

Questions for discussion

Episode 16
10th June 2014

Censor Google

1. What are some things you learned as a result of watching this story?
2. In which part of the world can people now ask Google to delete certain information about them?
3. Why doesn't the ruling affect people in Australia?
4. Google has to make changes to its _____.
5. How many requests did Google receive to have information removed on the first day?
6. Why do some people want information about their past removed?
7. All people should have the right to privacy. Do you agree? Why or why not?
8. When you put something on the web or social media etc you are publishing that information. What does that mean and what are the consequences?
9. Some people worry information could be harder to find under the new ruling. Why is that a problem?
10. If something's in the 'public interest' what does that mean? Give some examples.

Should Australians be able to delete search results about them they don't like? Vote in the BtN poll. Go to <http://www.abc.net.au/btn/polls.htm>

Island Fight

1. Discuss the issues raised in the *Island Fight* story with another student.
2. In which ocean would you find the South China Sea?
3. List four countries that are fighting over this part of the ocean.
4. What is thought to be under the sea and why do they want it?
5. Locate the South China Sea on a map. There's a group of tiny islands which lie to the north and a group which lie to the south. What are they called and which countries control them?
6. What happened recently in a conflict between China and Vietnam?
7. How many Vietnamese sailors died in the conflict with China in the 1980s?
8. The South China Sea is a major shipping route. How does this add to the conflict between the relevant countries?
9. What does Japan plan to do?
10. What can countries like the US do to help bring peace to the area?

Write a message about the story and post it in the comments section on the story page.

Indigenous Parliament

1. Which community is Audrey from? What's it called and where's it located?
2. Where does Audrey go to school?
3. How many indigenous kids altogether are going to Parliament House in Canberra?
4. What's the parliament Audrey is involved in called?
5. What did politician Josh Freydenberg tell the group in his speech?
6. One of the topics for debate was recognising Indigenous Australians as the first Australians in the constitution. Why is this important?
7. What did Audrey talk about in her speech?

8. Describe how Audrey felt after she gave her speech. Why do you think she felt this way?
9. How many indigenous members of parliament have there been in history?
10. What's a big aim of the Youth Parliament?

Check out the BtN *Indigenous Parliament* teacher resource on the Teachers page <http://www.abc.net.au/btn/teachers.htm>

Blood Donation

1. What have you learned about donating blood as a result of watching this story?
2. How many years have we been celebrating World Blood Donor Day? Why is it important?
3. How many people will need a blood donation in their lifetime?
4. Why did the nurse check Emma's blood pressure?
5. Riley is donating whole blood. What does that mean?
6. Which people do most blood donations go to?
7. Where does the blood go once it's taken out and what happens to it?
8. How many litres of blood are in Emma's body? How much is plasma?
9. How many different types of blood groups are there? Which is the most common?
10. Which blood group is special? Explain why.

Check out the BtN *Blood Donation* teacher resource on the Teachers page <http://www.abc.net.au/btn/teachers.htm>

Brussels Sprout

1. Summarise the *Brussels Sprout* story.
2. The leaves of the Brussels sprout contain which substance?
3. Finish the following sentence: The substance in the leaves discourages...
4. About how long do Brussels sprouts take to grow?
5. Why does Simon the chef think Brussels sprouts have a bad reputation?
6. Which vitamins and minerals do they contain?
7. Why did Captain Cook feed his crew Brussels sprouts?
8. Brussels sprouts and cabbages are part of which species of plant?
 - a. Broccoli
 - b. Brassica
 - c. Cauliflower
9. How could people be encouraged to eat Brussels sprouts?
10. What was surprising about this story?

Do the *Brussels Sprout* quiz on the BtN website <http://www.abc.net.au/btn/quiz.htm>

Indigenous Parliament

Key Learning

Students will learn about the history of Australia's Parliament House. They will also develop a deeper understanding of Aboriginal and Torres Strait Islander representation in parliament.

The Australian Curriculum

Civics and Citizenship Knowledge and Understanding/Government and democracy

The key institutions of Australia's democratic system of government based on the Westminster system, including the monarchy, parliaments and courts ([ACHCK035](#)) Year 6



The key features of government under the Australian Constitution with a focus on: the separation of powers, the roles of the Houses of Parliament, and the division of powers ([ACHCK048](#)) Year 7



The process for constitutional change through a referendum ([ACHCK049](#)) year 7



History / Historical Knowledge and Understanding / Australia as a Nation

Key figures and events that led to Australia's Federation, including British and American influences on Australia's system of law and government. ([ACHHK113](#))



Discussion Questions

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10. What's a big aim of the Youth Parliament?

