

BtN: Episode 6 Transcript 11/3/14

Coming up

- Parent's versus kids: Who's more addicted to screen-time at home?
- Find out how much sugar you're sipping without even knowing it.
- And we meet some of Australia's gun athletes competing at the winter Paralympics.

Hey, I'm Nathan and, of course, this is BtN. That stuff will all be up a bit later on. But first, there's some big news about a plane crash to hear about in the wire.

The Wire

A Malaysia airlines flight carrying six Australians has gone missing. The plane was carrying 239 people when it disappeared on its way from Kuala Lumpur to Beijing. It lost contact with air traffic controllers without reporting any problems. Lots of planes and ships have been sent to the area, including two Australian Air Force planes. So far an oil slick and what looks like debris have been spotted. Authorities are looking into what might have happened.

There's still plenty going on in Ukraine. Most of it centred around an area called Crimea. Last week, Russia sent troops there. Now the Crimean parliament's decided it wants to become part of Russia. But it's up to the people to vote on it this weekend. All of this is making the new Ukrainian government angry. It says Crimea is part of Ukraine and it's not going to give it up.

And how would you like to get paid to eat your veggies? Over in the US kids are getting around 25 cents a day to eat their greens. It's part of a trial to try to tackle childhood obesity. It might not be much money but it's already paying off. Researchers have found it helped double the amount of healthy stuff kids ate. The idea's been suggested to the Australian government.

East Vs West

Reporter: Nathan Bazley

INTRO: As you saw there the situation in Ukraine is continuing to make headlines. Other countries are now involved too: Russia on one side and the US on the other. Some are saying the old tensions between the East and the West are back. But what do East and West actually refer to? Matt reveals all.

NATHAN BAZLEY, REPORTER: Imagine if you put a big red line right down the middle of Australia, where one side wanted very different things to the other.

VOICE 1: More chocolate biscuits.

VOICE 2: More chips.

No, not little things, serious issues; like the kind of government people are prepared to follow and the countries they want to be friends with.

VOICE 1: Friends?

VOICE 2: Friends?

Well, that's not so different to what Ukraine's dealing with at the moment. One country looks a bit more like two. One side wants things run one way, the other wants it run a very different way. It's even being called a fight between the East and the West.

But they're not referring to the two sides of the country. No, east versus west goes back a lot longer than that. Back to before Ukraine was even a country.

Around twenty years ago, Ukraine used to be part of the Soviet Union - a huge area ruled by one leader - and lots of countries, like Russia, used to be a part of it. It became known as the East. But there were many who didn't agree with them. The US, UK and some European countries were among them. Those countries were called (you guessed it) the West, and East and West didn't get along. They fought a decades-long war over politics and ways of life. It was called the Cold War. Cold, not because of the temperature, but because the two never directly fought each other. And even though the Cold War ended more than twenty years ago in some ways it's still having an impact.

See, when the Soviet Union broke up, Ukraine became its own country. For some, that meant it could start to follow the ways of Western countries, like the US and Europe. But others wanted Ukraine to stick with the Eastern ideas they knew, which meant following Russia and today, not much has changed.

That's part of what these protests were all about - the fight between Eastern and Western ideas: Eastern and Western economies, Eastern and Western friends. But

while the violence has stopped for now, the issue is far from solved. Since then, Russia has stepped in to support the eastern side.

It's taken over an area of Ukraine called Crimea. It says it's doing it to protect the Russian people who live there. Many of those people support Russia coming in too. The Crimean parliament is even letting people vote on whether to stay part of Ukraine, or join Russia.

But the temporary Ukrainian government, who supports the west, really isn't cool with any of it. It's asked for international help to get Russia to back off and US President, Barack Obama, is on board to support the Western side.

BARACK OBAMA: Above all, we believe the Ukrainian people should decide their future.

And that puts Ukraine in an interesting position. It's now caught in the middle of an argument between the world's most powerful countries. And that's why some people are calling it a fight between East and West: Two very different ideas each fighting for what they think is right.

Quiz 1

OK, test time. The flag of the Soviet Union, or USSR, was which colour?

Blue

White

or Red?

The answer is Red.

