

Made
in **RSA!** 

Celebrating
10 YEARS
Super
nova

supernova

The mag for curious kids



Vol
10.5

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BK PUBLISHING

FLAMINGOS

PUZZLES | SCIENCE | NATURE | ACTIVITIES | SPORTS | COMICS



Story and artwork
Maya LeMaitre

MIMI'S LIFE ON MARS



KIDSCON IS BACK FOR KIDS, BY KIDS!

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#GAMING



#FUN



#FAMILY DAY OUT

#TOYS



#SHOPPING

#CHARACTERS

#DRESSUP



Hi SuperKids



Candice

This fabulous pink issue is inspired by the flamboyant flamingos of South Africa! From their beautiful pink feathers that they proudly show off, to the way that they take care of their chicks, flamingos are awesome! Our team had so much fun learning all about these brilliant birds and getting this issue ready for you!

I think that we can all learn a lot from flamingos. Flamingos can live and thrive in challenging environments, where water is polluted or so salty that other creatures cannot survive. So, no matter what life throws at you, always remember to stand tall and believe in yourself! You can do it.

And, just like flamingos are proud of their bright and colourful feathers, don't be afraid to show off the parts of yourself that you love and make you feel unique! It makes the world a more beautiful place.

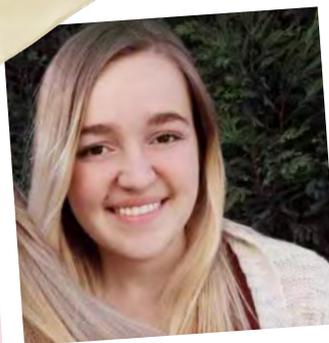
We hope you enjoy this bright and fun-filled issue. Stay curious, kids!

Get to know the Supernova Team!

How would you spend a rainy day?

Reading something that takes me far away from reality. I love imagining myself into a world where fairies exist and people sword fight!

Hi, I'm Sulé! I write articles for *Supernova* and create some of the blog posts for the website. I also help pack orders and create crafts for the magazine!



Sulé
Supernova intern

If you had a time machine that could only work once, what point in the past or future would you visit?

I would go back in time to see what my grandparents were like when they were about my age! I might also be able to get a glimpse of what my parents were like as babies!

What is something that everyone looks stupid doing?

Chasing a ping pong ball!

What's your favourite thing about being at Supernova?

I can do what I love every day! I get to write about and research some of the craziest topics at *Supernova*.

I love playing the ukulele! It's such a fun instrument and you can take it wherever you want.

My favourite animal is my yorkie, Pixie. She is my best friend and I love her to bits!



This is me and my granny. When I was little, we would always bake cookies and drink tea together!

Looking for more?



@supernovamag



supernovamagazine

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28 Fabulous Flamingos

You may think you know all about these flamboyant creatures. They are famous for their bright pink feathers, stilt-like legs and s-shaped necks. But did you know that flamingos get their pink colour from the shrimp and algae that they eat? Let's take a closer look at the two flamingo species most commonly found in South Africa.



33 Make a flamingo flowerpot

Decorate your bedroom, balcony or garden with the cutest flamingo flowerpot you'll ever see! All you need is a plastic bottle, some paint and your creativity!



34 All About Blood

Blood is the most important fluid in our bodies. Without it, our bodies cannot function. Blood contains things like plasma, platelets and red and white blood cells. Find out exactly what your blood is made of!



Being Bertus

Meet Bertus Louw – South Africa's very own environmental icon! He gives us his top tips for living sustainably and caring for our planet.

38



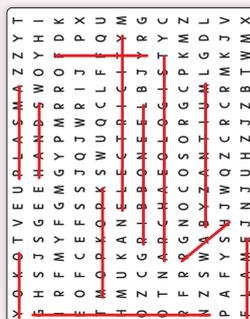
Look inside a Pharaoh's Tomb

Ever wondered what you might find buried with a pharaoh in their tomb? Look no futher – we have all the details about what you might need in the afterlife.

42



Answer for Brain Games on page 48.



Mind Your Manners

44

You might think it's rude to slurp your food, eat off the floor and burp. But, think again!



Ask Jules?



Jules

This was one hard shell to crack! Over the years people have accepted the idea that coconuts come from India and Sri Lanka. But, it's still uncertain how coconuts get to remote islands! One idea is that coconuts float around the world by riding ocean currents and ending up on tropical beaches! When they arrive on a beach, they germinate and take root. Coconut seeds can travel an average maximum of 4 828km or 110 days afloat and are still usable after their ocean voyage. Coconuts that are found in strange places were likely either carried to their destination by birds, or brought to places by ancient and modern seafarers through inter-continental or trans-oceanic travels.

Hannah (6)
from Pretoria asked us:

How do coconut trees get to remote islands?

Lightening the cancer load

Beating cancer is already a massive achievement in itself, but Kylie Simonds decided to take it a step further by helping other young cancer patients.

Kylie found out she had cancer when she was only eight years old, and she was announced cancer-free a year later. While receiving her chemo treatment at the hospital, Kylie said that she couldn't really move around because of the IV in her arm. She decided to create something, so kids who need to get chemotherapy wouldn't have to struggle as much.

Kylie invented the "IV backpack" so kids can carry around their IVs on their backs! The backpack is light and much easier to carry around than the IV pole.

Helping make the cancer battle just a little bit more comfortable for others just goes to show that helping people, even in the smallest ways, can make a massive difference. You go, Kylie!



Jules

Send your cool creations or stories to supernova@bkpublishing.co.za and you could be part of our Reader Corner!

First picture of the Milky Way Galaxy's Supermassive Black Hole!



A supermassive black hole is a black hole that contains up to 10 billion times more mass than our sun! For many years, scientists have believed that there is one at the centre of our universe, and it was officially discovered on the 13th of February 1974.

It was impossible to know what it looked like. Until the 12th of May 2022, when scientists took and released the first photo of Sagittarius A*. This photo might look blurry, but the quality is actually really good, seeing as this black hole is at the centre of the Milky Way, 25 640 light years away! It has a diameter of 44 million kilometres. Talk about supermassive!



Creature FEATURE



Photo: Juan Carlos Vindas

Club-winged Manakins are well known for the impressive sounds they produce. While you might think they are beautiful singing birds, these natural wonders actually make sounds by vibrating their wings! They can vibrate their wings at a speed of up to 100 times per second! This makes a series of high-pitched sounds that sound almost like a violin. Male manakins use this technique to attract females during mating season.

Over generations, this species of bird has evolved and changed its bone structure to be able to make these sounds. This is because, unlike most birds, the club-winged manakin has solid bones which allow them to vibrate their wings quickly.

Club-winged manakins are able to produce 1400 different sounds in its 100 wing flaps per minute! You can spot them in countries like Colombia and Ecuador.



Photo: Keith Allen



creatures of the

deep

Peacock Mantis Shrimp

Photo by Silke Baron

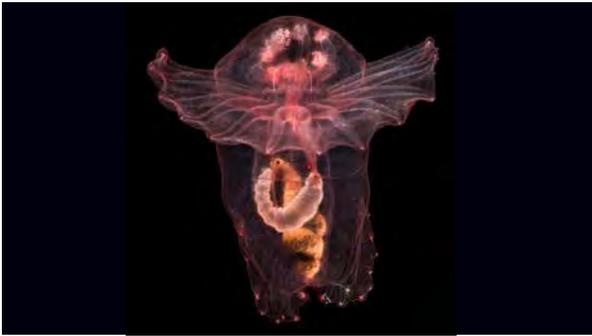
This rainbow-coloured crustacean definitely adds a splash of brightness to the ocean floor! Their narrow, hard-shelled body is made up of a fabulous colour palette of orange, green, red, and blue. But, as beautiful as they are, they also pack a punch – literally!

Peacock mantis shrimps rely on their strong jabs to keep enemies away. They hover at the openings of their burrow on the ocean floor and strike at any intruders that come too close. Their club-like front claws can punch 50 times faster than the blink of an eye and are strong enough to break glass!



Pink See-Through Fantasia

Photo by Laurence Madlin



Discovered in 2007, this unusual sea cucumber got its name from its transparent skin through which its mouth, intestines & anus are all visible. It also uses bioluminescence to scare off predators! #youcantseame #coolasacucumber



Ribbon Eel

Photo by Ullstein Bild



These colourful creatures lead fascinating life cycles! They go through three distinct stages in which they change their colour as well as their gender. Ribbon eels are also masters at hiding among coral reefs. #eelitefish #'eelinggreat #noshockhere



Sea Pens

Photo by Mauricio Handler



Sea pens belong to the same family as anemones, hard coral and jellyfish. They live in colonies on the sea floor, can live to be 100 years old, and glow in the dark! #theymustbepenspals



Giant Squid

Photo by Willian Gilly



As one of the largest animals on earth, you'd think giant squids would be easy to spot. But, it wasn't until 2004 that the first one was photographed in its natural habitat! #we'renotsquidding



Yeti Crab

Photo by Noémy Mollaret



Found near Easter Island, this species of deep sea crab are blind, and pile on top of each other to keep warm along the ocean floor. #clawsome #inapinch #hopethey'renotcrabby



Red-Lipped Batfish

Photo by The Verge



If you take a swim along the reefs or ocean floor surrounding the Galapagos Islands, you just might see a red-lipped batfish 'walking' around on its fins. #puckerup #so-fish-ticated

Yoko Kanno

The musical legend of the anime world

Yoko Kanno, the international face of the anime music industry, was born on the 18th of March 1963, in Sendai, Japan.

