AT. Or by email to [win@firstnews.co.uk](mailto:win@firstnews.co.uk). The closing date for puzzle entries is Thursday 3 October 2019.

## WIN! IT CAN'T BE TRUE! POO! BOOKS

CAN you spot the five changes we've made to this picture from *A Shaun The Sheep Movie: Farmageddon*? Send in your answers and four lucky winners will win a copy of *It Can't be True! Poo!* This pong-tastic title is packed full of disgusting and riveting facts on the science of smelly substances. Did you know that dogs face north to poo, or that wombat poos are square? Are you aware that there is 50 times more bacteria in one poo than there are stars in the Milky Way galaxy? This book is filled with all these facts and more, so get ready to become a whizz on wee and discover just how many phones you can charge with the energy contained in a single poo! [www.dk.com](http://www.dk.com)



## WORDSEARCH

CAN you find the words below in our fruit-themed wordsearch? Remember that the words can be horizontal, vertical or diagonal.

R X N N D Q K B H R A I Z U S R C Z K A C K S L M Z  
 A A P O Z M G T A I H Q B G V H N H U Z M I O Q Q J  
 K Y S J I S D X D S Q F K P K K A P I R N W R G S L  
 N R R P M F Q Q C L E M E N T I N E N J N I L P V J  
 E M J F B B C T V E S R L K E M N C U C E N N H F B  
 K G G I M E C X T G R A P E S R L P E B H E E O B L  
 L V G O S P R N L Q I C J K T O M S V R Q C Z H Q U  
 N C O K Z N N R F U E D P F J V S W J C J T N T D E  
 Q S Y V W Z R G I W L O U P S M X A E S J A X A R B  
 B Z J F K O D J N E T X K Y R R C T E S I R W I Q E  
 K E K V V W O G I E S C Y E W Y Z E O R T I I M M R  
 K Y U L L A C H E R R I E S Y I L R F T Y N W H J R  
 B D F A Y C G O Y P O D Y G K F L M C E D E M J V I  
 R H O Y D C Q E O Q T L F E J L Q E G K O A J W V E  
 Y O O X R O H D V M X L G S S S Y L Q Z Z I N F P S  
 D A R U O Y M E D L G C H U L I M O Y X E Y A M D M  
 B J W F S O G A E X S R E E U S Z N J C K N I I J A  
 T U O B N B O E F H N N R L O Z A Y B O A D V L M T  
 L E M O N A Z S W N N R W F V D V M I L M V I D Q H  
 Y W B R J Z Q N G I Y Z N S V J B P L U M L F P I E  
 O K P B E A P R I C O T S J W S B J O L D T O N B U

- Blueberries
- Watermelon
- Clementine
- Grapes
- Apricots
- Kiwi
- Lemon
- Lychee
- Raspberries
- Plum
- Nectarine
- Cherries



## WIN! BOPPI THE BOOTY SHAKIN' LLAMA FROM ZURU



ZURU'S Boppi the Booty Shakin' Llama will get the whole family up dancing and laughing for hours!

With three awesome songs to bop to, Boppi spins, shakes and performs her signature moves in time to the music.

Adorable, hilarious and good fun for all the family, Boppi is available nationwide in super-cute white and exclusive purple colour schemes.

We have ten Boppi the Booty Shakin' Llamas up for grabs. To be in with a chance of winning, just answer this question:

How many songs does Boppi bop to?

- a) three
- b) four
- c) five



Boppi the Booty Shakin' Llama in purple is available exclusively at Tesco. [petsalive.zuru.com](http://petsalive.zuru.com)

## ENTER NOW! MARK YOUR ENTRY BOPPI

[firstnews.co.uk/competitions](http://firstnews.co.uk/competitions) or see below. The closing date is 10 October 2019.