Here's a pic of it as you can see it also had a little yellow hammer and sickle in the corner. It stopped being used in 1991 when the Soviet Union broke up. Up next:

World Heritage

Reporter: Natasha Thiele

INTRO: The Great Barrier Reef has been at the centre of a big fight recently. The argument revolves around whether some development work there might lead to damage of the natural World Heritage site. Tash found out what being a 'World Heritage Listed' site means and where both sides stand.

NATASHA THIELE, REPORTER: These places are on a very special list; a list that recognises them for their mystery, beauty, meaning and history. It's called the World Heritage List.

It was set up by UNESCO, a part of the United Nations. In the 1970s, a group of countries got together and decided they wanted to protect certain sites and places around the world. They came up with the World Heritage Convention. A special group has the job of deciding which sites are culturally and naturally important enough to be on the list and countries that are signed up promise not to do anything that will damage them. At the moment, there are 981 sites in 160 countries on the World Heritage List. 19 of them are in Australia. The problem is some of our best-known sites are close to some of our most valuable resources.

Here at Abbot Point in north Queensland, there are big plans to create one of the world's biggest coal ports. It's expected to bring in a lot of business for locals, new jobs and more money for the state. The trouble is it's right near the Great Barrier Reef, and since the reef is on the World Heritage list, a lot of people are worried it might be affected.

Here's why: At the moment, the water is too shallow for big export boats to dock. So to make room, three-million cubic metres of dredge material, including sand, silt and clay from the bottom of the port, will have to be dug up and dumped over the course of a few years. But where? Well, it's going to be put in the Great Barrier Reef Marine Park.

Although it's going to be well-away from the nearest reef, some people reckon that, if some of it drifts it, might damage the health of things like coral and sea grasses. It could also have an impact on tourism and fishing industries.

TERRY, FISHERMAN: We just thought if they dump this spoil on land it would have a better economic benefit to the town, but now they've given the approval to dump at sea well, it's, it's unknown what's going to happen.

But others say the dumping won't have an impact on the reef. The Great Barrier Reef Marine Park Authority who gave final approval says there'll be a lot of strict conditions that have to be followed like when the dumps can happen and where. And they say they'll be checking to make sure their instructions are followed.

RUSSELL REICHELDT, GREAT BARRIER REEF MARINE PARK AUTHORITY: Dredging activity is legitimate and there is provisions in our zoning plan for it.

The dredging might not start for another year or so and once it does, all eyes will be on the Great Barrier Reef to make sure the reputation of this World Heritage area isn't muddied.

Quiz 2

Okay how does a quiz sound?

Which country has the most world heritage sites?

America

Australia

or Italy?

The answer: Italy.

Italy has 49 world heritage sites - 4 natural and 45 cultural. The next highest is China with 45 all up.

Screen Addicts

Reporter: Natasha Thiele

INTRO: Right. It's the new way to pass time between every other task in your day, just pick up a phone or tablet and bang, you're entertained! But what effect is all this screen time having on us? And what effect is it having on families? Tash quizzed the parents and kids in one family to find out who's more of an addict.

NATASHA THIELE, REPORTER: For ages parents have told their kids to spend less time in front of a screen, but times have changed. Now it's a family problem! Okay, so it's not quite that extreme in this family, but it's still an issue.

John, Rose, Leo and Jiarna love using technology.

LEO: I'm not downloading anything but I'm just watching, like, YouTube and stuff, It's entertaining for me.

JOHN: Is that necessary every single night?

JIARNA: Sometimes we need it for homework, we need to go researching. It's not always social network. What about when you're doing things like you're cooking dinner and you're on your phone as well multi-tasking, texting, calling, doing emails while cooking dinner.

ROSE: That's multi-tasking!

LEO: Sometimes I see Mum and I say something and she, at least you could just come up and say 'Oh okay, but I'm working on this so I need some time' but you don't do that, you just ignore me, stuff like that.

JIARNA: Same with you Dad. When you're outside working, you're on your phone every now and again checking your messages.

JOHN: Generally it'll always be work-related.

So, is all this technology affecting our lives? Research has found that all that screen time can change our brains. It has to do with a chemical in our brain called 'dopamine'. Scientists reckon that when we're using smart technology that chemical is released, making us feel happy, and it makes us want to use it more often.

Others say it can affect our health. Looking down at a screen can be bad for our posture, the brightness of a screen might not be good for our eyes, and some people can be left feeling anxious and distracted if stopped from using it. That's something experts like Jocelyn say comes down to the way some apps are designed.

