

kid zone



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MAKE
YOUR
OWN...

DRAW
WITH
ROD...

EATS



GARFIELD
ESCAPE FROM MONDAY



PUZZLES * QUIZZES * STORIES * RECIPES * PRIZES

k THIS Z Week...

Feeling hungry? Kidzone is serving up a feast of fun! BitBoy plays 'Garfield: Escape From Monday'. Check out our World Food Day edition of Would You Rather and make a fun, crafty pizza with Oliver. Cook up some tasty lasagna soup with Cheffy

– yum! Discover some delicious book titles with Bookworm and find out what's in Cheffy's lunch-box in this week's awesome comic! Happy reading!



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Food for thought

Every year the United

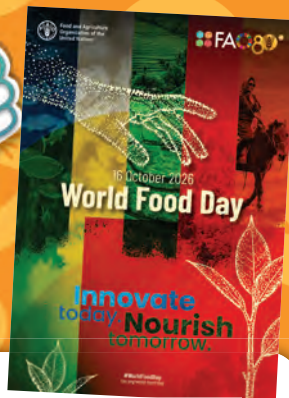
Nations organises World Food Day to encourage us to work towards a world where everyone can have nutritious and affordable food. This year it will be held on 16 October.

It's an important thing to think about because millions of people experience hunger and malnutrition, because the food they have isn't nourishing enough.

This year's theme, 'Innovate today. Nourish tomorrow', hopes to get people thinking about smarter farming methods, ways to support farmers, better ways to distribute food and how to reduce food waste.

We can make a difference by doing a few simple things, such as:

- Not wasting food
- Giving food to food banks and charities
- Buying food from farmers markets

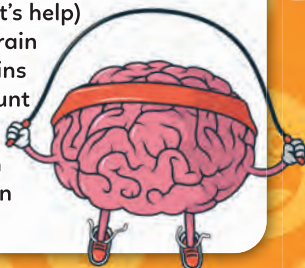


Exercise your brain!

Put on your thinking cap and celebrate National Train Your Brain Day on 13 October. This event is a fun way to encourage us to take part in activities that improve our memory, problem-solving skills and concentration.

Bring out your games and puzzles, such as jigsaw puzzles and board games. Think about learning a new skill – maybe try a craft like knitting, building something (with an adult's help) or cooking. You could even train your family and friends' brains by setting up a scavenger hunt with clues for them to solve.

How will you give your brain a workout this National Train Your Brain Day?



WOULD YOU RATHER?

FOOD EDITION!

START EACH LINE WITH "WOULD YOU RATHER ..." AND CIRCLE WHICH OPTION YOU WOULD CHOOSE!

Eat too much lasagna like Garfield

OR

too many cookies like Cookie Monster?

Have chickens in your backyard to have fresh eggs

OR

have lots of lemon and orange trees?

Eat spicy food

OR

eat salty food?

Eat breakfast food for dinner

OR

eat dinner food for breakfast?

Be a chef

OR

be a farmer?

Eat only savoury food for a month

OR

eat only sweet food for a year?

Go to a restaurant

OR

get takeaway?

Do all the food shopping for your family

OR

do all the cooking at your house?

Have nothing but chocolate in your school lunchbox every day

OR

have chocolate milk instead of water in the school bubblers?

Share a pizza with the Teenage Mutant Ninja Turtles

OR

eat Krabby Patties with SpongeBob Squarepants?