**COMPETITIONS:** You can enter First News competitions in one of two ways. 1. Go to [firstnews.co.uk/competitions](http://firstnews.co.uk/competitions) and follow the instructions. 2. Write to us at 'competition name' (eg, Holiday), First News, 7 Playhouse Court, 62 Southwark Bridge Road, London, SE1 0AT. **Please note:** First News will not share your personal details with third parties. First News will only use your details to contact the competition winners. First News competitions are open to those aged 17-and-under and residents of the UK & Republic of Ireland, except employees of First News, First Group Enterprises Ltd, Trinity Mirror and any associated companies and their families. Winners will be the first correct entries drawn after the closing dates. No purchase necessary. No responsibility can be accepted for entries that have been lost or damaged in transit. First News will not enter into any correspondence. All winners will be notified accordingly and their names and addresses will be available on request. No cash alternative for any prizes will be offered. The winner may be required to partake in media activity relating to the competition.

### LAST WEEK'S ANSWERS:

**Spot the difference:** figure on bowl is missing, extra pink star has been added, dial is missing, T-shirt is a different colour, tooth is longer.

**Word Ladder:** cake, bake, bale, ball, bawl, bowl.

**Word Wheel:** continent.


2	6	8	7	9	1	5	3	4	B	A	G	U	E	T	T	E	W		
7	5	3	4	8	2	6	1	9	E	O	O	S	H						
4	1	9	3	6	5	2	8	7	A	S	I	A	W	I	S	D	O	M	
3	4	5	1	7	8	9	6	2	N	N	N	E	I	L					
9	7	1	2	3	6	8	4	5	S	U	G	A	R	U	N	T	I	L	
6	8	2	5	4	9	1	7	3	T	V	V	U	N	C	I	K			
5	2	4	8	1	3	7	9	6	L	A	L	L	O	W	N	E	A	R	S
8	3	6	9	2	7	4	5	1	L	C	H	W							
1	9	7	6	5	4	3	2	8	M	A	R	A	T	E	P	E	T	A	
									M	O	V	E	R	T	A	K	E		



# 24. FAMILY FUN

## CREATE YOUR OWN ROBOT!

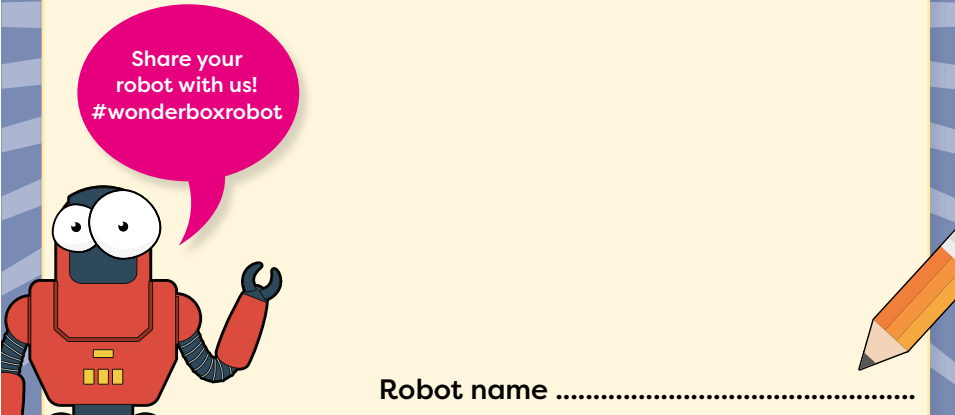
Try this activity from our Inventions box







From the team behind FirstNews

Use the below space to draw your very own robot and colour it in.

Share your robot with us!  
#wonderboxrobot



Robot name .....

@firstwonderbox    

**CHOOSE YOUR FIRST BOX FOR HALF PRICE!**  
VISIT [WWW.FIRSTWONDERBOX.CO.UK/CHOOSEYOURBOX](http://WWW.FIRSTWONDERBOX.CO.UK/CHOOSEYOURBOX)

After your first box, your subscription will continue at just £8.99 (including delivery) every two weeks. Our flexible subscription service means that you can pause your boxes if you want to take a break. Or of course, you can cancel your subscription easily.

## WIN! A SET OF BOOKS FROM THE LOLLIES SHORTLIST



**WE all love to have a giggle!**  
To celebrate the Laugh Out Loud Book Awards 2020, also known as the Lollies, we have a set of the entire shortlist to give away.

