

Healthy food, healthy planet

» Schools can join campaign to eat well

People throughout the United Kingdom are being encouraged to look after their bodies as well as the planet as Healthy Eating Week begins.

The campaign by the British Nutrition Foundation runs from June 13 to 17, with a different theme each day (see panel below).

Now in its 10th year, the special week was originally aimed at children in schools and nurseries, but has now expanded to give advice to all ages.

And this year there is a special focus on how our diet affects global warming with the theme 'eat well for you and the planet'.

Experts say food production around the world creates more than a third of the

emissions causing climate change and that animal-based foods produce twice the emissions of plant-based ones.

Schools and other organisations can register with the British Nutrition Foundation to take part in the special week and access activities, advice and recipes.

The foundation says: "From early years settings and schools to workplaces and community groups, there is something for everyone."

"It is a chance to get everyone focusing on having a healthier and more sustainable diet."

Almost 6,500 groups or schools registered for the week last year, representing around 1.5 million people, and the organisation hopes to top that this year.

Inside the 50th edition
of **The News Shed**

GOING LARGE!



The biggest ever shark
and a plant that could
cover a whole city

see page 4

PRISON BREAK!



It was called the prison
nobody could escape
from - they were wrong

see page 5



Fact SHED

Healthy Eating Week 2022

- Monday, June 13..... Focus on fibre – for meals and snacks.
- Tuesday, June 14..... Get at least five a day – put plenty on your plate.
- Wednesday, June 15... Vary your protein – be more creative.
- Thursday, June 16..... Stay hydrated – fill up from the tap.
- Friday, June 17..... Reduce food waste – know your portions.

Find out more at www.nutrition.org.uk/healthy-eating-week/register-for-2022/

WORD IN THE NEWS

A weekly feature in which we turn the spotlight on a single word which has been used in the news, looking at its meaning and where it came from.

PETROL

Further rises in the price of petrol mean it could soon cost more than £100 to fill up an average family car.

Definition

A light fuel oil distilled from petroleum for use in engines.

Derivation

From the Greek *petrelaion*, meaning 'oil of the rock'.
Petra = rock; elaion = oil.

Synonym

Americans refer to petrol as *gasoline*, abbreviated to *gas*.

NUMBER IN THE NEWS

1,400

Rural telephone boxes which will be saved from closure in areas with a poor mobile signal.

The NEWS Shed

- The News Shed is a digital newspaper, produced weekly to inform, entertain and educate pupils and to provide resources for their teachers.
- It is among a whole host of educational resources at: www.literacysshedplus.com
- For contact details please see the website.



Legal row over Top Gun movie

A legal row has broken out over the hit new film *Top Gun: Maverick*, starring Tom Cruise.

The original *Top Gun* film, released in 1986 and which shot Cruise to stardom, was based on an article by Israeli writer Ehud Yonay, entitled *Top Guns*.

Film company Paramount Pictures had the rights to the story for the original film, but Yonay's family say that arrangement ended in 2020.

The writer has since died, but the legal action is being taken by his widow and son. They say the new sequel was made without owning the rights to the story and Paramount have therefore breached their copyright.

They are suing Paramount in a Los Angeles court case, but the film company says it will contest the action.

Top Gun: Maverick earned \$548m

(£438m) at the box office around the world in its first 10 days of general release.

It had the fourth most successful opening weekend since cinema attendances were badly hit during the coronavirus pandemic. Only the superhero films *Spider-Man: No Way Home*, *Doctor Strange in the Multiverse of Madness* and *The Batman* have had bigger-selling openings.

Top Gun: Maverick sees Cruise again play fighter pilot Pete 'Maverick' Mitchell, the same character as in the original *Top Gun*.

After making his name in the original film, he has gone on to become one of Hollywood's biggest stars with a host of leading roles, including playing Ethan Hunt in all six films in the *Mission: Impossible* series.

A collector card featuring basketball legend LeBron James is expected to be sold for as much as \$6m (£4.78m) at an auction this month.

James is best-known as a Los Angeles Lakers player, but has also played for the Cleveland Cavaliers and Miami Heat, and the one-off card features the badges of all three teams.



James has won the NBA championship four times, twice with Miami and once each with the Cavaliers and the Lakers.

Now 37, he has been named in the NBA All-Star team in no fewer than 18 seasons.

The highest price paid for a collector card is £6.6m (£5.3m) for a card featuring early 20th century baseball star Honus Wagner.

