

It's crunch time for Aussie veggies; PNG's wave that wasn't; a safe and sound splash down; and a Devilish new mascot.

Hello and welcome to Squiz Kids Today ... your fresh take on what's happening in the world around you.

I'm - Christie Kijurina

It's Thursday, March 20

In Squiz Kids Today ... It's crunch time for Aussie veggies; PNG's wave that wasn't; a safe and sound splash down; and a Devilish new mascot.

That's what's making news, kid's style ...

THE LOWDOWN

Do you have a favourite food you love as a treat? I'm going to guess you didn't say Brussels sprouts or zucchini... but if you did, big ups to you!

Chances are, most people picked a junk food, I know I did. And that's fine as a sometimes food, but a new report from the CSIRO—Australia's national science agency—has studied the eating habits of 275,000 Australians and has found that if we keep going the way we are, by 2030, our fruit intake will drop nearly 10%, junk food will jump by more than 18%, and veggie intake will stay low—way below the recommended amount.

And, that's not great news, because eating too much junk food and not enough fruit and veg can increase the risk of diseases like heart disease and diabetes—and can even affect mental health.

So, how much should we be eating? Well, experts say at least two servings of fruit and five servings of veggies each day—and no more than three treats.

So, next time you go to reach for a packet of chips, maybe grab a crunchy apple or some carrot sticks instead!

SPIN THE GLOBE

Each day we give the world globe a spin and find a news story from wherever it stops, and today, we've landed in Papua New Guinea, where [HOWL]—whoa! Squiz-E the Newshound is here! We don't usually see you at this end of the podcast... what's got your nose twitching?

Ahhh, a social media user has posted a video showing a huge wave crashing over a coastal city. Woah!! And the caption is... "Natural Disasters are quite SCARY." Sounds believable—except for one problem. It isn't real.

Squiz-E's on the case because when something online makes you feel big emotions—fear, anger, excitement—you should always Stop, Think, and Check. And checking this one reveals some serious digital dodginess.

There's a link in the episode notes if you want to see for yourself.

An airport sign in the background is a scrambled mess— because AI struggles with text. The cars? They're weird mash-ups of different models. The people? Their faces are frozen or expressionless. And that giant wave? Somehow it's not touching the buildings at all. Suspicious!

AI keeps getting better at faking things—but if you know what to watch for, you won't be fooled. That's why we're calling for better media literacy education in schools. If you haven't already, pause the podcast now and sign our petition! Find it in the episode notes, on the Squiz Kids website, or by searching Newshounds on Change.org.

Thanks, Squiz-E—you've done it again!

SPACED OUT

Yesterday, Bryce told you that NASA astronauts Butch Wilmore and Suni Williams were finally heading home after an unexpected nine months on the International Space Station. Well—mission accomplished!

After 17 hours inside a SpaceX Dragon capsule, they splashed down off Florida's coast, right on schedule. As divers prepared to recover them, they had some surprise company—a pod of welcome dolphins swimming nearby!

And, not long after, the astronauts emerged, smiling and waving—although after so long in microgravity, they needed a bit of help adjusting to solid ground. The space jelly legs are real! Video and pics are in the episode notes.

So, what's next? Suni and Butch are off to NASA's Johnson Space Center in Texas for some medical checks. Months in space weakens muscles, shrink bones, and can even affect eyesight, so they'll follow a strict rehab program.

And then—family, fresh air, and furry friends. Suni says she's been dreaming of sitting on her porch, feeling the sun, and cuddling her dogs. Sounds like the perfect homecoming!

SPORT TIME

Tasmania's new AFL team, the Tassie Devils, has just unveiled its mascot—and it's a real Rum'un!

That's not just its name; it's Tassie slang for someone a bit cheeky, quirky, and full of character. And with the team set to make its AFL debut in 2028, Rum'un is here to rally the troops!

Designed with help from school kids across the island, Rum'un's fur is made from recycled school uniforms—polo shirts, track pants, and even backpacks! The kids even suggested it should, uh... leave custom poos matching the feathers or fur of the opposing teams. Not sure if that'll make the cut, but points for creativity!

Built over 400 hours with Tasmania's Terrapin Puppet Theatre, Rum'un is now ready to hit the road, touring Tassie to meet fans and help boost AFL participation in schools.

So, keep an eye out Tassie—because this lovable rascal is about to become very hard to miss!

THE S'QUIZ

This is the part of the podcast where you get to test how well you've been listening ...

1. How many serves of fruit and veggies should we be trying to eat each day?
2. What was the name of the capsule that returned Butch and Suni back to Earth?
3. What is the name of the Tassie Devil's new mascot?

SHOUT OUTS

It's Thursday, March 20 ... World Oral Health Day. Did you know, before we had good dentists, and regular tooth brushing and flossing, some people used to get all their teeth pulled out just to prevent cavities and toothache...Then they'd just pull their false teeth out at the end of the day and stick them in a glass of water next to the bed.... So, how lucky are you! Get brushing people!

Today is also a special day for these Squiz Kids celebrating a birthday today...

Skye from Hampton, Anabel from Indooroopilly, Hunter from Rose Bay, Jett from Jerilderie, Zoe from Wollongong, Harlie from Bundaberg and Raya from Pakenham.

Classroom shoutouts go to ...class 1 Blue with Mrs Wells at Mater Dei Catholic Primary School in Ashgrove, class 5A with Mrs Mann-Jones at MacKillop Catholic College in Mount Peter, class 5/6J with Mrs Jansson at Torquay State School in Hervey Bay, class 5/6M with Mrs Malone at Sacred Heart Catholic Primary School in Wagga Wagg, to all of the students at Jerilderie Public School and happy birthday for their teacher Ms Taylor and lastly a shout out to all of the students at St Joseph's Primary School in Springvale and a happy birthday to their teacher Mrs Milford.

The S'Quiz Answers:

1. 2 of fruit and 5 of veggies
2. Tha SpaceX Dragon
3. Rum'un

Don't forget .. if you've got a birthday coming up and you want a shout out - or, if you're after a classroom shout out- drop us a line at squizkids@thesquiz.com.au or fill out the form on our website.

Well - that's all we have time for. Thanks for listening to Squiz Kids Today - We'll be back again tomorrow with the Kids vs Adults Weekly News S'Quiz!

In the meantime, get out there and have a most excellent day. Over and out.