All 12 books, from picture books to older fiction, have been written by some of the UK's leading authors and are guaranteed to have you falling around laughing.

Michael Rosen, children's novelist, poet and former Children's Laureate – together with the judges' panel – selected the shortlisted books in three age categories.

And the best thing? The winning books are decided by you, your parents and teachers!

Vote for your favourite book now at [www.scholastic.co.uk/lollies](http://www.scholastic.co.uk/lollies) or via the Scholastic channel on PopJam. Voting closes on 13 December 2019. To be in with a chance of winning, just answer this question:

**Who is the author of the World's Worst Children series?**

a) Simon Cowell    b) Amanda Holden  
c) David Walliams



**ENTER NOW! MARK YOUR ENTRY BOOKS**  
[firstnews.co.uk/competitions](http://firstnews.co.uk/competitions) or see page 23. The closing date is 10 October 2019.

## WHAT'S IN THE SHOPS?

### GIANT INFLATABLE RUGBY BALL

[INFLATES.CO.UK](http://INFLATES.CO.UK) £13.99

It's probably not the best thing to actually play a game of rugby with, but if you are a rugby fan you're bound to have endless fun with this giant inflatable rugby ball. The ball is over a metre in length so will require a bit of puff to get it inflated! Thankfully, it can be inflated with an electric pump or foot pump with suitable adapter. Phew!



### DESKTOP RUGBY

WATERSTONES £5.89

Desktop rugby brings the excitement of rugby right to your fingertips. Everything you need to play the game is included: a goal, ball, tee, flag, and mini referee figurine to call that foul. The set also includes a 32-page book on the history and rules of the game.



### RUGBY POCKET SPORTS GAME

AMAZON.CO.UK £12.95

Pocket Sports Rugby is a fast, dice-rolling game that follows a rugby union match. There are eight custom dice that represent different player positions on the field. Both teams will take turns mounting an attack towards the try line. Key positions have different 'intensity' levels for tackles and hit ups. There is also a referee dice to determine penalties. All the thrills and spills of rugby union made to fit in your pocket!





All prices correct at time of printing.



# 25. FIRST CAREERS

## JOHN HINDMARCH RESEARCH ASSOCIATE



JOHN is ahead of the game when it comes to technology. He uses it to preserve and protect 'cultural heritage'. But just what does that mean? He reveals all...

### ● WHAT I DO

I work at the University of Bamberg in Germany, looking at new ways of using technology to help preserve and protect 'cultural heritage' – that means old buildings, museum objects, works of art, archaeological sites and all sorts of cool old stuff! My speciality is making really accurate 3D models of things using cameras and lasers.

### ● HOW I GOT MY JOB

I went back to university and did a master's degree, and then another master's, and finally an engineering doctorate. But before that I interviewed pop stars for a living, so there's really no set way to become a researcher!

### ● WHAT I LOVE ABOUT MY JOB

It's really cool getting up close to amazing objects you normally only see behind glass, or not at all. I also get to travel to lots of interesting places and work behind the scenes (and at night!) in museums, graveyards, cathedrals, castles... And I get to mess around with lasers, of course! I like research because you are (hopefully!) discovering new knowledge that

people didn't know before. It's also rewarding when something you do makes a difference – for example, 3D laser scans made by my colleagues are helping people rebuild Notre-Dame cathedral after the terrible fire.

### ● WHAT'S DIFFICULT ABOUT IT

It's sometimes difficult – and quite scary – working with really rare and fragile objects that are sometimes thousands of years old (and worth millions of pounds!).

### ● WHAT SKILLS I NEED

A little bit of everything! Some maths and science, and computer skills are helpful, but you can learn all that on the job. For



teaching (and sharing your research), you need good communication skills.

### ● USEFUL QUALIFICATIONS

People in my field come from all sorts of backgrounds, including engineering, computer science, architecture, art history and archaeology. To be a researcher, you do usually need some sort of postgraduate degree, preferably a doctorate.

