



Teacher Resource

## Focus Questions

As a class, discuss the stories featured in the episode of BTN Classroom and record the main points of the discussion. Students will then respond to the following focus questions.

### Rex Airline Trouble

1. What was the main point of the BTN story?
2. Why are planes important for people who live in regional areas?
3. Rex airlines went into voluntary administration. What does that mean?
4. Why is it difficult to keep an airline running?
5. What did you learn watching the BTN story?

### What is a Minister?

1. What is a Cabinet in parliament?
2. Members of Cabinet are called \_\_\_\_\_.
3. Who chooses the members of Cabinet?
4. What does it mean to 'shuffle' a Cabinet?
5. Ministers are given an area to look after. Give three examples of different departments.

Check out the [teacher](#) resource on the Archives page.

### Australia US Relations

1. What type of ship is the USS Emory S. Land?
  - a. Cargo
  - b. Submarine Tender
  - c. Tugboat
2. Describe the sort of work the ship does.
3. The AUKUS submarine alliance is between Australia and which two countries?
4. In 1951 Australia and New Zealand signed a formal commitment with the US to support each other's militarily called the \_\_\_\_\_ Treaty.
5. What was surprising about this story?

#### EPISODE 21

6th August 2024

#### KEY LEARNING

Students will view a range of BTN stories and use comprehension skills to respond to a series of focus questions.

#### CURRICULUM

##### English – Year 4

Use comprehension strategies to build literal and inferred meaning to expand content knowledge, integrating and linking ideas and analysing and evaluating texts.

##### English – Year 5

Use comprehension strategies to analyse information, integrating and linking ideas from a variety of print and digital sources.

##### English – Year 6

Use comprehension strategies to interpret and analyse information and ideas, comparing content from a variety of textual sources including media and digital texts.

##### English – Year 7

Use comprehension strategies to interpret, analyse and synthesise ideas and information, critiquing ideas and issues from a variety of textual sources.

## Energy Drinks

1. What are some side effects of consuming too much caffeine? Name at least two.
2. Why do experts say people under 18 should have less than 120 milligrams of caffeine per day?
3. Why have some energy drinks been taken off the shelves in South Australian shops?
4. Do you think energy drinks should be banned for people under 18? Why or why not?
5. Name three facts you learnt watching the BTN story.

Check out the [teacher](#) resource on the Archives page.

## Heywire

1. Which two events does Malachi like to compete in?
2. Malachi used to be disappointed if he didn't win a gold medal, but now he's all about \_\_\_\_\_ records.
3. Who is Malachi's idol?
4. Which international sporting event is Malachi hoping to compete at?
5. How did this story make you feel?



Teacher Resource

# What is a Minister?

## Focus Questions

Discuss the BTN story as a class and record the main points of the discussion. Students will then respond to the following:

1. What is a Cabinet in parliament?
2. Members of Cabinet are called \_\_\_\_\_.
3. Who chooses the members of Cabinet?
4. What does it mean to 'shuffle' a Cabinet?
5. Ministers are given an area to look after. Give three examples of different departments.

## Activity: Class Discussion

After watching the BTN What is a Minister story, hold a class discussion using the following discussion starters.

- What is a minister?
- Give an example of one Australian minister and their portfolio.
- What is a Cabinet?
- What is a Cabinet shuffle?
- Think of three questions you have about the BTN story.



Students can use a mind map to record their ideas!



### EPISODE 21

6th August 2024

### KEY LEARNING

Students will investigate the roles and responsibilities of ministers in the Australian Government.

### CURRICULUM

#### Civics and Citizenship – Year 5

The key features of the electoral process in Australia.

The roles and responsibilities of electors and representatives in Australia's democracy.

#### Civics and Citizenship – Year 6

The responsibilities of electors and representatives in Australia's democracy.

#### Civics and Citizenship – Year 7

Reflect on their role as a citizen in Australia's democracy.

Develop a range of questions to investigate Australia's political and legal systems.

## Activity: Glossary

Students will brainstorm a list of key words that relate to the BTN What is a Minister? story. Here are some words to get them started.