Activities

Key Words

Ask students to find out the meanings of the following key words.

constitution	Senate	House of Representatives
representation	referendum	democracy

The history of Parliament House

Students will find out more about the history of Parliament house by researching the following questions.

Research Questions

- How and when did Canberra come to be Australia's capital city?
- When and where did Australia's Federal Parliament first meet?
- When was Australia's 'new' Parliament House built?
- Where is it located?
- Who designed the building and how long did it take to construct?

Provide students with the opportunity to present their findings in an interesting way using a range of communication forms (a combination of oral, graphic, written modes) and digital technologies.

More about Parliament House

Working in small groups, students will choose one of the following categories to learn more about what happens at Parliament House: Place, People and Systems. Each group can then present their information to the class.

Place

What happens at Parliament House?

- Meeting place for members of parliament – what is a meeting place?
- Symbol of Australia's democracy
- A place where decisions that shape the nation are made.
- Site for celebration
- Site for memorial
- Site for protest
- Tours

People

Who visits Parliament House?

- Member of the Australian public
- Parliamentarian
- Media
- Protestor
- International visitor or dignitary

Compare the roles of these people.

Systems

What is democracy?

What is the difference between a bill and a law?

What is the difference between the House of Representatives and the Senate?

Explore these questions, plus more on:

- Federation
- The Australian Constitution
- Referendum
- Three levels of law-making
- Members of parliament

Indigenous Australian Politicians

Research Questions

- How many Indigenous Australian politicians have been members of the federal, state or territory governments?
- Who was the first Indigenous politician?
- How long was he a member for?
- Which state did he represent?
- How many Indigenous politicians are in office at the moment?
- Which state has had the most Indigenous politicians?
- Which state/s have had no Indigenous representation in parliament?
- Why is Indigenous representation in parliament important?
- Name some democratic milestones or significant political events for Aboriginal and Torres Strait Islander people.



Indigenous Youth Parliament



Describe what the Indigenous Youth Parliament is about.

Who are the National Indigenous Youth Parliament 2014 members in your state?
<http://www.aec.gov.au/indigenous/niyp-2014/profiles.htm>

What do they hope to achieve by being involved in the program?

Further Investigation

Why do some people believe that Aboriginal and Torres Strait Islander people should be recognised in the Australian Constitution? To find out more about the issue go to the *Recognise* website <http://www.recognise.org.au/why/why-recognition>

Related Research Links

AEC - National Indigenous Youth Parliament

<http://www.aec.gov.au/indigenous/niyp.htm>

ABC Rural – Indigenous youth head to Canberra to tackle community issues

<http://www.abc.net.au/news/2014-05-28/indigenous-youth-parliament/5481920>

Behind the News – Parliament House

<http://www.abc.net.au/btn/story/s3830581.htm>

Behind the News – Senate

<http://www.abc.net.au/btn/story/s3845640.htm>

Behind the News – Constitution

<http://www.abc.net.au/btn/story/s3939299.htm>

Parliamentary Education Office – Facts Sheets

<http://www.peo.gov.au/learning/fact-sheets.html>

Parliamentary Education Office – Indigenous Australians and the Constitution

<http://www.peo.gov.au/index.php?mact=News,cntnt01,detail,0&cntnt01articleid=225&cntnt01returnid=146>

Blood Donors

Key Learning

Students will develop an understanding of the components of blood, different blood types and ways to encourage people to donate blood.

The Australian Curriculum

Science / Science as a Human Endeavour / Use and influence of science

Scientific understandings, discoveries and inventions are used to solve problems that directly affect peoples' lives
(ACSHE083) Year 5

Science / Science as a Human Endeavour/Use and influence of science

Scientific understandings, discoveries and inventions are used to solve problems that directly affects peoples' lives
(ACSHE100) Year 6

Discussion Questions

1. What have you learned about donating blood as a result of watching this story?
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4. Why did the nurse check Emma's blood pressure?
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Activities

Discuss

Hold a class discussion about the key points in the BtN *Blood Donation* story. Ask students if they know anyone who has either donated blood or have received a blood donation. What else do they know about blood and blood donation? As a class, create a mind map using post-it notes or use InstGrok to research the topic of blood using an interactive mind map <http://www.instagrok.com/>

The Parts of Blood

Can you match the following words to their correct meanings?