### ● WHERE YOU SHOULD START IF YOU WANT TO DO THE JOB TOO

Usually you need to go to university, but you can also enter from industry. The most important thing is to find a subject you're really interested in, and always be willing to learn new things.

### ● HOW MY JOB COULD CHANGE IN THE FUTURE

It's getting easier and easier to make 3D models with cheaper and cheaper equipment, so a lot of what I do is looking at new ways of using the models we make – virtual and augmented reality is a big thing at the moment.

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# 26. GAME ZONE

# STOP KIDS GAMBLING, MPs SAY

**AFTER** much discussion, the Digital, Culture, Media & Sport committee (DCMS) has said that the Government should regulate loot boxes under the Gambling Act.

Loot boxes are a bit like sticker packs or Pokémon cards. When you buy them, you don't know what you're getting, and sometimes there are really rare items inside.

Earlier this year, the Gambling Commission said that loot boxes weren't gambling, since there was no real-world cash value to the items you received.

Now, the DCMS Committee has said that these loot boxes are designed to be similar to gambling and recommended that they are completely removed from games aimed at children.

While the recommendations aren't law, it sounds as though new rules could be brought in when Parliament returns.

It could mean big changes for FIFA 20. The game, currently rated as PEGI 3, will either have to completely remove the random packs of players you can buy or be rated as a game for older players only.



When asked about FIFA loot boxes, EA, the publishers of the game, said that "we don't call them loot boxes – we call them surprise mechanics"

# E3 2020 REVEALED



**E3 is one of the world's biggest gaming events, but next year's conference could be very different.**

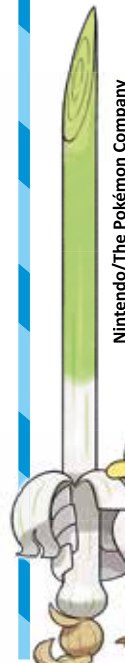
Once upon a time, E3 was the biggest week of the year for videogame fans, because it was when all sorts of exciting announcements would be made by our favourite developers, at huge conferences.

Nowadays, most of the biggest news is revealed in live streams and private events, away from the main showfloor.

Responding to the changes, the hosts of E3 have reportedly suggested shaking up the event to be a "fan, media, and influencer festival".

Rather than big announcements, attendees would be treated to shows where their favourite celebs would play games. Will this change put E3 back on the map?

# ARISE, SIRFETCH'D!



**FARFETCH'D, the Pokémon who looks like a duck with a leek, is getting an evolution!**

Twenty-three years after first appearing in Pokémon Red and Blue, the leek-wielding Pokémon can be evolved.

Sirfetch'd will be exclusive to Pokémon Sword, and will evolve from Farfetch'd "after experiencing many battles".

## ALDI KIT FOR SCHOOLS *Advertisement feature*

# COLLECT AND WIN

# WITH ALDI'S KIT FOR SCHOOLS!

**ALDI'S Kit for Schools campaign is giving 20 primary schools the chance to win £20,000 to kick-start a health legacy for their school. What's more, every school who enters, by completing their Aldi's Kit for Schools poster, will also receive an exclusive school sports kit!**



## TAKING PART

Locate your school's Aldi's Kit for Schools entry pack, which was sent to 23,000 primary schools this term.

- 1. Collect:** Ask members of your school community to pick up Team GB stickers whenever they spend £30 in an Aldi store, and bring the stickers into school to add to your poster.
- 2. Explore:** Try out each poster's 150 healthy challenges in assembly or the classroom, and explore the Get Stuck In teaching resources.
- 3. Win:** Complete the poster with 300 Team GB stickers to receive a school sports kit and the chance to win a cash prize of £20,000 to build a health legacy at your school.