When she was 22, Yoko moved on to playing the keyboard and became the lead player for the band *Tetsu*.

She discovered her love of music early and began composing when she was just two years old! She found it was easier to express emotions and feelings with music.

During this time, she became interested in composing music and began producing scores for video games and films with her husband.

Yoko grew up in a home without a radio, television, or record player, so she focused her attention on learning the piano.

After producing a score for *Vision of Escaflowne* in 1996, she secured her place as one of the greatest anime composers of all time!

She won many awards and competitions. When she was 10 years old, she became the youngest winner of the Yamaha piano competition!

Her music is known for being original and diverse, as well as featuring solo singers often. No two of her soundtracks sound the same!

Music has always been part of Yoko's life. One of her earliest compositions is a song she wrote for a boy she liked in primary school.

In 2020, Yoko was one of the recipients of the 15th Watanabe Shin Award, which recognises producers who have made significant contributions to the entertainment industry. What an awesome way to be awarded for shaping the industry!

Despite her musical talent and interest in composition, Yoko went to college to study Japanese literature. After just one week of class, she dropped out to pursue a career in music.

Yoko wrote the soundtrack for Netflix's 2021 *Cowboy Bebop* live-action series. This was very special for Yoko, since she produced the show's original soundtrack 22 years ago!

Do you want to be a musician? Visit our shop and talk to an expert.

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Professional Skateboarder



Layout by Sulé Potgieter



Hi, I am Jean-marc Johannes!
I am a professional skateboarder from Cape Town, and the first Gold, Silver and Bronze medalist for international skateboarding. I've been skateboarding for ten years and have multiple Guinness World records.

What does a typical day look like for you?

This year has been very busy – on most days I begin training with my personal trainer very early. Then, depending on the weather, I go for a session at the skate park straight after. I also use this time to make skateboarding videos. After that, I make sure to do a recovery session with stretching and nutritious food.

What does skateboarding training involve?

It is important to train off the board – by doing lots of cardio and core training. Skateboarding has a lot to do with balance and uses all of the muscles in your body. So, I stay generally fit either by cycling or running.

What are some of the risks of skateboarding?

Just like any sport, there are physical risks and you can get injured. It's very important that we take care of ourselves both on and off the board. Follow healthy eating habits, recover after a session, get enough rest and stretch both before and after a session!

J Jean-marc's advice

The most important part of skateboarding is always to have fun! Believe in yourself, your abilities and know that you can accomplish anything that you stay focused on.

What does it take to become a Guinness World Record holder?

It takes a lot of practice, dedication and hard work. Most importantly, you need to be confident and believe in your abilities! You must apply to break the record, and once you are approved, you can attempt to break it. If you break the record, it is confirmed by the Guinness World Record team and your name is added to the history books!



What is the highlight of your career?

The day I won South Africa's first international Gold medal at the FISE World Series in China in 2016. I was invited to the contest after being seen online. On day one of the event, I qualified first and went straight to the finals to win against various different countries.





Giethoorn



Giethoorn

The village without roads

Words by Andrea Vermaak

Layout by Nikita Abreu



Giethoorn is a picturesque village in the Netherlands, famous for its many canals.

I met up with Anika and Bartel, who took me punting and told me more about their village along the way.



A bit of history

Peat harvesters established Giethoorn in 1230. Peat is a mix of partially decomposed plants found in very wet areas. It looks like soil, but it can be cut and dried, and used for fuel and to garden. The first settlers manually searched and dug for peat in the marshland. Their digging created the many canals and small peat islands that now make up Giethoorn. There are 18th and 19th century thatched roof farmhouses on each island.



Photo by Uwe Aranas

The village was named after the hundreds of goat horns (gietenhorens) that the first settlers found in the marshland. Many goats had sadly died in a flood during the 10th century...



Crossing all of the bridges in Giethoorn will take you on a walking route of 15.3km! You can stop and rest along the way at tables along the water.

Dutch Venice

Giethoorn (also spelled Giethorn) has earned its nicknames 'Dutch Venice' and 'Venice of the North' because of its many canals. In fact, you will never see a car in the village centre. You can only get around via the waterways, or by walking or cycling along the path (binnenpad) and over the 176 wooden bridges that connect the islands to the mainland.



Traditional narrow punter boats, pushed along with a long pole, are still used to travel the canals. People also use canoes, motorboats and 'whisper boats' (electric dinghies).

Museum hopping

I visited three interesting museums in Giethoorn. I got to experience a typical century-old farmhouse at Museum Giethoorn 't Olde Maat Uus, view gemstones and minerals at De Oude Aarde, and check out a few interesting old carriages, cars and motorcycles at HistoMobil. I really enjoyed the different experiences!

Sticking a fork in history

Words by Alicia Coetzee

Illustrations by Joshua Neilson

Supernova

I snuck around in the drawers no one ever looks in and I found a tiny little fork with three prongs. Sitting down at lunch, I wondered why it looked so strange. So, I decided to ask my own fork a few questions.

Q: Why does this fork only have three prongs and you have four?

A: Oh, you saw my younger cousin! She is a dessert fork, used to eat things like cake, because she is smaller. I am a salad fork since I am wider. I have four prongs and I can be used for salad and vegetables. I have over 35 different cousins including an oyster fork, dinner fork, fruit fork and even an ice cream fork!

Get this!

The points on a fork are called tines. The number of tines on a fork and their shape is related to its function, and whether it is for fruit, meat or salad.

Get this!

The modern word for fork comes from the Latin word 'furca' which means pitchfork.

Q: Wow! That's a large family. Where did you originally come from?

A: My first ancestors came to Italy from Byzantium in the 11th century. We became popular when a Byzantine princess was gifted a set of forks when she married an important lord in Venice. In 1533, our fork family went to France, but only became really popular there in the 19th century. At the same time, North America played around with my design. It took another century for me to become a common household item all around.

?! Get this!

Historians believe that the shape of the human mouth changed with the sudden use of cutting food into smaller bites with a knife and fork, rather than ripping it off with teeth.

?! Get this!

When the fork was first introduced in Europe, it was normal for people to have their own knife and fork made which would be kept in a special box called a *cadena*. Whenever someone hosted a dinner party or a feast, all of the guests would bring their own *cadenas* to eat with.

Q: Why weren't you a common household item before that?

A: People were scared of me before then! They called me the 'Devil's pitchfork'. In those days, people only ate with spoons, knife points and their hands. Once, a princess used me because she didn't like to eat with her hands, and when she died of a sickness the religious people blamed it on me. It was only decades later that people realized that using a fork was cleaner than eating with bare hands, and safer than eating meat placed on the tip of a sharp knife. It was also easier and cheaper to wash forks than the tablecloths that people wiped their dirty hands on after eating!

?! Get this!

Forks with four tines are the most popular. The original two-tined forks caused a lot of issues with diners who accidentally pierced themselves while using them. Fork makers experimented with different styles, and even tried out forks with six tines!

Supernova

Wow, you've come so far from being feared to being an everyday necessity. I am glad I was born in a time where you are here to help me eat all kinds of yummy food.

Words of Wisdom

Illustration by Benoit Knox

Every time someone needs advice they go to grown-ups for help, but why does no one ever ask kids? They have much more wisdom stuffed in their noggins than people think. We asked some kids what words of wisdom they would share with others!

kids edition



THANDEKA (9)

Don't pull dad's finger when he tells you to!

SN ✓



SUZANNE (11)

Never eat the last apricot, it probably has worms in it!