MINISTER	CABINET	FRONTBENCHER
PORTFOLIO	BILL	EXECUTIVE GOVERNMENT

Further activities for students:

- Add to your class glossary by downloading the transcript for the BTN story and highlight all the words that relate to the topic. For example, Cabinet shuffle, inner Cabinet, outer Cabinet, assistant ministers and policy. Visit the Parliamentary Education Office (PEO) [glossary](#) and browse or search the meanings of key parliamentary terms.
- What is the difference between a minister and a shadow minister?
- Why is a Cabinet called a Cabinet? Explore the origin of the term Cabinet.
- Choose one word/term from your glossary. Find a definition for the word and explore its meaning in more detail. Explain the meaning of the word or term to your classmates. Use examples to help explain the word's meaning.

## Activity: Research inquiry

The KWLH organiser provides students with a framework to explore their knowledge on the topic and consider what they would like to know and learn.

What do I <u>k</u> now?	What do I <u>w</u> ant to know?	What have I <u>l</u> earnt?	<u>H</u> ow will I find out?

### Questions to research

Students will develop their own question/s to research about ministers and their roles and responsibilities. Students will collect and record information from a wide variety of sources. Students may develop their own question for inquiry or select one of the questions below.

- What is a minister? Write a definition and add it to your class glossary of parliamentary terms.
- How are ministers chosen? How many ministers are there?
- What is the role of a minister? Choose one minister in the Australian Government to explore in more detail and highlight their area of responsibility. Has this minister introduced a [bill](#) into the Australian Parliament? Describe.
- What is a portfolio? Make a list of the different portfolios that ministers are responsible for.

- Why are ministers called frontbenchers? Find a seating plan of the House of Representatives and the Senate and highlight where the frontbenchers sit.
- How many ministers sit in the House of Representatives and how many sit in the Senate?
- What is the role of the Cabinet? What does the Cabinet Room look like?
- What is Question Time?
- What is a shadow minister? Explain their role.
- What does a shuffle in politics mean? Give 2 examples of recent changes in the Cabinet. Visit the ABC News to find out [Who's in and who's out after Albanese's ministry reshuffle](#).

## Activity: Profile

In this activity students will understand the structure of Australia's federal government by exploring the current Ministry List, selecting a minister to research, and presenting their findings.

Provide students with copies of Australia's current Ministry List (hardcopy or [online](#)). Analyse the list as a class, responding to these questions.

- Do you recognise any of the minister's names? Which ones?
- What are some examples of ministerial portfolios?
- Are there any ministers that are responsible for more than one portfolio? Give an example.

Your students' task is to create a Canva project about one minister, responding to the following areas of research.

### Research

Students will use the internet to find information about their chosen minister and their portfolio, including:

- The minister's name and position.
- The department or portfolio they are responsible for.
- Key responsibilities of the portfolio.
- Find a recent news article about the minister and any significant actions related to their portfolio.
- Interesting facts – 2 x 'Interesting Facts' and 2 x 'Did You Know?'

Present your findings in a Canva project. Include images with captions and a bibliography.

### Oral Presentation

Students will write a 90-second speech, speaking in 'first person'. They will imagine it is their first day as a minister and will be giving their first speech in parliament. They will introduce themselves and their portfolio and discuss a current issue related to their portfolio. They will talk about their aspirations and goals as well as any challenges.

Visit this PEO resource for Classroom Activities on [First Speeches](#).

Consider running a mini-Question Time in class. Visit the PEO website for tips on how to run your class [Question Time](#).

## Useful Websites

- [Ministers and Shadow Ministers](#) – Parliamentary Education Office
- [What is a minister and what do they do?](#) – Parliamentary Education Office
- [Government Ministers](#) – BTN
- [Ministry List](#) – Australian Government
- [Current Ministry List](#) – Parliament of Australia
- [Special: Civics and Citizenship](#) – BTN
- [Frontbenchers and backbenchers](#) – Parliamentary Education Office
- [Cabinet](#) – Parliamentary Education Office
- [Who's in and who's out after Albanese's ministry reshuffle?](#) – ABC News



Teacher Resource

# Energy Drinks

## Focus Questions

Discuss the BTN story as a class and record the main points of the discussion. Students will then respond to the following:

1. What are some side effects of consuming too much caffeine? Name at least two.
2. Why do experts say people under 18 should have less than 120 milligrams of caffeine per day?
3. Why have some energy drinks been taken off the shelves in South Australian shops?
4. Do you think energy drinks should be banned for people under 18? Why or why not?
5. Name three facts you learnt watching the BTN story.