Picture: Forth Valley Police



Going for a drive? I'll pack an alpaca

Police officers in Scotland were in for a shock when they stopped a car for a routine safety check – and an alpaca popped its head out of the window to say hello!

Forth Valley Police tweeted pictures of the encounter at Craigforth, near Stirling, with a message about ‘unusual passengers’. The police added: “Some of those engaged were more appreciative of our road safety advice than others!”

There was a further twist when it turned out the alpaca, called Annie, was on her way to make an appearance on a radio programme.

Her owner, Dannie Burns, runs an alpaca trekking centre near Stirling with 75 of the South American animals, but

two-year-old Annie was rejected by her mother and was brought up in Dannie’s house instead.

He took her to appear on BBC Scotland’s Mornings with Kaye Adams programme, and he told the BBC: “She goes everywhere with me – we go to schools, colleges, old folks’ homes. We drive around with her head out of the back window of the car.

“I actually got stopped by the police this morning. They pulled us over for a road safety check and they couldn’t believe it. They took pictures of her.”

Dannie added that Annie wasn’t interested in being with the other alpacas and now sleeps in the porch of his house. “Now she thinks I’m her mum,” he said.

Huffing and puffing to count the puffins

National Trust rangers on the Farne Islands have started their annual puffin count.

The islands off the coast of Northumberland are a favourite spot for the cute seabirds, and the rangers will spend two months counting the birds on eight of the 26 islands.

Unlike most birds, puffins nest in burrows which they dig in the ground.

National Trust ranger Harriet Reid said: “Puffins literally live on the edge in every sense, mostly living on remote islands free of ground predators and are very picky when it comes to food, preferring sand eels.

“In order to track how puffins are doing, our counts are particularly important so that we can analyse population trends to see if they are increasing, decreasing or stable.”



Fact SHED

Puffin facts

- A baby puffin is called a puffling.
- They grow to just under 30cm tall.
- Their beaks glow under ultra-violet light.
- They eat small squid, sand eels, herring and sardines.
- They can swim to a depth of 60 metres.
- Their colourful beaks turn dark in winter.

BIRD ALERT

Spring and early summer is a time when baby birds are making their way into the world – and they can often have accidents along the way.

It is not unusual to find a young bird on the ground, and the RSPCA (Royal Society for the Prevention of Cruelty to Animals) has highlighted its advice on how to help if you find one.

Remember that birds take far better care of their babies than humans can.

Nestlings

Nestlings are baby birds that have very few or no feathers. They cannot survive for long outside the nest and, where possible, should be re-nested and left.

If you can’t see a nest in surrounding trees, or it has fallen down or been damaged, you can make a replacement to put the nestling in. This could be a plant pot with nesting material inside, securely attached to the nearest tree.

Fledglings

Fledglings have all or most of their feathers and leave the nest just before they can fly, so it is normal to see them on the ground. Keep pets away, leave the fledgling alone and monitor it, as the parents are usually nearby.

If you have already confined a healthy fledgling, you may be able to return it to its parents. If it is in danger, put it in a sheltered spot close by.

BIG LOSER



Scientists believe they are beginning to understand how the biggest shark in world history became extinct.

The megalodon was a massive creature, growing up to 16 or 18 metres long – three times the length of a great white shark – and weighing up to 60 tonnes, but it became extinct three million years ago.

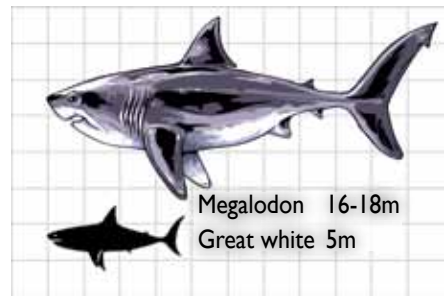
Now scientists have compared fossilised megalodon teeth found on beaches with those of great whites.

The study has shown they would have had the same diet and competed for the same prey, such as whales and dolphins.

The scientists now believe a shortage of such food at one time could have led to megalodon dying out.

What is not clear is how they were beaten in the race for food by a creature so much smaller, although they would have needed much greater quantities of food than the great whites because of their huge size.

Megalodon means ‘big tooth’ and its teeth were up to seven inches (18cm) long, among the biggest teeth of any creature ever known.



BIG PLANT

Researchers have discovered the biggest known plant in the world – completely by accident.

The scientists were investigating a huge patch of sea grass off the coast of Western Australia, wanting to know what it was composed of.

The grass, also known as ribbon weed, covers an area of 77 square miles (200 sq km), large enough to cover almost the whole of British cities such as Cardiff, Liverpool or Glasgow.