Getty

# SPORT IN PICTURES

Tennis legend Venus Williams returns a shot during her 7-5, 7-6 loss to fellow American Danielle Collins at the Wuhan Open in China

Pauline Bremer of Manchester City Women celebrates after scoring her second goal in the team's 5-0 thumping of Leicester City in the League Cup



Getty



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Spanish rider Marc Márquez leaves the rest of the pack in his trail as he coasts to victory at the Aragón Grand Prix in Spain. It was his eighth victory of the season

Manchester United's Harry Maguire (centre) and Scott McTominay despair during their team's 2-0 defeat at West Ham United



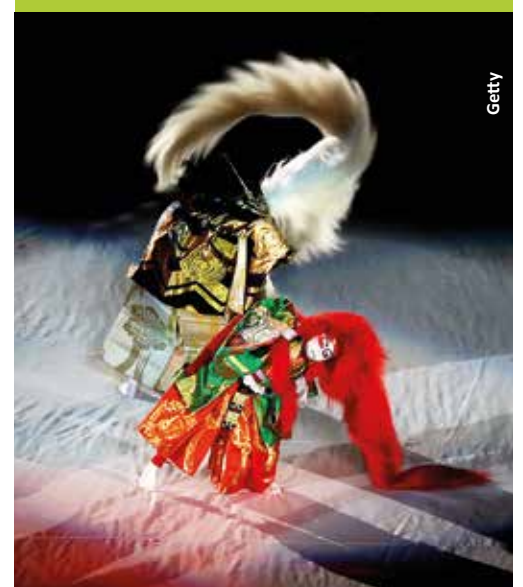
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Ferrari's Sebastian Vettel is sprayed with champagne as he celebrates winning his first Grand Prix in 13 months. The German driver finished first in Singapore, with team-mate Charles Leclerc 2.6 seconds behind in second

A kabuki performer dances at the opening ceremony of the Rugby World Cup in Tokyo, Japan



Getty



# SPORT IN NUMBERS

**5** goals were scored by Manchester City in the first 18 minutes of their match against Watford. That's the fastest any side has ever gone 5-0 up in a Premier League match. City ran out 8-0 winners, with Bernardo Silva (below) scoring a hat-trick.



**3** weeks is how long Russia has been given to explain "inconsistencies" in doping tests of their athletes. The World Anti-Doping Agency also wants to know why some positive drug tests were deleted from a database in a Moscow lab. There is now a chance Russia will be banned from the 2020 Olympics in Tokyo.



**6** tries were scored by Wales as they beat Georgia 43-14 in their Rugby World Cup opener. Jonathan Davies (below) scored the opener. Ireland beat Scotland 27-3 while England thrashed Tonga 35-3.



# EUROPE WINS AGAIN



The triumphant Team Europe celebrates

**LAST week, we reported on Team Europe's victory at the Solheim Cup. Now the continent has another victory to celebrate, after winning tennis' Laver Cup for the third time in a row.**

Germany's Alexander Zverev won the deciding match against Canada's Milos Raonic as Team Europe beat Team World 13-11.

Going into the final day of the competition, World were trailing 7-5. But Americans John Isner and Jack Sock overcame Roger Federer of Switzerland and Greece's Stefanos Tsitsipas in a dramatic doubles match, winning 5-7, 6-4, 10-8. That win put Team World 8-7 up.

They then stretched their lead to 11-7 after the USA's Taylor Fritz beat Dominic Thiem of Austria. At that point,

it looked like Team Europe were in real trouble. To add to the final-day drama, Spain's Rafael Nadal and Australia's Nick Kyrgios both pulled out injured.

But Federer, who was one of the founders of the Laver Cup, led the European comeback with a 6-4, 7-6 win over Isner. That meant it all came down to the final match, in which Zverev completed the triumph with his epic 6-4, 3-6, 10-4 victory over Raonic.

The team captains were two of the all-time greats: Björn Borg led Europe and John McEnroe skippered Team World.

