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Regulars

Make sure you get your news 5-a-day

By STAFF REPORTER
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IT'S not always possible to read every news story, every day.

And while these stories are the sort of slightly dull things we leave to the broadsheets, they are probably useful to know.

So open up, say 'ahhh' and take your 5-a-Day.

1) DON'T GIVE BEETROOT TO THE PRES

Barack Obama hates beetroot, the Duke of Edinburgh likes a beer at lunchtime and the Queen never has shellfish, says Le Club des Chefs des Chefs, which cooks for monarchs and world leaders. (The Times)

2) CAR PHONES 'DON'T CAUSE CRASHES'

Banning people from using mobile phones while driving does not have an impact on the number of accidents on the roads, says a US study published in Transportation Research. (The Independent)

3) AN A-LEVEL IN SELFIES

A-level sociology students will study subjects such as social media, the culture of selfies, online safety and privacy as part of a new course drawn up by OCR, one of England's biggest exam boards. (The Guardian)

4) A FISHY TALE

Restaurants, coffee shops, wine bars and even Army canteens could risk fines if they do not state precisely which dishes contain celery, fish or eggs, under new European Union restrictions.. (The Daily Telegraph)

5) TURBINES GIVE BATS THE BENDS

The large number of dead bats found at the foot of wind turbines has been attributed to accidents, but scientists in Belfast now believe they get 'the bends' when they fly too near to the turning blades. (The Daily Telegraph)

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Five-a-day

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