Taking almost 2,000 samples from different areas of the patch and analysing

them, the researchers found the whole thing was in fact a single plant.

They say it would have grown from a single seed over a period of more than 4,000 years, growing at a similar rate to ordinary grass.

Having set out to find out how many plants made up the huge patch, one of the scientists said: “The answer blew us away – there was just one!”

The largest plant in the world previously known was thought to be a group of connected Aspen trees in Utah in the United States.

BIG WIND

Two of the biggest wind turbines in the world are to be erected off the coast of Denmark this year.

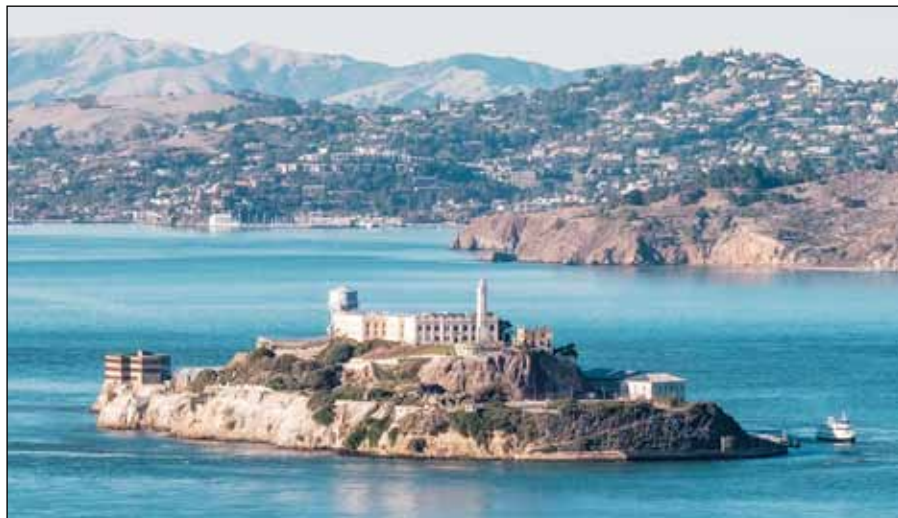
The giant turbines are almost 300m (980ft) tall and have spinning blades which are each 110m (360ft) long, 50 per cent longer than a Boeing 747 aeroplane.

The development of wind farms has increased massively in recent years as countries try to use less and less fossil fuel such as oil, gas or coal, which are damaging to the environment, and bigger turbines generate more power.

Denmark already gets almost half of all its electricity from wind power.



THIS WEEK IN HISTORY JUNE 11, 1962



Alcatraz was the prison from which it was impossible to escape. Built on a rocky island, it was more than a mile from the California mainland and surrounded by the strong currents and often ice-cold waters of San Francisco Bay.

Since the military buildings on the island were turned into a high-security prison in August 1934, not a single prisoner had ever escaped.

That was until June 11, 1962, when three prisoners made a daring – and dangerous – escape.

Brothers John and Clarence Anglin and fellow prisoner Frank Morris, all armed robbers, had spent months slowly digging holes in the wall of their cells into an unused and unguarded corridor.

When the night of their escape came, they placed dummies in their bunks – complete with papier maché heads – to make it appear they were asleep.

From the corridor, they made their way to the roof space of the main cell block, where they had prepared a raft made from 50 stolen raincoats.

A fourth prisoner, Allen West, was supposed to escape with them but struggled to break through the cement which he had used to cover the hole in his cell

ESCAPE from ALCATRAZ

wall and, by the time he broke through, the other three had left.

The three escapees made their way down from the roof using drainpipes and ventilation ducts. Once they reached the island’s shoreline, in a blindspot between guards’ lookout towers, they inflated the raft using a converted concertina.

Neither Morris nor the Anglin brothers were ever seen again – but to this day, 60 years later, a mystery remains. Did they make it as far as the mainland and complete their escape?

It was widely assumed they had drowned in San Francisco Bay’s dangerous waters, although no evidence of this was ever found.

Even now, the three remain on the American authorities’ ‘most wanted’ list – even though all three would now be well into their 90s if they were still alive.

JUNE 15, 2012

Walking across Niagara Falls on a two-inch rope!

Daredevil Nik Wallenda holds no fewer than 11 Guinness World Records for his amazing high-wire acts and other acrobatic feats.

But his most famous escapade came on June 15, 2012, when the former circus trapeze artist became the first person to complete a tightrope walk across the Niagara Falls.