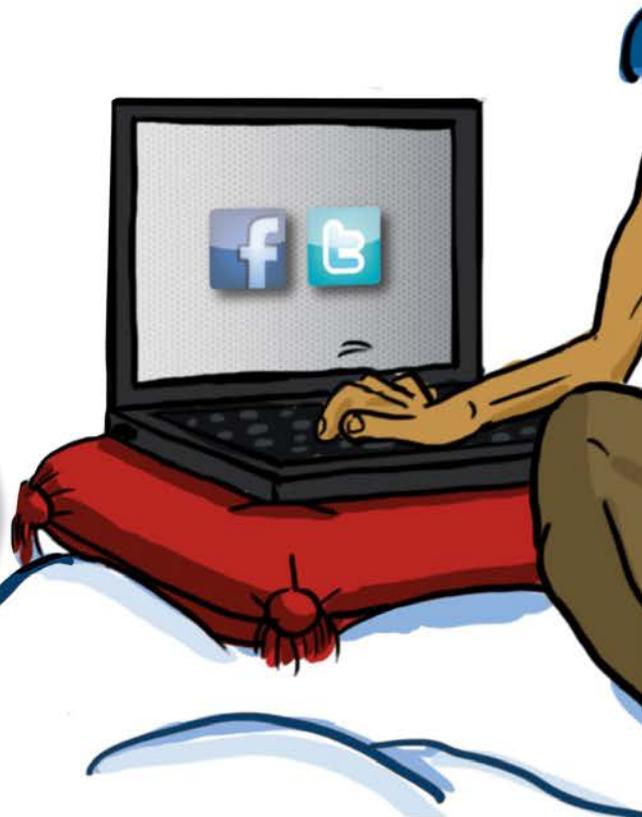
SN ✓



HENNO (8)

Never eat what you don't know!

SN ✓



JAYDEN (14)

Loving a pet hedgehog that doesn't like you back is like hugging a cactus – the more you hug the more it hurts.

SN ✓✓



MARY (7)

Never trust a dog to watch your food.

SN ✓✓



JACQUILINE (14)

Don't bury your goldfish 3cm beneath the ground. My dog dug it back up again!

SN ✓✓



JJ (15)

Don't put your finger in a fish tank.

SN ✓✓



UYANDA (12)

Never tell your mom her diet isn't working.

SN ✓✓



The Chatroom

Do you want to contribute to the next Chatroom? Follow *Supernova* magazine on Facebook, or subscribe to the *SN Kids Club* newsletter and look out for our questionnaires.

You can also **Whatsapp** us on 012 342 5347.

TOP 10 ARCHAEOLOGY FAILS

Whether these people were messing up or just messing around, they failed at archaeology big time. Strap on your hardhats, get your dusting brushes ready and let's dig in!

Words by Sulé Potgieter
Illustrations by Benoit Knox

What a bunch
of numbskulls...



Calaveras skull

In the 1860s, miners found the Calaveras skull underground. Their archaeologist friend, Josiah Whitney, thought it was the oldest human remains ever and announced the discovery to the entire world. Sadly, his taste in friends was even worse than his archaeology, because the skull was just a prank!

Too chicken for archaeology

Apparently ancient eggs stink... like a lot!
A team of archaeologists in England found four 1 700-year-old chicken eggs in a hole, sealed off with water. When they touched them, three of the eggs broke and let out the biggest stink-bomb you can imagine!

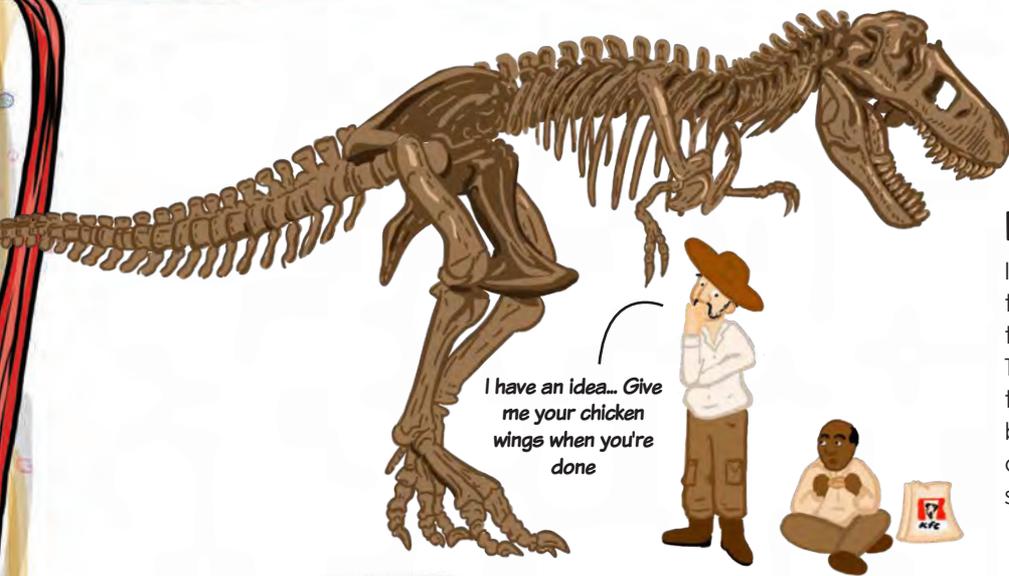


Do you like ancient
green eggs and
ham, Sam?

That was a little selfie-sh

In 2016, a man decided to tempt fate and clamber up onto the 126-year-old statue of Dom Sebastiao for a selfie with a king. To his surprise, King Sebastiao's statue decided to go topsy turvy and shattered on the floor!



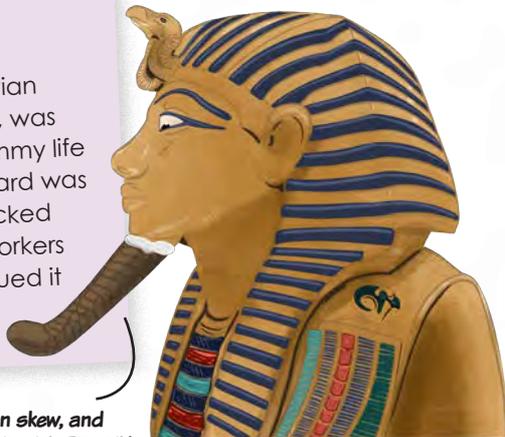


Dino-bird?

In 1999, archaeologists thought they found a fossil that links birds to dinosaurs. Turns out that they tried to hoodwink everyone by glueing together five different species and selling it for a fortune.

King Tut's beard

The ancient Egyptian pharaoh, King Tut, was living his best mummy life until his iconic beard was accidentally knocked off by museum workers who carelessly glued it back to try and avoid suspicion.



Curses! They've stuck it on skew, and what's worse - they've done it with Prestik!

Extreme home makeover

In the 1800s, a team of archaeologists broke off pieces of the Parthenon temple in Greece for the Earl of Elgin's castle in Scotland. Their sticky artifact-stealing fingers let a piece slip on the floor and then the other artifacts were lost in a shipwreck Scotland!



Trojan Splinters



When the whole world tells you that you can't do something, prove them wrong! Just don't go around accidentally blowing up entire ancient cities like this guy. Heinrich Schliemann accidentally blew up the lost city of Troy with a stick of dynamite because he thought it was buried deeper. At least he proved it wasn't a myth? Nope, still bad, sorry Heinrich.

Remove this rubble and build me a castle fit for an archaeologist!

Welcome to Motel Destruction

Jacques de Morgan, an archaeologist from the 1800s, travelled to Iran for work. When he couldn't find a place fancy enough for him to stay, he built his own castle. His team accidentally levelled part of a 5 000-year-old city to make place to build his castle.



Minoan Columns

People decided to try and restore parts of the Palace of Minos in Greece so it would last longer, which was overall a bit disastrous. The biggest fail of the entire project, however, was when the restorers realised they reinstalled the columns upside down.



the ultimate **GREEN** house

Climate change is a real concern for everyone on the planet, and people all around the world are taking steps to personally limit their carbon footprint. More and more people are finding interesting and creative ways to go 'green'. One of the most popular ways to do this is to live in a sustainable house.

Words by Leon Loubser
Illustration by Vicki Venter

A sustainable house

A 'green' or sustainable house is a home that is energy efficient by itself, environmentally healthy, respects the natural environment, is designed sustainably and uses recycled materials or alternative energy sources.

Go green AND go home!

Living in a 'green' home does not only help the environment and improve your energy efficiency, but it also means cheaper bills for items like water, electricity, groceries and waste removal! This makes it a great long-term investment for anyone considering a 'green' home. Check out some ways you can make your house more 'green'!

Domestic wind turbine

This big fan creates electricity from wind energy and supplies power to everyday appliances in our homes!

Solar water heater

This specially designed geyser uses the sun's energy to heat up water for showering, washing dishes, etc!

Rainwater catching tank

Save water by collecting rain. You can use this to water your garden or flush the toilet, and save it in a tank for later!

Recycling bins

Sort your recyclable waste in four bins: plastic, paper, cans, and glass. Recycling companies then empty these bins and take the waste to be recycled.

Compost heap

Almost all of the natural waste left over in the kitchen can be used to make compost. Then, you can use it to fuel your rooftop veggie garden!

?! Get this!

This arched eco-house in Kent was built in 2004 and cost around R16 million. It is filled with energy-saving adaptations – the floor is made of crushed glass bottles to absorb heat, the doors are vacuum-insulated, and the walls are filled with ten tons of recycled newspaper for insulation!



Solar panels

Solar panels turn the sun's energy into electricity to power everyday items in our house!