JOCELYN BREWER, PSYCHOLOGIST: The negatives, I guess, can sometimes be the in-built addictive qualities that some of the apps have, which get you just to want to be in them all the time and make them really hard to put down.

REPORTER: Is it addictive? Like do you find that you're on it every morning, every night when you get home from school?

JIARNA: Definitely, definitely. I'm on it as soon as I wake up in the morning, you know going to bed at night. Just the different things you can go on it, it's just so easy to use.

LEO: Same with me, just find it fun in a way that I can just use the technology.

Technology is a big part of our lives and comes with a lot of positives, but it's certainly worth thinking about how we use it.

Online Poll

Do you relate to that story at all? One click on our website and you can tell us. Here's what we're wanting to know:

Do you think you spend too much time in front of a screen?

Let us know.

Last week we asked you if Australia should have food star rating labels.

And it seems heaps of you gave the plan five stars as well.

81 % went for yes.

Softdrink Ban

Reporters: Nick Maher

INTRO: The World Health Organisation has just recommended people halve the amount of sugar in their diet. The ACT government agrees. It's announced it's going to ban soft drink from all state primary schools there. But do soft drinks really have that much sugar in them? Nick found out.

NIC MAHER, REPORTER:

TEACHER: OK everyone. Now, today, you know we're going to be looking at how much sugar is in these various drinks.

Most people know there's some sugar in soft drinks, it's right there on the label! But how much sugar does that actually mean?

REPORTER: Tell me what we're doing today.

KID 1: We're experimenting on how much sugar is in drinks

REPORTER: So how many grams go into one teaspoon?

KID 1: 1 teaspoon equals 4 grams

REPORTER: This is a can of cola. It's going to have a lot of sugar in it isn't it?

KID 1: Yeh

REPORTER: So how much has it got?

KID 1: If you look here, sugar per serving, it's 40 grams

REPORTER: 40 grams so how many teaspoons is that?

KID 1: About 10 teaspoons

REPORTER: Oh right! That's a lot of sugar in a drink isn't it?

KID 1: Yeh!

REPORTER: Would you eat 10 teaspoons of sugar just by itself?

KID 1: No

REPORTER: Yeh, it's a bit gross!

But it's not just fizzy drinks we need to look out for! Some juices, milks and sports drinks can have just as much sugar!

KID 1: I reckon there was more sugar than expected in the fruit drinks. It was a very big surprise

KID 2: There was a lot of sugar in the juices and milk, because milk is nutritious but then there's a lot of sugars in there. So it was really surprising.

STUDENTS: In this sports drink there are 9 teaspoons of sugar

STUDENTS: In this flavoured milk there are almost 15 teaspoons of sugar

STUDENTS: In this fruit juice there are 28 teaspoons of sugar

That's why the ACT government wants to ban sugary drinks from public schools. Most of the other states have already gotten rid of them. But there are still a bunch of schools where kids can get them.

Almost half of the kids in Australia have sugary drinks every day! Health experts say too much sugar can cause a lot of problems, like diabetes, obesity and heart disease.

REPORTER: So do you think they should be banned in schools?

KID 3: Yeh, because there's heaps of sugar and it can affect your teeth.

KID 2: They should be banned but, like, on special occasions, like end of year concert or graduation or farewells, you might have some then.

Some of these kids even had a few suggestions on how to solve the problem.

KID 2: They should have a picture or something saying how many teaspoons of sugar are in that beverage so they know that it's bad for you and bad for your health.

KID 3: With creaming soda, coke and pepsi there's too much sugar in those and it's a good idea to raise the price.

Raising the price is something the Cancer Council, Heart Foundation and other organisations are already trying to do. They say a soft drink tax would be a good idea but not everyone agrees.

Australia's Food and Grocery Council represent the people that make the drinks. They reckon a tax would hurt business and that it's unfair because their drinks aren't the only thing that contributes to obesity.

But for these kids their experiments have made them think twice about the amount of sugar they drink.

KID 1: I'm definitely going to drink less like for special occasions and yeh from now on just not as much as I used to.

Presenter: Right, if it's sports you want next, then it's sports you'll get. If it's not - too bad.

The Score

The Bendigo Spirit has won the WNBL championship for the second time in a row. They lead the Townsville Fire for most of the game. Bendigo got over the line with an 11-point win putting out Townsville's fire 94-83.