## Activity: Class

### Discussion

#### Before watching

Before watching the BTN Energy Drinks story students will discuss in small groups what they already know about energy drinks.



#### After watching

Students will respond to one or more of the following questions after watching the BTN story:

- What is an energy drink?
- What ingredients do energy drinks contain?
- How do energy drinks affect people?
- Have you ever had an energy drink? How did it make you feel?
- Do you think kids should be allowed to drink energy drinks? Why or why not?
- Why are energy drinks appealing to young people?
- Think of three questions you have about the story.



### EPISODE 21

6<sup>th</sup> August 2024

#### KEY LEARNING

Students will investigate the effects of caffeine on the human body and create a public education campaign to raise awareness about energy drinks.

#### CURRICULUM

##### Health and PE – Years 3 & 4

Identify and practise strategies to promote health, safety and wellbeing.

Discuss and interpret health information and messages in the media and internet.

##### Health and PE – Years 5 & 6

Plan and practise strategies to promote health, safety and wellbeing.

##### Health and Physical Education – Year 7 and 8

Practise and apply strategies to seek help for themselves or others.

Investigate and select strategies to promote health, safety and wellbeing.

Evaluate health information and communicate their own and others' health concerns.

**Further investigation** - How are energy drinks different to sports drinks?

## Activity: Glossary

Students will brainstorm a list of key words that relate to the BTN Energy Drinks story. Here are some words to get them started.

ENERGY DRINK	CAFFEINE	SIDE EFFECTS
CONSUME	STIMULANT	ADDICTIVE

Ask students to write what they think is the meaning of each word (including unfamiliar words). They will swap definitions with a partner and ask them to add to or change the definition. Check these against the dictionary definition.

Find out more about caffeine...

- What is caffeine?
- What foods contain caffeine? Make a list.
- What are the side effects of caffeine consumption?
- What are the immediate and long-term effects? Which parts of the body are affected?
- Is there a safe level of caffeine to consume?
- Is caffeine recommended for young people? Why or why not?

## Activity: Education Campaign

Students will design a public education campaign to raise awareness about energy drinks. Ask students what they know about public education campaigns. Share some examples – anti smoking, healthy eating. Discuss the purpose of these campaigns – to inform and persuade the public to take action. Students can use the following guidelines when researching, planning, and creating their energy drinks campaign.



### Step 1: Research & Learn

Conduct research to learn more about the effects of caffeine on the health of young people.

- What is caffeine?
- What are the effects of caffeine on the body?
- Why is caffeine not recommended for young people?
- How can you teach other kids about health problems associated with large amounts of caffeine consumption?

### Step 2: Define

Before creating your campaign, you will need to do some pre-planning.

- What is the specific issue or problem that your campaign will deal with?
- Who is your target audience?
- What is the purpose of your campaign?
  - To persuade your audience
  - To help your audience understand an issue.
  - To encourage your audience to act.
  - To encourage your audience to adopt a behaviour/habit?
- What is the message of your campaign?

### Step 3: Plan

Before creating your campaign materials think about the following:

- What type of media platform will you use in your campaign? For example, information poster, flyer, short film.
- Will you include a slogan or jingle for your campaign?
- What visuals will you use to communicate your message? For example, colours, images, logos.

### Step 4: Design & Create

Write a strategy for your campaign, including:

- Purpose
- Key message
- Audience
- Media Platform
- Launching your campaign

Create your campaign materials using your preferred media platform. Write your slogan and create any logos or images to be included.

### Step 5: Communicate

Students will present their campaigns and then evaluate the success of their campaign.

- Rehearse your campaign presentation
- Launch your campaign with an audience
- Evaluate – How effective was your campaign?
- Reflect – What did you like about this activity?