Rooftop veggie garden

These eco-friendly gardens allow you to create your own food, free from unnatural growth methods. It also freshens the air and creates more oxygen for us.

Window positions

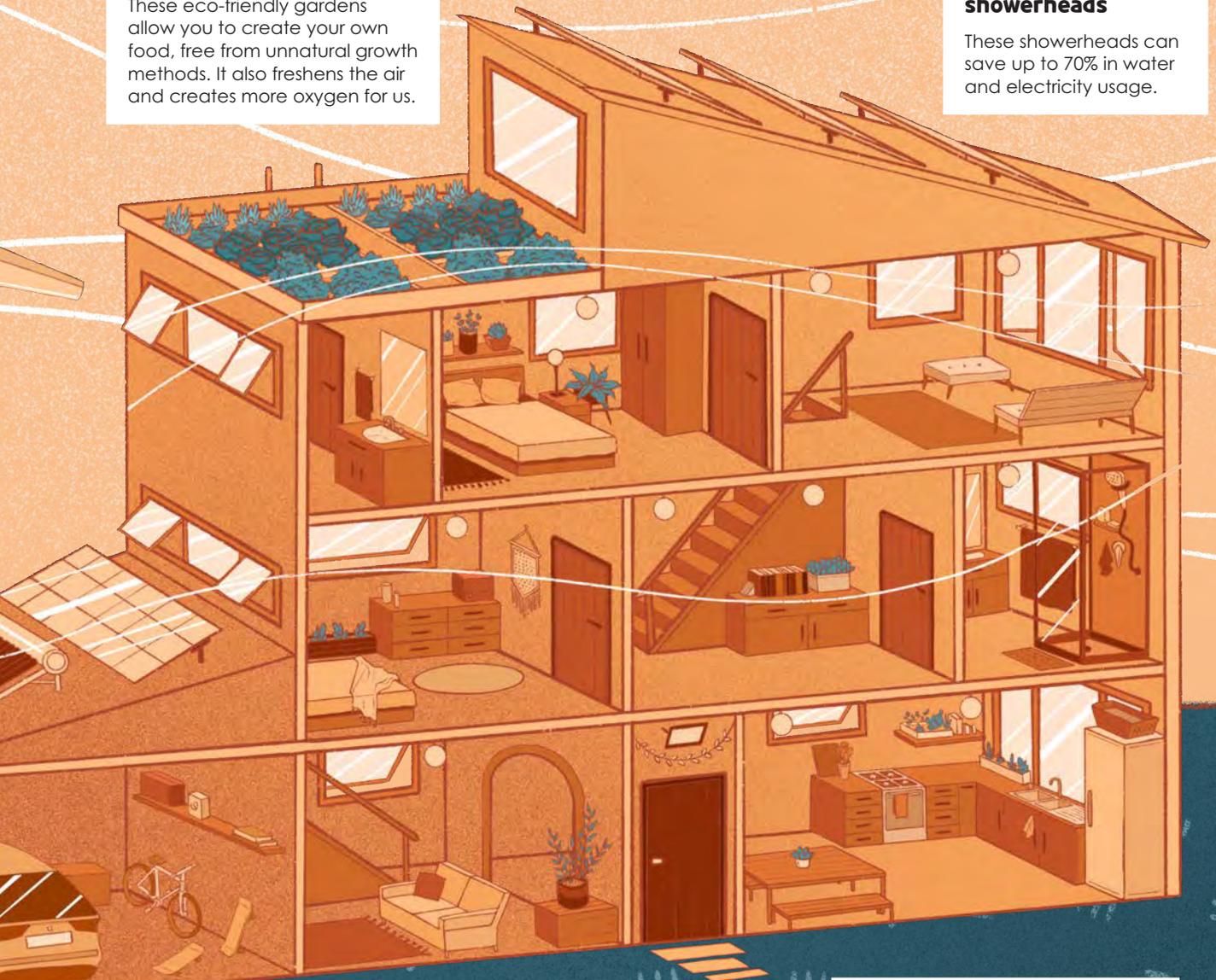
Planning your house before you build it has never been so important! Positioning your windows correctly leads to better natural lighting, saving valuable electricity. It also helps to keep your home warm in the winter and controls wind flow.

Organic soap and shampoo

All-natural soaps and shampoos are not just good for the environment, they're also the best products for your skin and hair! They don't strip away moisture from your skin and are free of any chemicals.

Water-saving showerheads

These showerheads can save up to 70% in water and electricity usage.



Electric car

An electric car doesn't use fossil fuels to get around. Instead, it uses an electric motor that is chargeable, just like our smartphones!

Alternate forms of transport

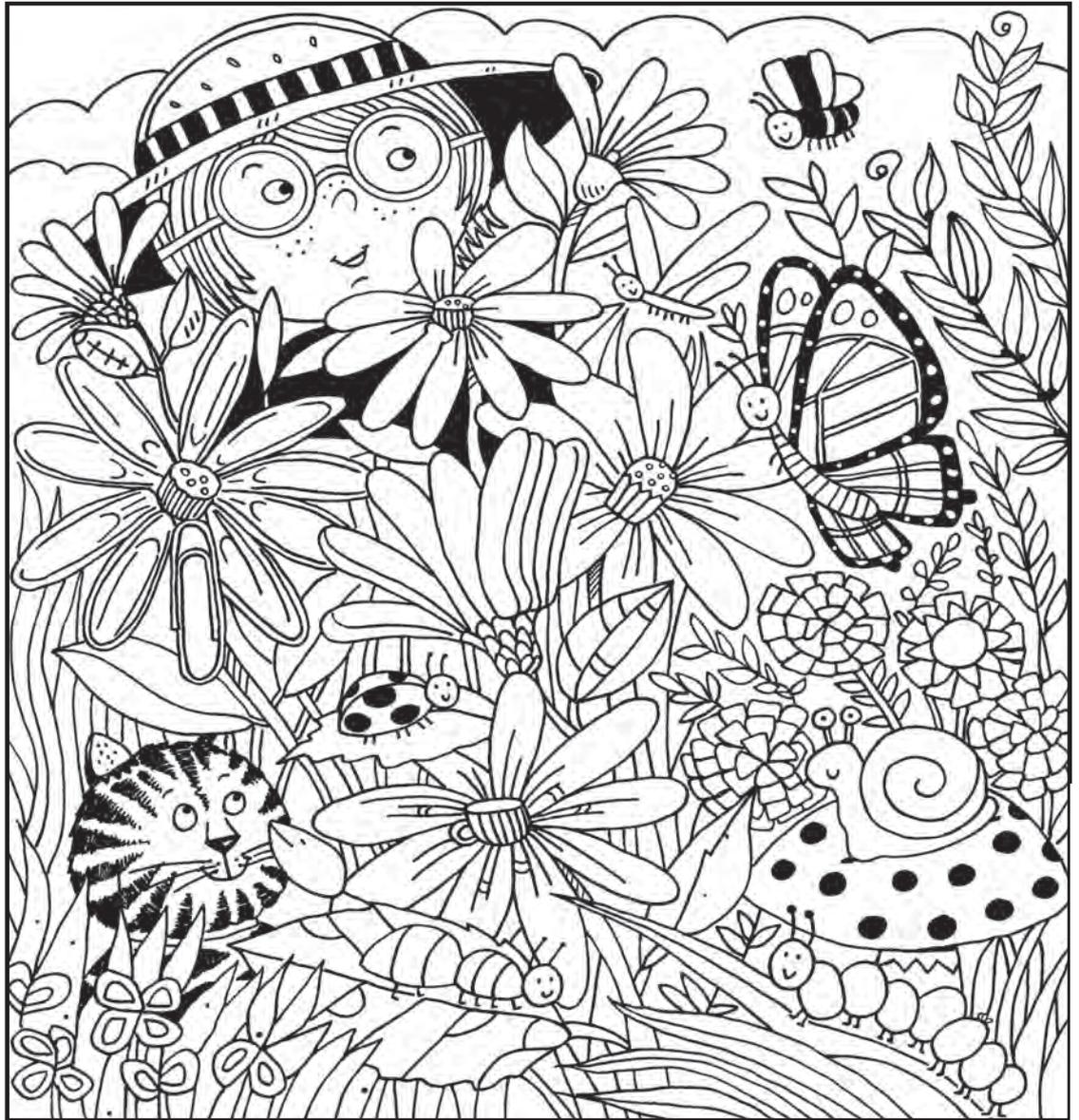
Bicycles and skateboards are excellent ways to travel short distances, have no negative impact on the environment and are very healthy!

Gas stove

A gas stove is much more efficient than an electrical stove, and less costly! Plus, you can still enjoy your cup of tea during loadshedding!