“This is a champion team”

The Paralympics kicked off over the weekend. Teams from around the world took part in the opening ceremony at Sochi. Competition's now underway.

And Aussies Toby Kane and Mitchell Gourey have taken to the slopes in the super-G event. While both boys gave it their all they didn't finish the race. Toby says the course was quite bumpy.

TOBY: "I think what happened was the snow just kinda gave way when I was trying to lay it on edge. And that's a little disappointing. And it's quite bumpy in places, which is harder on one ski."

The team includes 14-year old Ben Tudhope who's making his Paralympic debut competing in the Snowboard cross. He takes to the snow on Friday.

Last month, we told you about three guys setting out to paddleboard across Bass Strait. Well, they've completed their adventure! The trio set off from the southernmost tip of mainland Australia last Tuesday and arrived on the shores of Tassie a week later.

And finally, Aussie soccer star Tim Cahill has become the top goal scorer in the history of the Socceroos. He's now scored 31 goals for the national team. He picked up two in the friendly against Ecuador. The Aussies lost the match 4 - 3.

Paralympic Profiles

Reporter: Matt Macklin

INTRO: As you saw there, the 2014 Winter Paralympics have kicked off. And you can see all the action here on ABC TV. So to get you warmed up for all those cold weather sports, here's an introduction to some of our elite athletes, from Mack.

MATT MACKLIN, REPORTER: Imagine skiing down a really steep slope, sometimes going as fast as a car on a highway.

That's how fast some of our paralympians will be going in Sochi. Except, they won't be doing it on four wheels...some will be doing it on one leg!

This year Australia has sent a team of 11 to take on the best winter paralympians in the world.

One of them is Victoria.

VICTORIA PENERGAST, PARALYMPIAN: My disability, sacral agenesis, is I'm basically missing the sacral part of my spine. So everything below my spine is affected.

REPORTER: Because of her disability, Victoria skis differently to how you or I would.

VICTORIA PENERGAST: My bucket, it's called a monoski or a sit ski. It's just a bucket I sit in which is attached to, like, a spring-like mechanism which acts like your knee would. So, it compresses and releases when I'm going in and out of a turn and that whole contraption goes into one ski and it just clips in.

I guess there is a level of daredevil slash recklessness in there somewhere; I mean when I first got in the sitski I went "aw, this is crazy".

REPORTER: Another of Australia's athletes, Jessica, competes at both summer and winter Paralympics.

JESSICA GALLAGHER: Competing for Australia in the summer and winter Paralympics is quite unique, but it's also very very difficult. I was in London as a track and field athlete.

I love that I get to be challenged in both of those environments.

REPORTER: Jessica is legally blind. She only has eight per cent vision.

So you're probably wondering how she can ski at such high speeds.

Well, she doesn't ski alone.

JESSICA GALLAGHER: Christian started being my guide in September of 2013, so it's only been five/six months that we've been working together and everyday we're getting stronger as a partnership.

REPORTER: Jessica and Christian talk over a headset while they're skiing. Christian gives Jessica directions. And makes sure she makes each turn.

JESSICA GALLAGHER: The trust between an athlete and a guide is incredible. It's one of those things that needs to be developed to have a successful relationship.

REPORTER: For Mitchell, downhill skiing is his life.

But he spent his childhood competing in pretty much anything he could.

MITCHELL GOURLEY: Yeah played a heap of sports as a kid. Football, basketball, cricket, hockey, tennis, everything, rode my bike a lot, still ride my bike a lot.

REPORTER: That passion for sport saw him become one of the youngest members on the Australian Paralympics ski team.

MITCHELL GOURLEY: I grew up around those guys, probably had as much influence from them spending six or seven months in close contact every year as opposed to my family and friends who I probably see half that amount of time.

REPORTER: But now the serious business of competition has begun.

And Mitchell is more than ready for it.

MITCHELL GOURLEY: I think I need to live in the moment and I guess just put it all out there because I may not get another chance, there are no guarantees in this world.

REPORTER: But there is one guarantee for those of us watching at home.

These guys will all put on an amazing show.

Closer

Right, that's about all we can fit in today. But the fun doesn't have to end here. Head to our website to have your say and read what other kids have to say too. Or you can shout out anytime using the hash tag behind the news. Catch ya next time!