Plasma

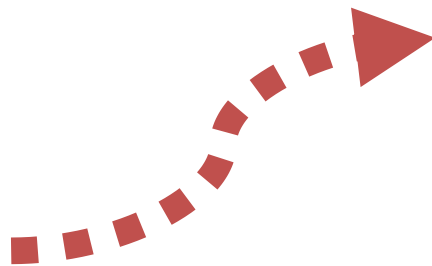
Red blood cells

White blood cells

Platelets

Bone marrow

Haemoglobin



The most common blood cells. They carry oxygen in the blood.

Helps the blood to clot at a wound.

Found in red blood cells. Helps red blood cells carry oxygen

The liquid that carries the different types of cells found in blood.

The cells that defend the body against infection.

The spongy tissue where blood cells are produced.

Blood Types

Students will respond to one or more of the following questions to find out more about blood types:

- Human blood is grouped into four types. What are they?
- What are the most common and least common blood types in Australia? Create a graph to show percentages.
- What blood types can be given during an operation? Create a table or infographic to show the matches.
- Where do we get our blood type from?
- Where did blood typing come from?

Students can find out more about blood typing game by having a go at one of the following games:

<http://www.nobelprize.org/educational/medicine/bloodtypinggame/game/index.html>

Blood type game – American Red Cross

<http://www.redcrossblood.org/donating-blood/donor-zone/games/blood-type>

Raising Awareness

Discuss the reasons why blood donation is important. Students create a billboard poster that encourages people to donate blood. Their poster can be displayed in a public space in the school, for example, the Library or Front Office.



Poster art

- What is your message? (is the purpose of your poster to advertise, educate, motivate, change behaviour or attitudes or a combination)
- Who is your target audience? What is the age, demographic etc?
- How will your poster have the most impact? Consider font, images and colour.
- Conduct research to find the latest information/facts.
- Make your poster

Further Investigation

Choose one of the following statements to respond to

Most people say that blood donation is a good thing but fewer people actually do it.

People should be paid to give blood.

Related Research Links

Behind the News – Blood Donors

<http://www.abc.net.au/btn/story/s2594275.htm>

Australian Red Cross – Blood Buddies

<http://www.bloodbuddies.com.au/index.html>

Child and Youth Health - Blood

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=152&id=2250>

Australian Red Cross – Blood Types

<http://www.donateblood.com.au/about-blood/types>

KidsHealth – Information about blood types

http://kidshealth.org/kid/word/b/word_bloodtype.html

Nobelprize.org - Blood Typing Game

<http://www.nobelprize.org/educational/medicine/bloodtypinggame/game/index.html>

BtN: Episode 16 Transcript 10/6/14

Coming up:

- Why seven countries are fighting over a few tiny islands in the South China Sea.
- Rookie Reporter Audrey takes us to Canberra as she represents her community in a special Parliament.
- And Emma rolls up her sleeve for World Blood Donor Day.

Hey, welcome to another week of BtN. I'm Nathan.

You'll see all those stories and more in just a tick.

But first let's go to the big stuff.

Here's this week's headlines.

The Wire

Friday the 6th of June was the 70th anniversary of D-Day. That was the start of an important battle in World War 2. On that day 24,000 Allied troops landed on the beaches of Normandy in France. Thousands died including 18 Australians. The battle played a big role in winning the war. And today many countries still remember it.

PRIME MINISTER, TONY ABBOTT: All up one of those special days. A reminder of the ties that bind.

PM, Tony Abbott visited France to take part in the services.

But that's not all the PM's been up to. He's also spent some time in Canada to talk about trade, security and the big G20 meeting that's happening in Brisbane later this year.

And next he's heading to the US where he'll meet with President Barack Obama.

More than seven hundred Aussies have made it onto the Queen's Birthday Honours List.

It doesn't really have anything to do with the Queen's actual birthday which was back in April.

But it's a time to celebrate those who have helped make Australia a better place.

One of the highest honours went to Megan Clark.

She's the head of Australia's science research organisation - the CSIRO.

These guys scored an award for coming up with the popular travel guide Lonely Planet.

So did Judith Durham and the band 'The Seekers' who were pretty big back in the 60s.

And marathon runner Steve Moneghetti has been recognised for his services to sport.

Censor Google

Reporter: Matt Holbrook

INTRO: Recently Google received thousands of requests from people wanting to wipe their past from the search engine's results. It's an option that's only just been made available in Europe after courts there decided people had the right to remove things about themselves that they didn't like. So is it a great idea? Or should people have to live with the consequences of their mistakes? Here's Matt with more.