Hidden Pictures™

-  baseball bat
-  balloon
-  muffin
-  hamburger
-  lollipop
-  crown
-  scissors
-  artist's brush
-  bell
-  cracker
-  slice of cake
-  paper clip



-  slice of watermelon
-  canoe
-  fish
-  banana
-  teacup
-  hot dog
-  sock
-  football
-  sun
-  crescent moon



Do you want more?

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-  spool of thread
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-  golf tee
-  elf's hat
-  heart
-  saucepan
-  funnel



-  crayon
-  sailboat
-  stick of gum
-  teacup
-  potato
-  slice of pizza
-  magnet
-  banana
-  hockey stick
-  doughnut
-  bowl
-  pencil
-  book
-  rolling pin
-  butterfly
-  bell
-  yo-yo

ENTER & WIN

It's our 2022 Photographic Competition!

This initiative is aimed at encouraging children to express themselves through photography, inspiring creativity, stimulating the imagination and encouraging artistic skills. There are three age categories, each having its own theme.

Ages 5-10: People

Ages 11-15: Nature

Ages 16-18: Street life

Entries must be e-mailed to: sahomeschooling@isikhova.co.za with "Photographic Competition" clearly stated in the subject line along with:

Your full name

Contact number

Child's name and age

Category entered

Title of photograph

The competition will run for two issues, this being the first. Every fortnight we'll post a section of entries from each category on our social media pages. Winners' names will be announced in our last issue of the year, online on 14 November.

Prizes worth R15 000 in SA Homeschooling 2022 Photographic competition!



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photos on
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EDUCATION IS AN ADVENTURE

GENERAL RULES OF ENTRY 1. The competition is not exclusive to homeschooling children. 2. Entries must be South African residents. 3. Photos must be supplied in JPG formats and must not exceed a maximum of 3MB. 4. By submitting photographs, you consent to giving SA Homeschooling and Isikhova Media (Pty) Ltd full publishing rights to them.





Coexistence With Predators

Photo by Nayan Khanolkar

In addition to the 20 million human inhabitants, India's most densely populated city, Mumbai, is also home to 47 leopards! In Mumbai, it's not uncommon to come across a big cat in the city. This photo of the Sanjay Gandhi National Park shows how humans and animals live in the same landscape. As the city has expanded to meet the national park, humans and big cats have merged their living spaces.

If humans keep growing their cities and moving closer to green spaces, situations like this will become more and more common around the world.



Bee Balling

Photo by Karine Aigner

This rare moment captured up close shows some cactus bees (*Diadasia rinconis*) swarming together in a mating ball! Each male bee is eager to become companions with a female. This picture is extra special and unusual because cactus bees are solitary, but nest close to each other for mating purposes.

Mating balls often take place on extremely hot, bare ground. This means the male bees risk burning themselves while they take part in the mating ball!



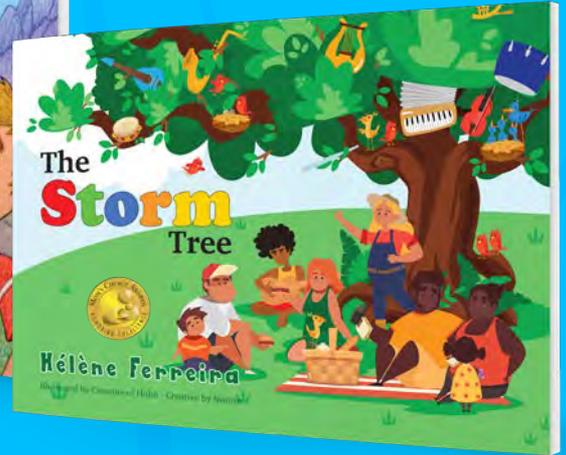
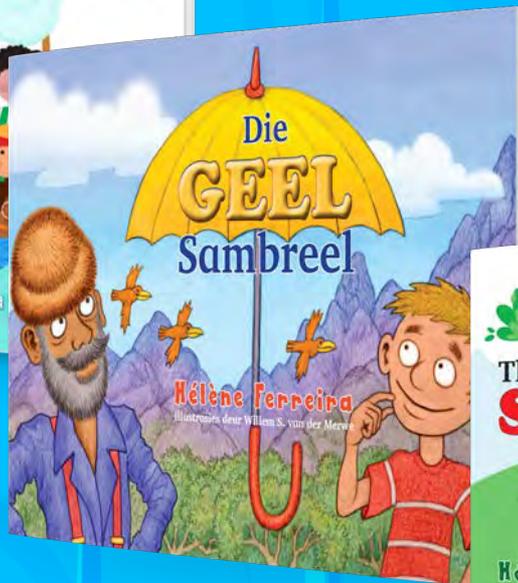
Photo: Nayn Khamolkar/Big Picture Natural World Photography Competition



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FABULOUS FLAMINGOS

Words by Candice Robertson
Illustrations by Benoit Knox

?! Get this!

'Flamingo' comes from the Latin word for flame.



I was standing on the edge of this salt pan, when a flamboyance of flamingos came waltzing by!

We often see images of these fabulous birds decorating all sorts of products in our shops...

But how much do you really know about them?

?! Get this!

Flamingos live in large groups called colonies. Some colonies consist of millions of birds! Large colonies offer safety against predators, stable population growth and successful breeding.

Flamingos around the world

Flamingos are famous for their bright pink feathers, stilt-like legs and s-shaped necks. They are usually found in tropical and subtropical areas. Flamingos love living in areas where there is plenty of water or mud, which is why you find them close to lagoons, lakes, and swampy areas. Some of these lakes have extremely high salt concentrations. Sometimes, the only source of fresh water for the flamingos comes from boiling geysers. So, flamingos are capable of drinking very hot water that is close to boiling point.

There are six flamingo species – Caribbean, James's (or Puna), Chilean, Andean, and lesser and greater flamingos. Both lesser and greater flamingos are found in South Africa.



Andean flamingos are the rarest flamingo species, with fewer than 40 000 birds.



Flamingos excrete salt through salt glands in their nostrils.

Nests

Flamingos build their nests along waterways. These mounds of mud look like mini volcanoes, and are only big enough for one egg. The parents take turns building the nest, as well as sitting on the egg to keep it warm. After about 30 days, the egg hatches.



Nests can be as high as 30cm! Building begins up to six weeks before the eggs are laid.

Flamingo chicks

Flamingo chicks are born with white-grey, soft, downy feathers and straight bills.

Five days after they have hatched, the chicks join other young flamingos in small groups, and return to their parents for food. The chicks drink crop milk, which is a healthy liquid of proteins and fats produced in the parent's crop (part of its throat) and brought up through its mouth. Both parents produce crop milk to feed the chick until it is old enough to eat on its own. It takes a couple of years for the chicks to mature and develop their signature pink colour and hook-shaped bills.



?! Get this!

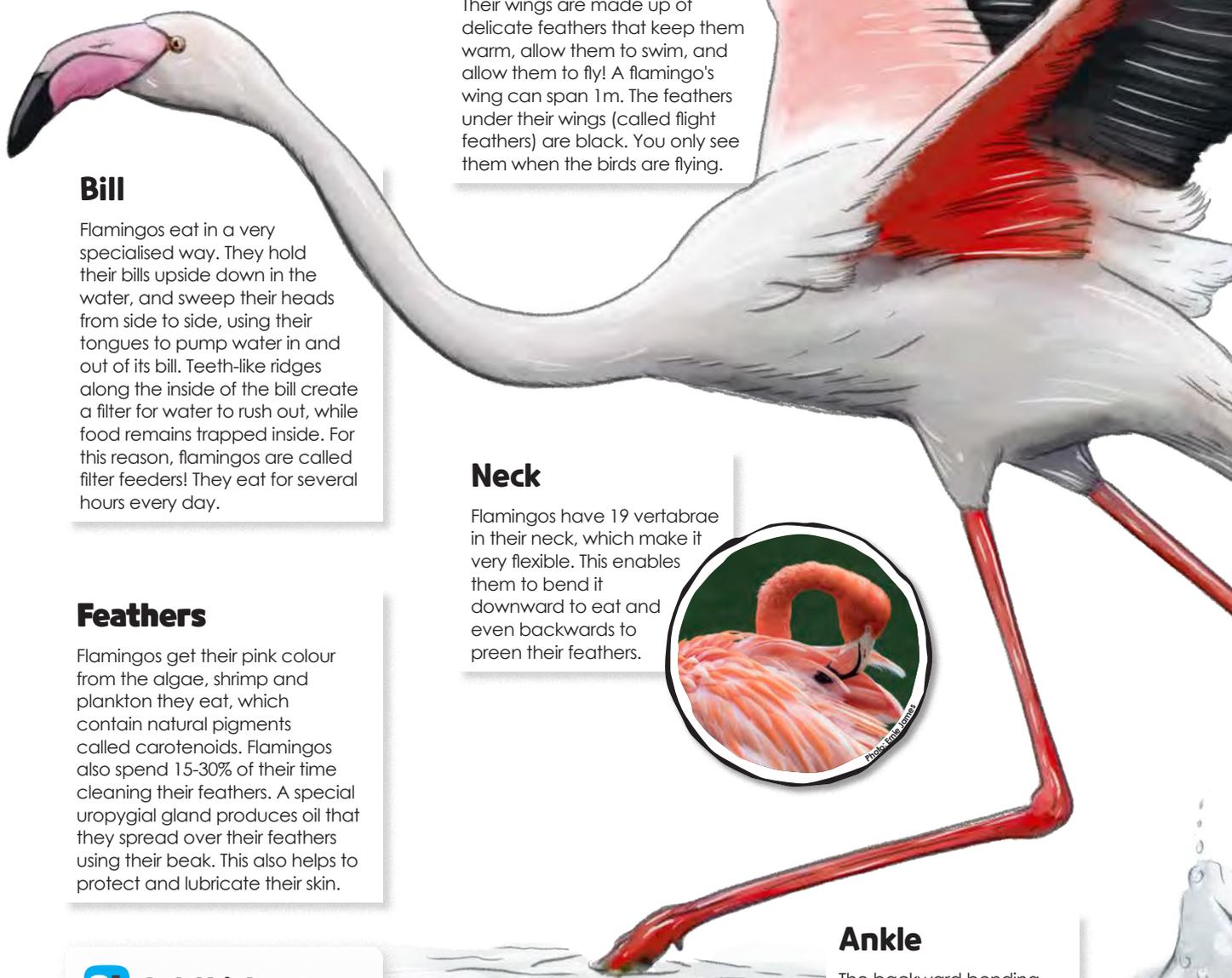
Flamingo parents can identify their chick by its voice.