Use chopsticks

OR

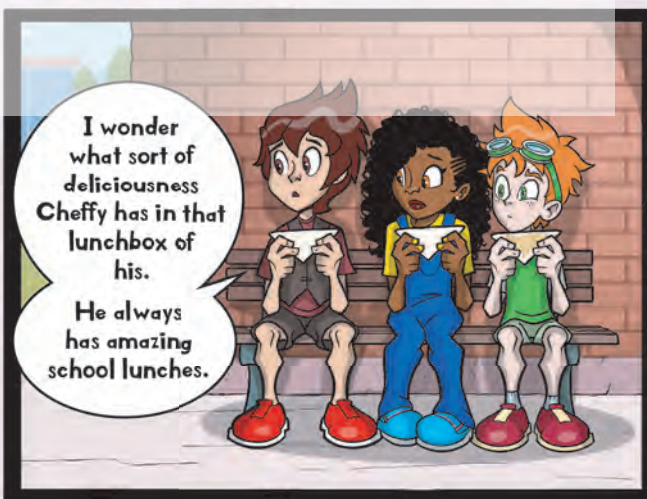
eat with your fingers?

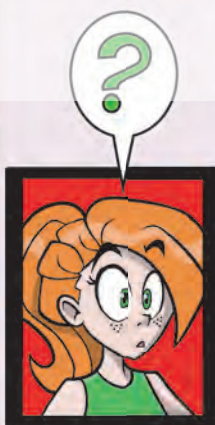
12

03

THE LUNCH BUNCH

by Rod Allen





Read the story
about the loaves
and fishes.

Matthew
Chapter 14
verses 13 to 21

HAPPY BIRTHDAY!

OCTOBER

SAT 10

Lachlann Kelly (9),
Jasmine Agnew (12),
Zayne Fernando (6),
Django Chiovitti (9),
Sarah Sutcliffe (14)

SUN 11

Leila O'Shannassy (7),
Zoe Dahlmann (11)

MON 12

Zenith Cox (13),
Slater Lane (14),
Abby Acero (7)

TUE 13

Abigail Edwards (10),
Cristian Lopez (11),
Ella Evans (11)

WED 14

Blake Papali'i (8),
Asher Kiujian (9),
Abby Romero (9)

THU 15

Abby Romero (3),
Joey Clarke (11)

FRI 16

Lorelei Peters (9),
Scarlett Zian Lamichhane (10),
Amelia Cox (11)



CK'S TREEHOUSE

Dear Kidzoners, Thanks for all your letters, photos and drawings – I love collecting them, so keep sending them to me so I can hang them up in my tree house. I can't wait to hear from you!

—Cousin Koala (CK)

Send your letters to:
Cousin Koala, 95-99 Railway Rd,
Blackburn Vic. 3130

EMAIL

HEY CK!

I wanted to know, what's your fave colour? Mine is aqua, also what's your fave animal? Mine is a chameleon. I have also wanted to know when's your birthday? I have sent a pic for you. I made it by using LEGO. It's a dog and behind is a monster if you did not know.
From Theodore

G'day Theodore,

Wow! What an awesome pic and it was so cool to use LEGO to make it! Do you make lots of things out of LEGO? What's the best thing you've built? My favourite colour is green, but I like aqua, too. It's hard for me to choose a fave animal because I have so many animal friends and I love them all! Chameleons are super-cool though, so I can understand why they're your favourite. My birthday is on 26 January, so I still

have a while to wait for it.
Write again soon!
Bear hugs, CK

Please put my name on the
BIRTHDAY LIST

Full Name

Age Now Birth Date / /

Parent's signature

☒ If you are aged between five and 14 and would like your birthday/letter printed in Kidzone, fill in the coupon and send it to: Cousin Koala™, 95-99 Railway Rd, Blackburn 3130 or head to <https://www.kidzonemag.com.au/cktreehouse>.

Include a letter in your own handwriting and permission (signature) from your parent to have it printed.



I love to play hide-and-seek. Can you find me on one of this week's Kidzone pages?



Hi-Hi CK!

My name is Ondine-Toni and I am 11 turning 12. I have been to over eight countries. I like the brands Cave Bears, Keel Toys and Jellycat. When I was in London I did the Jellycat Airlines experience. I made a Kidzone character called Imogen-Grace using the pictures of the Torres Strait Islander girl in the August first issue. She has low vision, and has a seeing eye dog called Stella. Please ask Rod to draw me a pic of Imogen-Grace and Stella. Could Imogen-Grace be a new member of the Kidzone team?