The falls are a huge waterfall on the Niagara River, which forms part of the border between the United States and Canada. Beneath the falls is a 200ft (60m) deep gorge with the churning water and rocks at the bottom.

Wallenda’s route took him across the widest part of the gorge, a walk of 1,800ft (550m) on a wire only two inches (5cm) wide.



It was stretched over the gorge by a helicopter to be fixed in place but, because it was over water, there was no way to attach guy ropes to stop the wire swinging in the breeze.

It was the first time Wallenda had made a tightrope walk without such guy ropes – and he did it in darkness, starting at 10.15pm – but, nevertheless, he completed the crossing in 25 minutes.

There were none of his usual tricks during the walk but, a few yards before he reached the Canadian side, he went down on one knee and blew kisses to the thousands watching before running the last few steps.



Birthday SHED

Birthdays this week

- June 11: Actor **Peter Dinklage**, Eitri in ‘Avengers: Infinity War’, is 53.
- June 12: Triple Olympic gold medallist and world champion sprinter **Gwen Torrence** is 57.
- June 13: Actress and comedian **Kathy Burke** is 58.
- June 14: **Steffi Graf**, winner of 22 grand slam tennis titles, is 53.
- June 15: **Xi Jinping**, president of China, is 69.
- June 16: Liverpool football manager **Jurgen Klopp** (pictured) is 55.
- June 17: Hugely successful rapper **Kendrick Lamar** is 35.

TENNIS

Nadal extends amazing record

Rafael Nadal extended his incredible record at the French Open when he beat Casper Ruud 6-3 6-3 6-0 in this year's final.

It was his 14th title in Paris and his 22nd in all grand slams, now two more than his greatest rivals, Roger Federer and Novak Djokovic.

It was the 18th year in which the Spaniard had played in the French Open, starting in 2005, and on only four occasions has he failed to win the tournament. He was beaten twice by Djokovic, once by Robin Soderling, and in 2016 was forced to withdraw with injury after the second round.

It means that across those 18 years, Nadal has won 112 matches and lost only three at the French Open.

But there are now serious doubts over whether Nadal, who turned 36 during the French Open, will play at Wimbledon this year.

He is suffering from a chronic foot condition and has said he will no longer play with pain-killing injections. He has hinted that if other treatment does not work, he may have to retire from the sport.

In the women's singles, 21-year-old Iga Swiatek beat Coco Gauff 6-1, 6-3 in the final. It was her fifth successive tournament win and a record-equaling 35th straight match victory.

FOOTBALL WORLD CUP QUALIFYING



Wales captain Gareth Bale

Wales on top of the world

Wales have reached the finals of football's World Cup for only the second time.

They will line up in Qatar in November and December for the first time since they played in the 1958 World Cup in Sweden, 64 years ago.

And it means Wales will be in the same group as England at the World Cup, along with Iran and the United States.

Wales had only finished second in their qualifying group which meant they had to go through a play-off system to earn their place.

They beat Austria in their play-off semi-final while Ukraine overcame Scotland. That meant Wales and Ukraine went head to head in Cardiff for a precious place in the finals.

Most neutrals were backing Ukraine because of that country's invasion by Russia, but Wales held their nerve to grab a 1-0 victory.

The only goal came through a combination of the two captains. Wales skipper Gareth Bale sent in a free-kick which his opposite number, Andriy Yarmolenko, headed into his own goal.

Bale called it "the greatest result in the history for Welsh football".

CROSSWORD

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8	9		10				
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				12	13		14
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			16				
17					18		

ACROSS

- 1 & 3 down New England cricket captain (3, 6)
- 3 Long-necked white bird (4)
- 5 Way out (4)
- 6 Cricket ground in south London (4)
- 8 Neither won nor drawn (4)
- 11 Frozen water (3)
- 12 Footwear (4)
- 15 Arduous journey on foot (4)
- 16 Nobleman, Prince Edward for instance (4)
- 17 Close by (4)
- 18 Writing implement; enclosure for animals; female 3 across (3)

DOWN

- 1 Deliver a cricket ball (4)
- 2 Where to practice cricket (4)
- 3 see 1 across
- 4 Zero (in football) (3)
- 7 As well (4)
- 9 Six balls in cricket (3)
- 10 Fiddle with (6)
- 13 Assist (4)
- 14 Biblical garden; _____ Gardens, huge cricket ground in Kolkata (4)
- 15 Metallic element (symbol Sn); 10th anniversary (3)

Ask your teacher to find the solutions online with the reading comprehension answers