Greater flamingo

Phoenicopterus roseus

Greater flamingos are the largest and tallest flamingo species. They are nomadic in nature, meaning that they travel around a lot and do not settle in one place for long. Usually, they move around in search of good water conditions. You'll often find large flocks of greater flamingos wading slowly in shallow water. Their feathers are more white than pink, and their bills are light pink with a black tip.



Bill

Flamingos eat in a very specialised way. They hold their bills upside down in the water, and sweep their heads from side to side, using their tongues to pump water in and out of its bill. Teeth-like ridges along the inside of the bill create a filter for water to rush out, while food remains trapped inside. For this reason, flamingos are called filter feeders! They eat for several hours every day.

Feathers

Flamingos get their pink colour from the algae, shrimp and plankton they eat, which contain natural pigments called carotenoids. Flamingos also spend 15-30% of their time cleaning their feathers. A special uropygial gland produces oil that they spread over their feathers using their beak. This also helps to protect and lubricate their skin.

?! Get this!

Flamingos usually shed and replace their wing and body feathers once or twice a year during their breeding cycle. This is called molting.

Wings

Their wings are made up of delicate feathers that keep them warm, allow them to swim, and allow them to fly! A flamingo's wing can span 1m. The feathers under their wings (called flight feathers) are black. You only see them when the birds are flying.

Neck

Flamingos have 19 vertebrae in their neck, which make it very flexible. This enables them to bend it downward to eat and even backwards to preen their feathers.



Ankle

The backward bending 'knee' of a flamingo's leg is actually their ankle! Their knees are closer to the body and cannot be seen through their feathers.

Lesser flamingo

Phoeniconaias minor

Lesser flamingos are the smallest and most abundant flamingos. They are found around parts of Africa and in southern Asia. There are more than 2 million lesser flamingos decorating the skies and shores with their beautiful colours! Lesser flamingos are more pink than greater flamingos, and have shorter legs. Their bills are dark red with a black tip.



A greater and lesser flamingo.

?! Get this!

Flamingos travel to breed, move to warmer areas for winter, and migrate to new bodies of water as the seasons change. If they travel long distances, they often fly at night.

?! Get this!

During migration, flamingos fly up to 60km per hour and travel over 400km to reach their new habitat.

Legs

Flamingos can stand on one foot for a long time – sometimes long enough to fall asleep! Some researchers think flamingos use more muscle power when standing on two legs, so standing on one leg may be less tiring. Other scientists believe that a one-legged pose helps flamingos to stay warm. Since birds lose body heat through their limbs, tucking their other leg under their belly helps them limit the amount of heat that escapes through their legs and feet.



Eyes

Flamingos have good eyesight and colour perception. Their eyes are yellow. Flamingo chicks have grey eyes for the first year of their life.

Feet

Flamingos have webbed feet, which means that they are able to 'run' on water. It also gives them good balance in muddy waters. Their feet also help them to gain speed before lifting up into the sky.



Threats

Adult flamingos have very few natural predators, since their habitat is not suitable for most animals. However, flamingo chicks may be preyed on by larger birds like eagles. Other birds, like the marabou stork, steal flamingo eggs from their nests.

The largest threat to the flamingo population is habitat loss due to human activity and expansion. Toxins and pollution in their environment are also a major problem. Since flamingos live in such large colonies, the spreading of diseases can affect many of the birds.



Photo: iStock/Getty Images



Photo: iStock/Getty Images

Climate change has resulted in many flamingo habitats drying up. Their desire to mate is also lessened by temperature extremes, which can lead to fewer flamingos being bred each year.

Flamingos have been used for food and medicine over the years. They are often poached for their decorative feathers and eggs, and their tongues are harvested for meat.

Flamingos are also often victims of the animal entertainment industry, and are removed from their natural habitat and placed in zoos, hotels and other businesses.

While none of the flamingo species are currently considered endangered, some species have declined in population.



Flamingos are such interesting and diverse creatures!

There are many spots across South Africa where you can see them in the wild.

We must do all we can to ensure their populations do not continue to decline.

Make a Flamingo Flowerpot

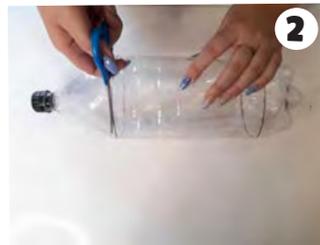
Saving the planet has never been so... pink
Use some recycled bottles to make a
beautiful flamingo pot for your plants.

What you need:

- Scissors
- Glue
- Empty detergent bottle
- Empty cool drink bottle
- Black marker
- Paint and paint brushes
- Soil and plants



1 Draw a line along the middle of the detergent bottle and the top of the handle, and cut along it.



2 Cut the top and the bottom off of a cool drink bottle. Flatten the middle part.



3 Draw wings and a head on the flattened plastic and cut it out.

!! Warning

Ask an adult to help you poke a few holes at the bottom of the flowerpot for the water to drain.



4 Cut a slit at the edge of the handle and slide the head into it.



5 Stick the decorations to the body of your flamingo pot and paint it.



6 Add the soil to the pot and add your plant.



7 Water your plant and enjoy your new flamingo pot!

IT'S ALL IN YOUR BLOOD



Words by Nadja Botha
Layout and illustrations by Kadi

Have you ever cut your finger and watched as blood seeped through the cut?

This red liquid is the most important fluid in our bodies. Without blood our bodies cannot function, like a car without fuel. Blood is made up of a number of bits and pieces, each one with its own specific function and purpose.

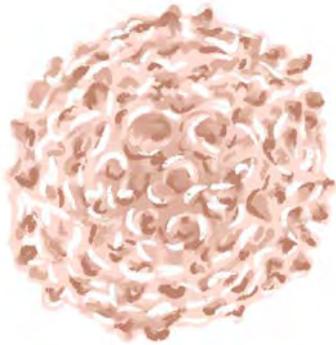
Blood is like a taxi travelling inside around our bodies. It picks up and drops off important materials that our bodies need to survive. Blood picks up oxygen and nutrients and drops it off at all the different parts of our body. Then, it also picks up carbon dioxide and other waste materials and drops them off at different parts of our bodies, so our bodies can get rid of them.

What is my blood made of?

Our blood is made up of red blood cells, white blood cells, platelets and plasma. Let's take a closer look at each of the different components of blood.

Red Blood Cells

Red blood cells make up a big part of our blood (about 40%) and their main function is to carry oxygen from the lungs to the rest of our body. Then, they bring the carbon dioxide back to the lungs to be exhaled. Like the name states, red blood cells are red, because they contain a molecule called haemoglobin which allows the cells to pick up and deliver oxygen and carbon dioxide.



?! Get this!

One drop of blood contains millions of red blood cells.

The more oxygen blood has, the redder it is!

White Blood Cells

White blood cells are a super important part of our immune system; they are our body's first defence against infections. These interesting cells can leave the blood stream and go straight to the part of our body that has the infection and deliver the materials needed for us to fight the infection.

Platelets

Platelets are small, colourless, sticky cells that help our bodies to stop bleeding. When these sticky cells clump together, they are able to plug the opening in the blood vessel to stop the blood from seeping out. Platelets, together with a protein in our blood called fibrinogen, react to air and form long threads which become the scab that forms on our skin.

?! Get this!