## Activity – Choose a Project

Individually or in small groups, students will choose one of the following projects to work on and then present their findings to the class.

### **Did you know?**

Using the information in the BTN story and your own research, create a *Did You Know* fact sheet to show what you have learnt. Publish using

[Canva](#)

### **Quiz**

Create a true/ false or multiple choice quiz to test your classmate's knowledge about caffeine and energy drinks.

### **Summary**

Summarise the energy drinks story in three to four sentences. Share your summary with another student. What were the similarities and differences?

### **Persuasive text**

Write a persuasive text for or against the following statement: Energy drinks should be banned for people under the age of 18.

## Useful Websites

- [Energy drinks containing excessive caffeine seized as SA health authorities target suppliers](#) – ABC News
- [Prime Energy Drinks](#) – BTN
- [Caffeine](#) – Food Standards Australia New Zealand
- [Caffeine](#) – Better Health Channel



Teacher Resource

# BTN Transcript: Episode 21- 6/8/2024

Hey, I'm Amelia Moseley and you're watching BTN. Welcome back. Let's see what's coming up on today's show. We meet one of Australia's new ministers, get a tour of a US naval ship and find out more about what's in an energy drink.

## Rex Airline Trouble

Reporter: Wren Gillett

*INTRO: All that soon, but first today we're going to find out more about Rex. It's Australia's third biggest airline, but it's in big financial trouble. And it's got some people worried about the future of air travel in regional Australia. Here's Wren.*

There's lots to see in Australia, from the underground houses of Cooper Pedy to the friendly dolphins of Monkey Mia. We've got big zoos, pink lakes big dishes, big potatoes.

WREN: But they're all ahh, super far apart, so the best way to see it all is on one of these.

Yep, in a country as big as Australia, planes are really important, especially if you live a long way from other places, where being able to catch a plane could mean the ability, to do your job, go to school, see family, and even access healthcare.

PERSON: I've relied on Rex to get me to visit my family and friends in Sydney and Melbourne from the regional area.

PERSON: The more access we have for visitors and for the local residents means our town will grow and prosper.

PERSON: We can't be left without ... without an airline in our town.

It's why a lot of people were really upset when this happened last week.

NEWS REPORT: In major aviation news regional carrier Rex airlines has entered voluntary administration.

NEWS REPORT: Voluntary administration.

NEWS REPORT: Voluntary administration.

WREN: Now, Rex is a pretty important airline here in Australia, in fact, it's our third biggest after Qantas and Virgin.

It was formed back in 2002, when Australia's then 2nd biggest airline, Ansett, went broke. Two regional airlines that were part of Ansett, Kendell Airlines and Hazelton Airlines, decided to team up, and offer flights to regional towns, including some that no other airlines went to, and for a while, things were going pretty well.

But then came COVID. The government gave Rex money to get them through the rough patch, and then they decided to expand to take on capital-city routes and compete with Qantas and Virgin which some people say lead them to where, well, they are right now.

BRIDGET MCKENZIE: As soon as Rex made the announcement that they were going to tackle the big boys, take them on that golden triangle and those capital city routes, Qantas all of a sudden took retribution on marginal regional routes, actually damage Rex's financial position.

But some say it's not fair to blame Qantas. They say Rex made a mistake by spending too much money trying to compete with the big airlines.

WREN: You see, airlines are expensive. Fuel's expensive, planes are super expensive and even though Australia is a BIG country, our population isn't, which can make it hard to sell enough seats to make a profit.

Many Aussie airlines have gone broke over the years. You might remember that Bonza recently closed up shop, and before that there was Tigerair Australia, Air Australia, Oz jet and of course Ansett just to name a few.

WREN: So where does that leave Rex? Ah, thanks.

Well, the company has gone into voluntary administration, which means experts are coming in to try to sort out their finances. More than 300 workers have already been sacked, and more might lose their jobs. Flights between capital cities have been cancelled, but Rex says regional routes are still flying as scheduled.

WREN: But long term, things are still a bit, hmm, up in the air.