MATT HOLBROOK, REPORTER: Have you ever done something that seemed like a really good idea at the time? And then you realised you'd made a big, big mistake? You probably wish you could make it all just disappear. But sometimes, there's no turning back the clock. In recent years, it's become much easier to capture that awkward moment forever. On the internet as a really embarrassing video, or photo, or even something you said that you now no longer agree with.

But while some of us might be embarrassed by our online selves, is it really that big of a deal? Well, for this guy, it was. Sixteen years ago, Mario Costeja Gonzalez was having some money problems, and had to auction his house. It was mentioned in the local paper. And up until recently, Googling his name, brought up that old article. He argued that many years later it was still hurting his reputation. And recently, a European court agreed with him. It said Google would have to make changes to its search results. Not just for Mario, but potentially for everyone in Europe.

Google doesn't agree with the decision, but they have to follow the court's orders anyway. They've set up an online form for all European users, who can now apply for embarrassing links to be removed. As long as their reasons fall under one of these categories like outdated and irrelevant. And on the first day they got 12,000 requests!

Now that doesn't mean all of that info is wiped forever. Google only has to remove the results from its search engine. It doesn't get rid of the information from the websites themselves. And there are some cases where removing links won't even be allowed. Someone who's committed a serious crime, or someone who's well known, might be stuck with what's on there. Because it might be seen as important that the public knows about it.

But clearly, the idea of being able to erase embarrassing stuff is proving pretty popular with some. And it's little wonder why. It could save someone from missing out on their dream job, or from embarrassment among their friends. Or just help them maintain their right to privacy.

But while there are a lot of arguments for it, some people are really against it. They say people shouldn't be able to cover up their past so easily. Others say it'll make it harder to judge if you should trust someone. And some say that we've kept records on all kinds of things for ages. Just because it's more easily available now, doesn't mean it should be able to be hidden.

At the moment, it's possible to find just about anyone online, and learn a bit about them just by searching their name. So it does start an important conversation about how our online histories should affect our offline lives.

Online Poll

And we want to know what you think about that story.

Don't worry, your vote won't come back to haunt you either.

Question: Should Australians be able to delete search results about them they don't like?

Our website is the place to vote.

Last week we polled you about our orang-utan story.

Palm Oil is said to be one of the biggest causes of the deforestation, hurting orang-utans.

So we asked you if companies should be forced to put palm oil on their labels.

The vast majority of you said you'd like to see it happen.

Island Fight

Reporter: Matthew Holbrook

INTRO: In the middle of a small sea to the north of Australia are some tiny islands with hardly anything on them. But despite that, they're at the centre of a huge fight between seven different countries. All of them claim some of the islands are theirs. But many people say it's what's under them that they really want. Matt has more.

MATT HOLBROOK: Here in the South China Sea, there's an awful lot of, well, sea. There's the occasional tiny island and even some friendly dolphins. But it's not always this peaceful. People have fought over this place for years and years. Take a look at this map of the area. Around it there's China, the Philippines, Malaysia, Brunei, Indonesia, Singapore, and Vietnam.

And each one of those countries feels at least a part of these islands should be theirs. But why is everyone so desperate for a few rocks in the middle of the ocean? Well, beneath the sea floor, there's thought to be huge amounts of oil and gas. Which means, mega bucks. And everyone wants their share. That's led to some conflict recently.

Last month, this happened. Chinese forces began drilling for oil in an area that Vietnam believes is theirs. And it ended with China ramming this Vietnamese ship. It's not the first time something like this has gone on. In fact, over time, Vietnam and China have got in a few fights.

In the eighties, there was a battle over a disputed reef, and more than sixty Vietnamese sailors died. Countries don't just care because of the oil and gas. The sea is also home to fishing grounds, which feed people across the region. And it's important to lots of different countries, because the South China Sea is a major shipping route.

With so much at stake, and with so many countries laying claim to different areas, there's a real risk of things turning sour, and it could lead to something more serious happening, like a big war.

Recently, world leaders met to try to help. And they managed to get in some super awkward handshakes, too. Nothing's really been decided, but Japan plans to move more military into the area as a show of strength. And the U-S has told China to back off, too. Meanwhile, China says it's not doing anything wrong. And it's getting along with its neighbours just fine.

It's a tricky issue, because so many different countries, groups and leaders are involved. And it looks like it'll take a lot of work to solve this issue peacefully.

Quiz 1

Right quiz time now I think.

How many oceans are there on Earth?

- 5
- 6
- Or 7

The answer is 5.