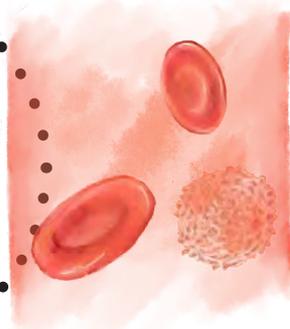
A common blood disease is haemophilia. This is a bleeding disorder where the blood doesn't clot properly. When a haemophiliac cuts themselves, there is a chance that they may bleed to death without medical help.

Plasma

Plasma acts as the carrier for all of the different blood cells that we mentioned above. It is a pale yellowish liquid made up of water, proteins, and salts. Plasma makes up the biggest part of our blood, with almost 50% of blood being made up of plasma. It allows our blood to move throughout our body and it helps to maintain our blood pressure.

?! Get this!

Blood is made in the bone marrow, especially in the larger bones like the thighs and pelvis.



How does blood travel in my body?

The heart is the centre point of our blood circulation. The heart pumps the blood through our veins and arteries, taking oxygen to every cell. After the blood delivers the oxygen to the parts of the body that need it, carbon dioxide is picked up and returned to the lungs to be exhaled. More oxygen is collected and the cycle repeats with every heartbeat.



You can feel the blood running through your body by touching the large, blood-filled arteries in your neck and on your wrists.

Blood types

Even though everyone's blood is red, we don't all have the same type of blood! So, what makes our blood different? There are three types of proteins that can be found in blood. They are represented by the letters A, B and O. Not all of us have the same proteins in our blood. Your blood can either be positive or negative depending on if your blood contains the protein called the Rh protein. If you have the Rh protein, you have a positive blood type, and if you don't have the Rh protein, you have a negative blood type.

?! Get this!

When a person donates blood, they typically donate one pint of blood, which is about 568,26 ml.



?! Get this!

The blood in your body carries the hormones that you need to grow from your brain to the rest of your body.

Blood uses the circulatory system to travel around our bodies. The circulatory system is made up of two different blood vessels that travel to and from the heart. Firstly, the arteries travel from the lungs, filled with rich blood, to the heart and then to the rest of the body. Secondly, veins travel back to the heart and the lungs with the blood that needs to be reoxygenated.

The eight blood types are:

- A negative
- A positive
- B negative
- B positive
- O negative
- O positive
- AB negative
- AB positive

If you want to donate blood, you need to meet the following criteria:

- Be in good health
- Be over 16 years old
- Be at least 1.6m tall
- Weigh at least 50kg

Now that you've learnt all about your blood, let's make a cool model to show you what it looks like under a microscope!

What you need

-  Small round, white candies
-  Clear liquid hand sanitiser
-  Small red candies
-  Rice
-  A small water bottle or jar

Make your blood



1 For the plasma, fill your bottle up a little more than halfway with the hand sanitiser.



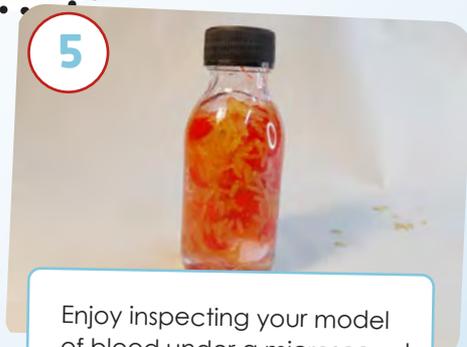
2 Add a handful of red candies to the bottle.



3 Add about 3-5 white candies to the bottle.



4 Add another handful of rice grains to the mixture.



5 Enjoy inspecting your model of blood under a microscope!

Pro Tip!

Be creative and use some items lying around the house to represent your red and white blood cells! You can use red and white beans, beads or even jellybeans.

Pro Tip!

Real plasma has a slight yellow tinge to it, so you can add a little drop of yellow food colouring into the clear liquid hand sanitiser, so your model will be accurate!

?! Get this!

For every 700 red blood cells we have in our blood, there is only one white blood cell. This means that you almost shouldn't be able to see the white blood cells in your model!

?! Get this!

When we turn 16 years old, we can start donating blood to help save other people's lives! When you want to donate blood, you can go to a blood donation centre. The blood you donate is stored in a plastic medical bag until someone needs it. A transfusion is then done by delivering the blood to their system through a needle in their arm.

Being Bertus

tips from an eco-warrior

Words by Kiara Ferreira

Layout and illustrations
by Joshua Neilson



Photo: Jacques Ntsho



Meet Bertus

Ever heard of 'Mopkop'? Meet Bertus Louw! He is South Africa's very own environmental icon and can often be found deep in the bushveld presenting the South African environmental tv programme, 50/50. Bertus is passionate about nature, the environment and life.

Bertus lives a very sustainable life and is well-known for how green he lives! He has reduced his carbon footprint by focusing on being 'more good' towards the environment, instead of being 'less bad'. Bertus is a true eco-warrior and there is lots to learn from his "green" ways!

Where does your passion for nature and the environment come from?

One of my best memories is of my dad carrying me and putting me in a bed my parents made in the back of our mini-bus when I was still very little. It was really early in the morning and still dark. We drove to the Kruger Park and in my cozy moving bed, I would look out of the window at all the stars, wondering what was out there in the gigantic universe. That was when I realised that there was just so much to discover - it was a world of adventure.



Photo: Molly Birchwood

How has living more sustainably changed your life?

Mentally it helps me to build better habits, like being more disciplined. It also helps me to be more conscious and aware of what goes on around me and what goes on inside of me. Spending a lot of time being active in nature, keeps my body fit and my mind calm. I need to take more time to just relax and have fun... I'm working on that one!



Photo: Molly Birchwood

What environmental issue troubles you the most, and why?

Often when I dig into an environmental issue, that specific issue becomes the one that troubles me most. How quickly species disappear – in other words, biodiversity loss – is a big one. Connected to that is how fast humans transform landscapes. Basically, we turn a piece of natural land, filled with different species of plants and animals, into a building site or a field with one or two crops.



Photo: Molly Birchwood

You live a very sustainable life. How do you give back to the environment?

1. My house

My home is incorporated into the environment. I built my bathroom using mostly mud and rocks. I also have a living roof, so that plants in the area can keep on growing even if buildings are established. I make sure to use eco-friendly materials, including paints.

2. Food

I avoid processed food. REAL food is the way to go! We grow a lot of our veggies in our garden, using no poisons or chemicals. We also have our own chickens that provide us with eggs, we have a few goats for milk and I avoid meat from factory farms.

3. Eliminating waste

I make sure to create compost from all of my food waste. I have also built myself a composting toilet system, which helps me create more rich compost that I can use to plant trees. I only use soaps made from natural ingredients, and all the water I use to shower or wash dishes goes through a filtering system into a pond full of indigenous fish and frogs.



How can our readers also change their lives to contribute to the environment and live more sustainably?

Trust your own judgement! Make a list of things you can do and try to be as creative as possible. Be curious, keep asking questions, keep learning about the wonderfully fascinating planet we live on and the wonderfully fascinating body you live inside.

“We need to stand together as humans if we want to make a change”

How Green Are You?



You might think you live a green lifestyle. Answer our quiz questions to find out if you really do!

Start

Your mom packs you a sandwich for lunch but you don't really have the appetite for it. What do you do with the sandwich?

Throw it away.

Give it to a friend/Eat it anyway.

When you see someone littering, do you ignore them and keep walking?

You're at home one night and some of the lights are on in rooms that no one is using. Do you switch off the lights at night before you go to bed?

Yes, I pretend not to see them.

No way!

Yes I do.

When you brush your teeth, do you leave the tap on?

Do you sort your trash for recycling?

Do you fill your bathtub up all the way?

Yes, I let the water flow.

No, what a waste!

Yes, I love doing that!

No, I don't want to feel like I'm swimming.

Do you tell other people how important it is to recycle?

Do you use plastic straws?

Do you put leftover food in the compost?

Do you use disposable masks?

No, it's too much effort.

Yes, I usually do.

No, I really don't want to.

Yes, I do most of the time.

No, I use a reusable one.

litterbug

reluctant recycler

eco warrior



You can definitely learn from these tips!



You are keen to make a change!



You are a true eco-warrior!

Things you'll find in a Pharaoh's Tomb

The ancient Egyptians buried their royalty in large chambers called tombs. They believed they had to include everything needed for the afterlife inside the tombs, including: beds, chairs, pots, bowls, combs, paper (papyrus) and spindles. But these tombs did not only include household items. Here are some other interesting items you might find in a tomb.

Words by Alicia Coetzee

Sarcophagus

The ancient Egyptians believed that the dead would eventually need their bodies again in the afterlife. Pharaoh's bodies were dried, smeared with oils and wrapped in cloth to preserve them. This wrapped body (mummy), was placed inside a gold, crafted box called a sarcophagus in the deepest part of the tomb.