Some people have called on the government to help, saying Rex is too important to fail.

MICHAEL KAINE, TWU NATIONAL SECRETARY: The Government will have to act, it will have to act in the short term to support this company, and that might have to be financial support.

PERSON: If we can't use Rex it would make our life really hard actually.

PERSON: There's no other public transport, buses take 12 hours, there's no trains.

PERSON: Qantas is way too expensive, I don't ever fly Qantas.

PERSON: Something needs to be done to help Rex out here.

At the moment, the government is looking at what it can do to support Rex, but nothing has been set in stone.

JIM CHALMERS, TREASURER OF AUSTRALIA: We are discussing and considering all of the responsible options.

Many are hoping that Rex will continue in some form, or that perhaps another airline will step up.

WREN: So that we can continue to fly to all the amazing places that make Australia so special.

## News Quiz

Last week Australia's foreign minister Penny Wong paid a rare visit to the DMZ, or demilitarised zone, which sits between which two countries? North and South Korea, India and Pakistan or Canada and the USA? It's North and South Korea. The DMZ was set up as a neutral zone between the two warring countries with buildings in the middle near the village of Pan Moon Jong where the two sides could meet.

PENNY WONG, FOREIGN AFFAIRS MINISTER: Visiting Panmunjom today is a potent reminder of how ever present the threat is for people living in the Republic of Korea.

Can you name the river that runs through Paris? It's the Seine and it's been the setting for some Olympic events but it's controversial. Swimming used to be banned in the Seine because of pollution, and while the river was cleaned up for the Games, some are worried it's now making athletes sick.

Can you name the colourful phenomenon that lit up southern skies last week. Was it Aurora Borealis, Aurora Australis or the Northern Lights? It's Aurora Australis, or the Southern Lights, which is caused when solar storms send charged particles from the sun towards the earth which collide with gasses in the atmosphere near the north and south poles.

## What is a Minister?

Reporter: Jack Evans

*INTRO: Recently Australia's Prime Minister decided to reshuffle his Cabinet, which has nothing to do with moving furniture and everything to do with choosing new ministers. Jack found out what ministers do and even had a chat to one of our newest.*

PM: Alright. Again. Shuffle, shuffle, shuffle, shuffle, shuffle. Again. Shuffle, shuffle, shuffle, shuffle, shuffle, shuffle. Alright. Now remember, I haven't cast this cabinet yet, so there's still a chance to get a spot. I want to see the whole combination facing away from the mirror. A five, six, seven, eight.

JACK EVANS, REPORTER: Recently the prime minister and his ministers performed a cabinet shuffle

(PM: Very grounded. Agriculture, I'm thinking.)

...but errr, it didn't go down quite like this.

PM: Alright, present your headshots. That doesn't look anything like you.

Okay, so before we get to the shuffling, what actually is a cabinet? A Cabinet is the name we give to the group of parliament members who make big decisions about running the country. The members of this group are called ministers. At the top you have your lead, AKA the PRIME Minister. Then there's the supporting cast, the inner cabinet. It's made up of ministers selected by the prime minister to run different areas of government or portfolios. Things like defence, transport, health, education, the list goes on.

PM: Alright, so you can shuffle - well some of you - but that is not enough! I want to know why you're here.

MINISTER 1: Well, I guess it all started when I ran for parliament. I was hoping to, you know, help run the country.

Ministers work with their departments to find out what's going on in the country, what the problems are and what their solutions might be. And while they might not start off as experts, they have to learn a lot.

MINISTER 1: I've always been curious about International politics.

MINISTER 2: Oh, they have a background in foreign affairs could be good for...

PM: Foreign Affairs Minister?

MINISTER 2: Oh, I was going to say transport, but that makes more sense.

Under the Inner Cabinet is the outer cabinet. They're like your ensemble or chorus line if you will. While their portfolios are still important, they don't usually attend cabinet meetings, which is where those big policy decisions are made. Oh, and then you have the understudies or assistant ministers, who help ministers and step in if they can't perform their role.