From Ondine-Toni.

G'day again Ondine!

I love that you made your own collector card! That's super, super clever!

We've used this character in our card in the 19 September issue - did you grab that one? I love your backstory for Imogen-Grace. I will show Rod so he can use your fab idea!

Look how many Kidzone magazines you have! Is the Wonka mag still your fave edition?

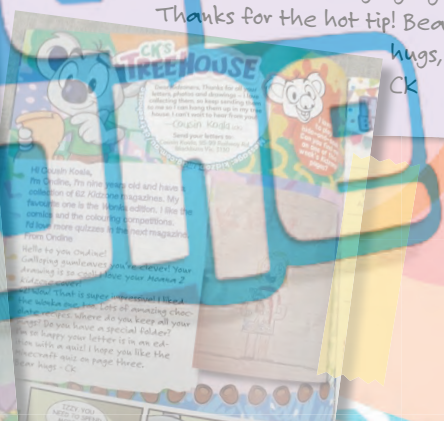
Do you have a favourite Cave Bear? I like Shave Bear because she is super friendly and Funshine Bear because he is so laid-back and reliable.

Have you seen the Jellycat birthday cake?! How funny! And the pistachio and edamame beans are so adorable!

I hadn't even heard of the Jellycat Airlines experience but I will do some googling!

Thanks for the hot tip! Bear

hugs,
CK



COUSIN KOALA



RoD



LOADING...

Lock with BitBoy



Wake up Garfield from a veggie-filled nightmare in this 3D Platformer. The laziest cat is about to work hard in 'Garfield - Escape from Monday'!

GARFIELD MAY BE RIGHT NOT TO TRUST VEGETABLES...

When you're a lazy cat who spends most of his time sleeping, having a nightmare can happen. But a nightmare full of vegetables and sugar-free candies, no way!

After Jon feeds Garfield spinach lasagna inspired by Chef Monday's recipe, Garfield falls into a deep sleep.

To wake up and reactivate his taste buds, the laziest cat in the world will have to explore worlds filled with enemies and eat a gigantic number of lasagnas!

Fortunately, Garfield can rely on Jon and his friends Odie, Arlene and Pookie. He also has his turkey, surfer and cowboy suits that will give him amazing skills!

FEATURES:

MOVE LIKE A CAT: Jump, climb, curl up into a ball ... you will amaze your feet!

EMBODY GARFIELD IN EVERY WAY: Airborne dressed as a turkey, water like a surfer and swing like a cowboy lasso.

ALL THE GARFIELD CAST IS HERE: Jon will be here to help you in your journey with Odie and Pookie. But beware archenemies, Nermal and Squishy!

EXPLORE LIVELY WORLDS: Ten vibrant worlds and dozens of levels filled with enemies to fight and lasagnas to eat!

THE MORE YOU EAT, THE MORE YOU EDIT: Gather tons of delicious collectibles to help refurbish Jon's house with all kinds of surprising items!



PLATFORMS: PC, PS5, XBOX SERIES X|S, SWITCH



BIBLE MESSAGE

Have you ever been so hungry that your tummy grumbled so loudly it sounded like it was talking? What's your favourite thing to eat that fills you up? Lasagna (like Garfield!)? A toastie? A banana smoothie? Ooh ... there are so many yummy options, but I think my favourite is pizza!

Being hungry is part of being a human being. It's our body's way of telling us, "It's time to eat!" The food we eat gets converted to energy and our bodies use that energy to do, well, everything that our amazing bodies do!

But, for too many people around the world (including Australia) when that hunger strikes, they don't have the food to fill their tummies. World Food Day (read more about it on page 2) is all about thinking about what can be done to solve the problems of poverty and world hunger.