# SIMPLY THE BEST

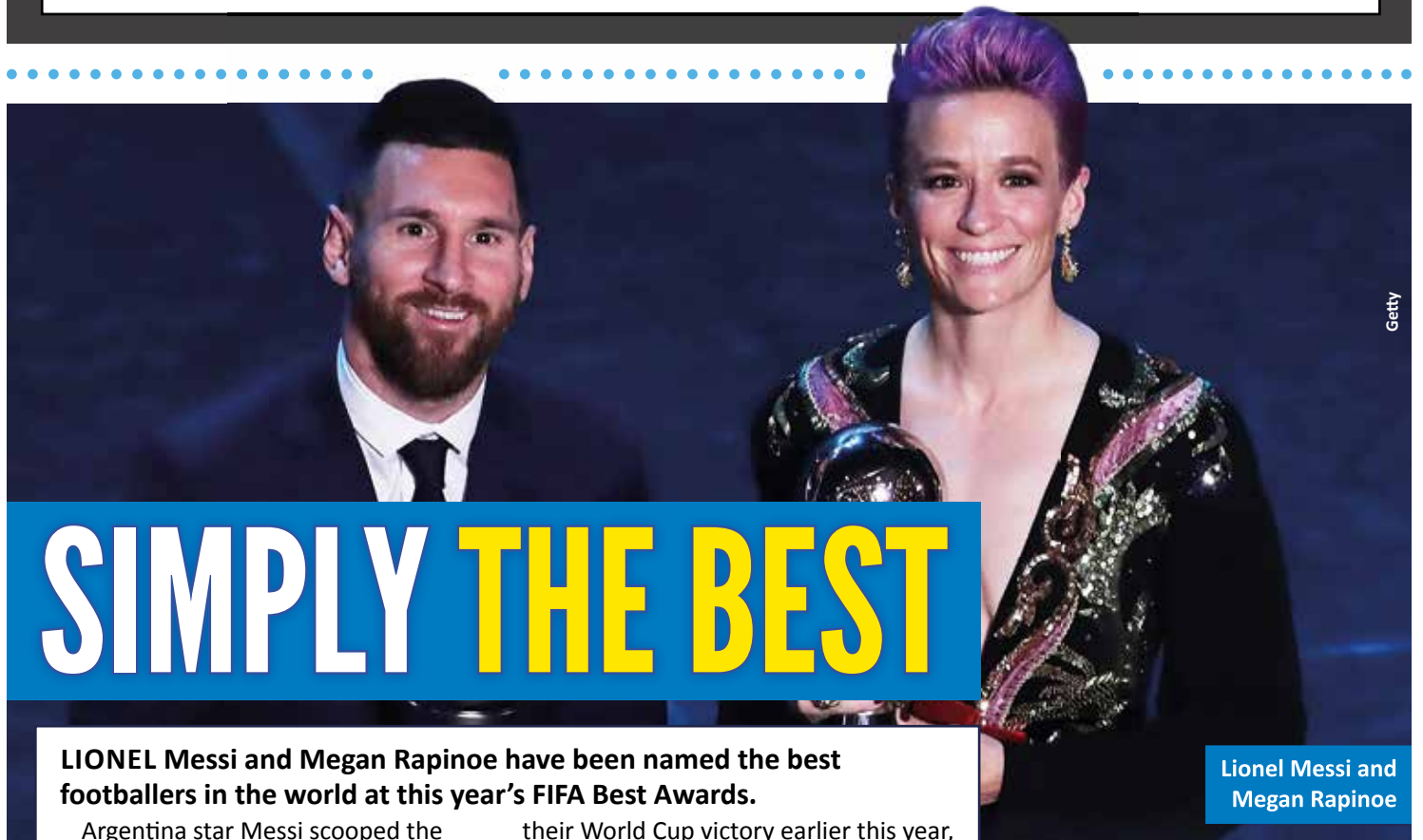
**LIONEL Messi and Megan Rapinoe have been named the best footballers in the world at this year's FIFA Best Awards.**

Argentina star Messi scooped the prize for a record sixth time, after helping Barcelona win the league title last season and scoring 54 goals in 58 games for club and country. He last won the award in 2015, and this year beat fellow finalists Cristiano Ronaldo and Virgil van Dijk to the gong.

Megan Rapinoe, who led the USA to

their World Cup victory earlier this year, won the women's player award. She gave a moving speech, speaking out against racism, homophobia and sexism in football.

The best women's coach award went to Rapinoe's USA coach, Jill Ellis, while the men's award went to Liverpool's Jürgen Klopp.



Lionel Messi and Megan Rapinoe