And now to the shuffle. No, not that shuffle. Shuffling a cabinet just means changing some of those ministerial roles. Giving some people different jobs and some people new ones. And that's exactly what the Prime Minister did last week. He decided to make some changes after Indigenous Australians minister Linda Burney and Skills and Training minister Brendan O'Connor announced they were leaving the ministry and retiring at the next election. The Prime Minister took the opportunity to rearrange things a bit. Some ministers got extra portfolios, some got different portfolios, and we even got one brand new minister. Malarndirri McCarthy is our new Minister for Indigenous Australians, a role she has not performed before. So, a big chookas to Minister McCarthy.

MALARNDIRRI McCARTHY: Thank you. Thank you so much. BTN, Hello to all the listeners and viewers right across the country. So exciting, I'm ah, absolutely thrilled, deeply honoured, very grateful. I know there's a lot of hard work in front of me, but I've got a terrific team around me. I'm looking forward to working closer with the Prime Minister and certainly all the colleagues in the cabinet.

That's Malarndirri joining us from the Garma festival where she debuted her role.

MALARNDIRRI McCARTHY: This really means I'm in the driver's seat in terms of the issues around First Nations people across Australia, and you know, that's a very huge responsibility.

Malarndirri and the other ministers have big jobs ahead of them and with an election just around the corner, they better put on their dancing shoes or their sensible, smart business shoes... whatever.

## Australia US Relations

Reporter: Wren Gillett

*INTRO: Recently a few Aussie ports got a visit from a very big American ship, the USS Emory S. Land. Wren got to go on board and discovered more about the military friendship between the US and Australia. Take a look*

WREN: Don't freak out, but I think I've spotted a navy ship on Adealide's shores. It's getting closer. Wait, is that a US flag?

BRET: Of course.

WREN: Sorry, I didn't see you there.

BRET: I'm Bret.

WREN: Nice to meet you.

BRET: That's my ship.

WREN: Your ship?

BRET: My ship. Want to take a look?

WREN: I would love to, but are we allowed?

BRET: Of course. We're friends.

WREN: Amaz-Awesome.

BRET: Let's go.

WREN: Let's go.

Okay, so turns out going onboard a US navy ship is not as difficult as I thought it would be.

BRET: C'mon.

WREN: Oh my gosh, where are we?

BRET: Welcome to the USS Emory S Land.

WREN: Wow, what kind of ship is this?

BRET: So, this is actually a submarine tender, so we will fix submarines and surface ships, we will resupply them and then we will rearm them.

WREN: So how many people are on board this ship?

BRET: About 500.

WREN: 500?

BRET: 500.

WREN: On one ship.

BRET: On one ship.

WREN: It's pretty unusual for a ship like this to doc in Australia, right?

BRET: It is.

WREN: Yeah, so why is the USS Emory S Land here?

BRET: Because we're working with the Australian Navy.

WREN: So, there's some Aussies on board?

BRET: There's some Aussie's on board, my friend Steve.

STEVE: Hey g'day welcome on board. We have 35 people currently serving on board with our American friends.

You see the Emory's mission down under is part of an agreement you may have heard of before, AUKUS. Which stands for Australia, the United Kingdom and the United States.

SCOTT MORISON, FORMER AUSTRALIAN PM: Today we join our nations in a next generation partnership, built on a strong foundation of proven trust.

Yep, that's our former PM, who sealed the deal back in September 2021. Basically, AUKUS is about our three countries agreeing to share military information and technology. Including some nuclear-powered submarines, which Australia will be getting to replace our aging fleet of diesel-powered subs. It was controversial, partly because we've never had nuclear powered subs before, and building them takes a lot of time and money. And because we already had a deal with France to make submarines. Which we ditched.

REPORTER: Do you think he lied to you?

EMMANUEL MACRON, PRESIDENT OF FRANCE: I don't think, I know.

Yeah, the French weren't too happy, but at the time, our government decided it was worth it to strengthen our friendship with these guys. You see, the US and Australia have an important relationship that goes back a long time. Australia and the US fought side by side in the Pacific during World War Two. Australia was worried about the threat of Japan and asked the US for support. Before that, we'd always looked mostly to the UK for protection, but after the war, that started to change. And in 1951, Australia, New Zealand and the US signed the ANZUS Treaty. It was a formal commitment to support each other militarily, if need be. Since then, Australia and the US have remained close allies. We've fought side by side in several conflicts, our militaries regularly train together, we even have a joint security base in the Northern Territory. And sometimes, we get visits from ships like this.