They are, from biggest to smallest, the Pacific, Atlantic, Indian, Southern and Arctic.

Indigenous Parliament

Reporter: James Bartlold

INTRO: Recently, young Indigenous people from all over Australia gathered in Canberra for the National Indigenous Youth Parliament. We asked one of them, Audrey, to take us behind the scenes at this important event. Here's her report.

AUDREY INKAMALA: This is me. I'm Audrey, just over there on the right. Here I'm hanging out with my friends at school in Adelaide but that's not my home. My home is a fair way away from here. I'm from a little community called Engawala, a couple of hours north of Alice Springs. But in a couple of weeks I'm going to get the chance to represent the people of my home in Canberra. I get to meet up with 49 other indigenous kids from across Australia and together we get to form a parliament of our own.

We're waiting for our flight to Canberra and I'm excited about it

It didn't take long to realise Canberra was pretty different to home. First stop was Parliament House. We took some photos and posed for lots and lots. Then it was time to get down to business.

We were given a speech from this guy, Josh Freydenberg. He's a politician and works with the Prime Minister. He told us all kinds of things like how laws are made, and what it's like to be a politician.

JOSH FREYDENBERG, POLITICIAN: "Can I make an apology on behalf of our behaviour, we're a pretty rowdy bunch"

After that we went for a nice lunch where we could tell them a bit more about ourselves, where we come from and what issues our communities face.

Next stop was the big part of the event - making our very own parliament. We debated lots of topics like recognising Indigenous Australians as the first Australians in the constitution and at times it got pretty rowdy like the real parliament.

Then it was down to the scariest part of the trip - giving my own speech. I spoke about what it's like back home and some issues that are really important to me. I think everybody liked it and it was an amazing feeling getting to tell politicians what was important to me. In history there have only been 28 indigenous members of parliament and when you think about it, that's not many. So it was a great opportunity for us to learn more about Australian politics and that's really important because there are lots of issues Indigenous people face that still need to be fixed.

That's a big aim of the Youth Parliament but we're not just asked to talk about those issues. Here we're encouraged to take our messages back home to our communities too. It was such an amazing experience. We had heaps of fun and found out so much we didn't know. But most importantly we learnt we all have the power to make a difference.

Blood Donation

Reporter: Emma Davis

INTRO: Thursday is World Blood Donor Day. But did you know only 1 in 30 Aussies actually donate? So Emma decided to roll up her sleeve and find out more about it. Here's what happened.

REPORTER, EMMA DAVIS: On average, the human body has about five and a half litres of blood. But I'm about to have a bit less! I'm here at the Red Cross donation centre to roll up my sleeve and give some blood! One in three Aussies will need to be given blood at some point in their life. So that's why they need people like me, healthy people, to donate! First I have to answer a LOT of questions and go through a few tests.

NURSE: "Now I'm just going to check your blood pressure today Emma."

That's because they need to double check that I'm fit and healthy. If I'm sick, I could pass that on to whoever receives my blood. Riley's come to donate today too. It's his first donation!

RILEY: "I know you can donate money but I think it's better to donate yourself"

He's donating whole blood. That means they're collecting everything: red blood cells, platelets, plasma, the lot! Most blood donations go to people who have cancer or other diseases. Then there's people having surgery, people with broken bones, and even mums and their newborn babies. As you can see, it's really useful. I'm just donating plasma. That's the yellow stuff in there! It's used for different things, like protecting sick people from infections or treating people who bleed too easily. But the process for getting plasma is a little different to a regular blood donation.

EMMA: "Ok so I'm hooked up to this special machine. Basically what it does is takes the blood out of my arm puts it into that machine and spins it around really fast. That pulls the plasma out and that's kept in here and then the other blood comes back into my arm."

They'll take the same amount of plasma from me that's in about 3 litres of blood. We're both all done now.

EMMA: "So could you feel the blood coming out and stuff?"

RILEY: "I couldn't feel anything, the needle went in, and the blood came out!"

So where does the blood go after it's taken out? Well the blood gets taken to a lab to make sure it's all clean and healthy! Then it's sorted into blood groups. There are 8 different ones! O positive is the most common type in Australia. I'm B negative which is pretty rare! They need to know which blood type each donation is because certain people can only receive certain blood types. But group O is a bit special! It's called the universal donor, because anybody can receive O blood, even if you're a different type like me! Weird right?

After all that, the blood is delivered to dispatch centres like this. They get orders from places like hospitals and medical centres and deliver the blood and plasma where it's needed most. So you never know the blood that you donate could one day be used to save a life.