! Get This!

The mummification process took 70 days and could only be done by priests.

Canopic Jars

Parts of the pharaoh's body were placed inside decorated jars for safekeeping. There were four jars per body, including a jar for the stomach, intestines, lungs and liver. The heart stayed inside the body, because they believed the heart was what drove the soul.

Food

Archeologists found hundreds of mummified meats (prepared with oils and spice) for the pharaohs to eat in the afterlife. In Tutankhamun's tomb, they even found honey that was still edible 3 000 years later!

Weapons

Ancient Egyptians were not shy when placing weapons inside the tombs, from daggers, shields, throwing sticks (like a boomerang), to entire golden chariots. These were all said to help protect the dead on the dangerous journey to the afterlife.

Boats

The ancient Egyptians believed that the sun god Ra would use the boat to transport the pharaoh to Duat (the underworld). From there the Pharaoh would need the boat to travel around.

?! Get This!

Tutankhamun was buried with 11 boat paddles, but no boat.

Servants

No, not breathing people, but they did make idol statues (called Shabtis) of their servants. These idols were believed to come alive and serve the pharaoh in the afterlife.

Animal mummies

The ancient Egyptians attached a lot of value to certain animals: cats more than most, because they believed them to be very lucky. Falcons, baboons and ibises were also very important to them and could be found mummified in tombs to travel with the pharaoh.

Clothes, jewelry and makeup

Even in the afterlife it was important to look your best! Archeologists found clothes made from the finest linen, jewelry made of precious stones and many more beauty products, including makeup, mirrors, hairpins and perfumes.

MIND YOUR MANNERS

IS IT REALLY RUDE TO ...

Words by Su-Mia Hoffmann

Illustrations by Lana Potgieter

Layout by Inge Holzträger

?! Get this!

The word 'etiquette' comes from the French word for placard, emphasising that the rules for behaviour were printed and posted.

Manners are as old as time. Etiquette as we know it, is mostly a set of rules for 'proper' behaviour written by the French and the Americans from the 1600s to the 1900s. As such, every culture in the world has their own ideas of what is proper behaviour and what is rude. So, if you think you know what's polite and what is rude, think again!

Eat food off the ground

But in the Middle East you should pick up the food that fell, kiss it, raise it to your forehead and put it back in your plate to show respect for the food and the person who made it.



Belch or burp

But in Turkey, Saudi Arabia, China and Taiwan it's a sign to the cook that you enjoyed your meal.





Slurp your food

But in many Asian countries you should slurp your noodles to show your compliments to the chef.



Spit

But the Maasai Tribe of Kenya spit as a greeting to show respect.



Not finish all your food

But in many Asian countries this means you did not get fed enough, so your plate will be refilled every time you clear it. Leave a small amount of food in your plate to show your host you've had your fill.



Drink your glass in one gulp

But it's a tradition in the country of Georgia to down your drink after a toast. Don't worry, though, their glasses are very small.

Eat with your hands

But in Ethiopia feeding each other using your hands is a sign of hospitality, builds trust and social bonds.



?! Get this!

Rudeness is seen as anything we do that goes against the norms (standard way of doing things) of the people around us.

What is polite and what is rude might differ across the world, but if you're respectful to the people around you and open to new ways of thinking about things, you can't go wrong!

HOW TO PLANT A TREE

Words by Sulé Potgieter

Layout and illustrations
by Venus Bebensee
and Benoit Knox

Planting a tree is a fun way to get some sun while you spend time with friends or family!
Enjoy some exercise while you do good for the planet.

What you'll need

1. Shovel
2. Bucket of water
3. Stick
4. Piece of rope/zip tie
5. Fertiliser

!! Take note

Make sure you choose an indigenous tree and help protect our environment.

?! Pro Tip!

Make sure to choose a spot that gets enough sun.

?! Get This!

One big tree can provide enough oxygen for up to four people a day!

Step One



Soak the roots of your tree in a bucket of water while you prepare its new spot.

Step Two



Dig a hole big enough for the roots to fit comfortably. Leave some extra space.

Step Three



Put some fertiliser at the bottom of the hole and put the tree inside.

Step Four



Add the soil to the hole bit by bit and water it in between until it is filled.





Step Five



Gently stomp on the loose soil at the base of your tree to secure it.

Step Six



Dig a tunnel around the soil, so extra water can be channelled to the roots.

Step Seven



Tie one end of a long stick to the trunk and push the other end into the ground.



Step Eight



Water it every two to three days for the next three months and watch your tree grow!

Plant the Tree of the Year

Every year, a Tree of the Year is chosen to highlight the significance of old trees in the natural and cultural heritage that deserve our care and protection. The Tree of the Year for 2022 is *Dais Cotinifolia*, also known as the Pompom tree. It is a well-known indigenous tree, and when it blooms during Christmas time, it looks like a giant candy floss!



Flocking Around



How to play

Search the magazine to help you answer the questions below, and find the answers in the wordsearch!

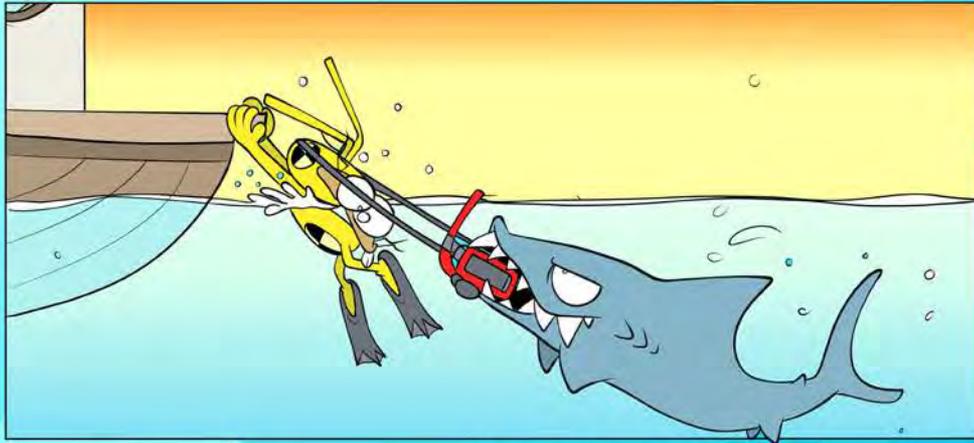
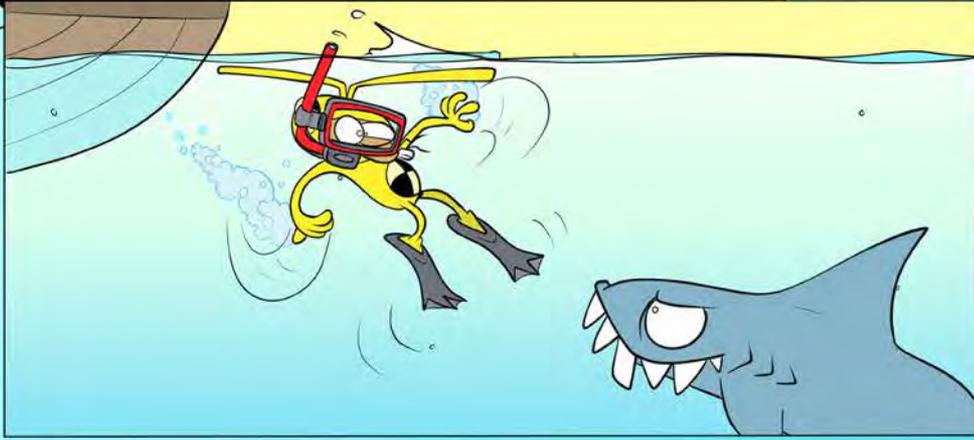
Illustration by Marcholette Minnaar

- Who is the international face of the anime music industry?
- What village was named after goat horns?
- What liquid makes up 50% of our blood?
- What does "flamingo" mean in Latin?
- What does the domestic wind turbine create from wind energy?
- Which colourful creature changes colour and gender during its lifecycle?
- Who digs up old human remains?
- What do people in Ethiopia feed each other with?
- What is Bertus Louw's nickname?
- Who was the sun god of the ancient Egyptians?
- The peacock mantis shrimp can punch ___ times faster than the blink of an eye.
- Where did forks originally come from?

Y O K O T V E U P L A S M A Z Z Y
 G H S J S G E E H A N D S W O Y H
 I R F M Y F G M G Y P M R R O F D
 E O F C E F S S J Q J W R I J I P
 T M O P K O P K S W U Q C L F F Q
 H M U K A N E L E C T R I C I T Y
 O Z C G R I B B O N E E L B J Y R
 O T N A R C H A E O L O G I S T Y
 R F R R G N O C O S O R G C P K M
 N Z S W A B Y Z A N T I U M L G D
 P A F Y S H J W Q Z C R C R M K J
 F L A M E J N J U H Z J Z B T W M



Find the answers on page 3



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