WREN: Obviously this is a very cool looking ship. Could you please give us a bit of a tour?

STEVE: Sure can.

BRET: Absolutely.

Now because the Emory S Land spends so long at sea, she has everything on board that the sailors would need, and I do mean everything. There's the massive workshop of course.

BRET: They do locks, they do welding, they fix things.

But the ship also has a dentist, a doctors, a post office, and a barber.

WREN: If I was to get my hair cut here, what hair styles am I looking at? Maybe not. Maybe not.

Plus, enough lollies to keep this ship's dentist very, very busy.

BRET: We've got everything. Everything.

WREN: Literally everything.

It's almost like a floating town. In fact.

WREN: Do you mind if I stay in this little town?

STEVE: Absolutely, we'll get you a uniform, kit you out.

BRET: Get you a haircut.



WREN: Look, maybe we'll miss the haircut. No, it's been a pleasure, thank you guys so much for having me.

STEVE: Thanks for coming aboard.

BRET: Absolutely.

WREN: Thank you, thank you.

## Quiz

Do you know which Australian Prime Minister signed the ANZUS treaty. Hint, it's this guy here. That's Robert Menzies, who founded the Liberal Party.

## Energy Drinks

Reporter: Michelle Wakim

*INTRO: Do you ever drink energy drinks? Well, there are lots of different brands out there, but recently, South Australian authorities found a whole heap in shops that are actually illegal because they contain too much caffeine. Here's Michelle to explain why that's a problem, especially for kids.*

Energy drinks, they're everywhere, from TV...

COMMERCIAL: # Wake me up before you go-go... #

...to social media.

KID: Last year there was a big craze about Prime when it came out. Fastest growing energy drink in the world.

Although we don't know exactly how many young people are drinking energy drinks, some experts reckon it's a fair few.

MICHELLE: Have either of you ever had an energy drink?

KID: Yes.

KID: Yes.

KID: Yeah.

MICHELLE: How many a week would you say?

KID: Probably about 2 or 3.

KID: 4 or 5.

MICHELLE: How do you feel after an energy drink?

KID: Energised.

MICHELLE: So, what puts the "energy" in energy drinks?

KID: Bad things.

KID: Nah not clue.

KID: Just read it mate. It's a bunch of sugar as well.

KID: Caffeine.

Yeah. That's a big one. Caffeine is considered the world's most popular drug.

MICHELLE: What do you guys have there?

NAT: I'm drinking coffee Michelle.

It doesn't actually give you energy, but it does keep you awake by blocking a chemical process in your brain that causes drowsiness. While caffeine is fine to have in small amounts. If you drink it too often it can be addictive. Too much caffeine also has some big side effects. It increases your heart rate and in rare cases it can be lethal. It can also cause things like anxiety, insomnia and nervousness.

KID: Increased your heart rate.

KID: Sometimes I get a stomachache.

KID: It kinda gives me a headache.

It's why there are some recommended limits on how much caffeine you should have. For adults, it's less than 400 milligrams per day. That's about 4 cups of coffee or 10 cans of cola. Kids under 18 should be having less than 120 milligrams of caffeine per day, which is 1.3 cups of coffee or about 2 cans of cola.

MICHELLE: So how much caffeine does an energy drink have?

Well, it can depend on type and size of the drink for example, a Red bull has 80 milligrams just a little bit more than a coffee. A monster has 160mg and a Prime Energy has 110mg. In Australia you're not allowed to sell energy drinks that have more than 320 mgs of caffeine per litre. But there are some being sold in Australia that have even more than that.

CHRIS PICTON, SA HEALTH MINISTER: Many of these products have the same amount of caffeine that you would get from three cups of coffee or 10 cans of Coke.