Presenter: Great cause to get involved with as soon as you're old enough.

Quiz 2

Okay, blood quiz now.

How long does it take for a red blood cell to do one complete lap of your body?

- Around 1 minute
- 5 minutes
- Or 10 minutes

The answer is 1 minute.

Yep blood moves pretty quick really!

The Score

OK, how's some sport sound?

Here's some of the best bits from this week.

Aussie Daniel Ricciardo has won his first Formula 1 race at the Canadian Grand Prix.

The 24 year old finished ahead of Nico Rosberg and team-mate Sebastian Vettel.

Daniel's win moves him up to third on the championship ladder.

"It's an amazing feeling right now, really grateful for this."

The Hockeyroos are still undefeated at the Hockey World Cup thrashing England 5 -nil.

The win puts the Aussies straight through to the semi-finals.

In Rugby Union the Wallabies have started the new Test season strongly beating France by 27 points.

The Aussies scored seven tries to continue their four game winning streak from last season.

Rafael Nadal has won his fifth French Open title in a row. Nadal was too good for Novak Djokovic winning in four sets.

Maria Sharapova won out in a tight three setter in the women's comp.

Miami has levelled the NBA finals series against San Antonio. 1 game apiece.

Lebron James starred for Miami scoring 35 points and getting 10 rebounds.

The best of seven series now heads to Miami for the next two games.

And finally, Australia's new Commonwealth Games uniforms have been revealed.

These designs from green and gold zip up jackets to bright green woollen jumpers are what the 500 men and women representing Australia will be wearing at next month's games in Scotland.

But not everyone loves them. Let us know what you think on our website.

Brussels Sprouts

Reporter: Matt Holbrook

INTRO: Okay last up today, if there was a 'most hated vegetable' competition, the winner would have to be the Brussels sprout. Heaps of us aren't much of a fan of them. But we've found some kids that love them so much, they eat them raw! Matt found out why.

KID: Oh, yuck

KID: What is that?

KID: Oh, not Brussels sprouts.

REPORTER, Matt Holbrook: Here in Australia the Brussels sprout has got quite a reputation.

KID: That looks disgusting.

For well all the wrong reasons, really. Brussels sprouts are actually pretty clever. Their leaves contain sulphur. That's the same stuff that makes rotten eggs smell. It's great for them because it helps discourage animals from eating them in the wild. But when we boil them the smell comes out and that discouraged many of us from eating them too.

REPORTER: To me, it doesn't look particularly delicious but believe it or not, it's got quite a few supporters who say the humble Brussels sprout deserves a bit more love.

This is the Samwell family.

FARMER: My kids love Brussels sprouts. They will eat them off the plant if they're out there in the field. They will eat them first if they're on the dinner plate at night.

Kerry Staight, ABC reporter: How many Brussels sprouts do you reckon you've eaten in your life?

Kids: Three hundred.

Kerry Staight: Three hundred?

Kids: Yep. I don't know. Way too much.

Kerry Staight: Do you ever get sick of Brussels sprouts?

Kids: No

They're farmers and they grow, you guessed it, Brussels sprouts. Here's how. For starters Brussels sprouts take some time to grow, about three months, and they need a lot of water. Once they're fully grown it's time to harvest, wash, grade, and pack. And then the Brussels sprouts are ready for market. But if kids react like this when they eat them who's buying them?

Well Simon is one of the people who like to stock up on sprouts. He's a chef and he reckons a lot of people have grown up eating Brussels sprouts that are badly cooked.

Simon Bryant, Chef: I think over-boiling is the problem. There is a point where it turns into boiled cabbage. But he says with careful cooking there's a lot to love about this controversial veggie.

Simon Bryant, Chef: I loved them as a kid. I was a weird kid I loved them.

But there are some other benefits to sprouts too. They are incredibly good for you.

They have way more Vitamin C than oranges along with heaps of other good things, like vitamin A, vitamin B, vitamin K, magnesium, iron and fibre. They're so nutritious, Captain Cook is said to have made his crew eat them on the way over here to stop them getting scurvy. So if you've always been a little terrified of this leafy green veggie, it might be time to give it another go.

Closer

That's nearly us finished for this week.

But just before we go, a quick update to our story last week about Henry, the silent filmmaker.

He was just about to head overseas for the international finals of the silent film awards.

And we've just heard he won the top prize there!

So we'll leave you with shots from his '*international award winning*' silent film.

See you next week!