Recently in South Australia authorities went into stores to try and find and get rid of illegal energy drinks. So far, more than 700 drinks have been taken off the shelves in South Australia. And some are calling for a crackdown in other parts of Australia.

DR CHRIS LEASE, SA CHIEF PUBLIC HEALTH OFFICER: We'll continue to work with our interstate and national partners to stop these products coming in the first place.

Meanwhile some reckon kids shouldn't be drinking energy drinks at all.

DR EVANGELINE MANTZIORIS, NUTRITION AND FOOD SCIENCES, UNIVERSITY OF SOUTH AUSTRALIA: So the ones that are legal, are still out there on the market. But the concern is that some of those are even going to be too high for some children.

In fact, in Ridgetown hometown of Bridgetown in WA, kids have been banned from buying energy drinks altogether.

DR SARAH YOUNGSON, GP: When I'd see young people coming in with an energy drink in their hand saying, I can't sleep, and I'm feeling really anxious. That just doesn't happen anymore.

So, what you do think?

TEEN: I use them to keep me awake for basketball games. So if they got rid of them, yeah, I'd be pretty disappointed.

TEEN: And people would just find different ways to get it.

TEEN: Drink some water, yeah. Drink water.

## Sport

It's fair to say the Aussies have been doing pretty well over in Paris, spending the first half of the Games hovering near the top of the medal tally. In the pool, things have finished up swimmingly, with the Aussies taking out 18 medals. On the final day in the pool Meg Harris finished with silver in the 50-metre freestyle, while our women's four-by-100 medley relay team took home silver, beaten by a world record-breaking performance from the USA.

Meanwhile, USA's Noah Lyles has become the fastest man in the world...

VOICES: Hooray!

...just; after finishing the 100 metre sprint in 9.784 seconds, just five thousandths of a second in front of Jamaican Kishane Thompson.

And Novak Djokovic's trophy cabinet is now complete. He's now the fifth player to complete the Golden Slam, of winning four major titles and an Olympic medal in singles.

(ALL CHEER) Outside of the Olympics, the Adelaide Thunderbirds have won back-to-back Super Netball titles after beating the Melbourne Vixens 59-57, in a grand final thriller. It's the first time in 25 years they've won back-to-back titles. Nice one.

## Heywire

Rookie Reporter: Malachi

*INTRO: Finally today, we're going to meet another winner of the ABC's Heywire competition, which asks young people living in the country to write about something important to them. Malachai is from Lismore, and he shared why he loves athletics. Check it out.*

I feel at home when I'm doing athletics. Discus, shot put, javelin, long jump, running, I love it all. When I do long jump, it feels like I'm flying. Sometimes it's scary, but also exciting. I can't decide if long jump or javelin is my favourite. I like long jump because I'm pretty sure I can make the Olympics with it. But javelin is in my blood.

My ancestors have been throwing spears for thousands of years. It comes naturally to me. My coach Don helps me with my technique.

DON, COACH: That was really good, Malachi. It went straight. You bought your right hand over and you slapped your leg. That's the way it's supposed to go.

I travel a lot for competitions. I've brought home a lot of medals. They're hanging up in my room. There's not enough space on the walls for all of them. I used to be disappointed if I didn't get gold. Now I'm all about breaking records. Knowing my name's making history.

Usain Bolt is my idol. I also look up to Alberto Campbell. He's the same classification as me, T20. He's also adopted, like me.

I've come a long way with athletics, but I still want to go much further.

SAM, EXERCISE COACH: So just keep it steady and then we'll move on to the leg stuff.

My exercise coach Sam is helping me get to the 2032 Paralympics. We're finding the muscles my body doesn't use and figuring out ways to get them working.

SAM: And we're going to hold it for 30 seconds. Keep going, almost there. Nice.

I don't get nervous when I compete. It's just natural now because I've done it for years. I don't have to think. It's just instinct. When I'm doing athletics, my mind goes quiet. I feel like it's where I belong.

## Closer

Well, that's all we have for you this week. But next week, we'll have a special episode for you for Science Week. And until then, you can check out our website and stay up-to-date with Newsbreak right here in the studio every week night. Have the best week and I'll see you soon. Bye!