All through the Bible, it's clear that God cares deeply about all people having access to nutritious, life-giving food. And God wants the people who have food to help those who don't, no matter who they are. **"Feed the hungry and help those in trouble"** (Isaiah 58, verse 10a²).

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EATS

LASAGNA SOUP

what you need:

an adult's help, 1 tablespoon oil, 4 teaspoons minced garlic, 1 large brown onion (diced), 500g beef mince, 1 x 400g tin diced tomatoes, 1 x 400g tin tomato puree, 1/4 cup tomato paste, 1L chicken stock, 1 tablespoon mixed dried herbs, salt and pepper, 225g pasta bowties, grated cheese and chopped parsley (to serve)

directions:

- 1 Ask an adult to help you heat oil in a large saucepan on the stove over medium-high heat. Add onions and garlic and cook stirring for 3 to 4 minutes until the onions are clear.
- 2 Add beef and cook, breaking up the lumps with a spatula or wooden spoon, until browned.
- 3 Stir in diced tomatoes, puree and paste.
- 4 Stir in stock, herbs and pasta. Season with salt and pepper. Increase heat to high and bring the soup to a boil.
- 5 Once boiling, reduce heat to a simmer and cook soup, stirring occasionally, for 10 to 15 minutes until the pasta is cooked through.
- 6 Ladle soup into bowls to serve and top with grated cheese and parsley.

1

2

3

4

5

6

HEY CRAFTY CREW!

CARDBOARD PIZZA



What you need:

thick cardboard (a paper plate is another option), large piece of yellow construction paper, pencil, scissors, two plates to trace around (one smaller than the other), pieces of red, green, white and orange construction paper, glue, ruler, felt-tipped pens

1 Trace around the larger plate on the cardboard to make your pizza base and cut it out.

2 Trace around the smaller plate on a piece of yellow construction paper to make the cheese on your base. Glue it on.

3 With the ruler and pencil, lightly draw lines across the pizza base to make your pizza pieces. I made pizza quarters, but if your pizza base is bigger, you could cut it into more pieces.

4 Cut along the lines.

5 With your pencil, draw pizza toppings. Choose what you'd like to put on your pizza - I made yellow wedges for pineapple, red semi-circles for tomatoes, orange circles for pepperoni, white circles for onion rings, green strips for capsicum. Cut them out. Add some dots on the pepperoni and pips on the tomato semi-circles with a felt-tipped pen. What other toppings will you add?

6 Put your pizza pieces back into a circle and place your toppings on them. Fuunn!



BIBLE MESSAGE

What's your fave vegetable? Is there fruit you absolutely love? God created awesome food for us. "I am giving you all the grain bearing plants and all the fruit trees ... this grain and fruit will be your food." (Genesis chapter one, verse 29*)





Deli Days - written by Jenna Rothberg; illustrated by Marta Pantaleo

WHAT IT'S ABOUT: At Zeyde's Deli, Sundays mean helping Grandpa serve the neighbourhood's best pastrami on rye. One moment you're carrying a tray of the deli's famous sandwiches. The next, you're standing in a sea of broken cookies and scattered sprinkles while the lunch rush stares. But right there in the chaos, a grandchild learns what family tradition really means - and that sometimes the best memories come from our biggest messes.

WHAT WE LOVE: A warm, funny story about growing up one matzo ball at a time. This is a heartwarming story about family, cultural heritage and the joy of shared meals.

For Kidzoners 3 and up.

Mac & Cheese: The Origin

Story - written by Michael L. Benner; illustrated by Alison Hawkins

WHAT IT'S ABOUT: Mac was a friendly Noodle from Pastaland and rubbed elbows with everyone. But he didn't have the one thing he wanted most: a friend. So, one day, he packs up and goes on an epic journey that takes him to Quesoland. In Quesoland, Cheese was king. And while Cheese could be a real crowd-pleaser, he didn't have the one thing he wanted most: a friend. When a mysterious and hilarious newcomer from Pastaland arrives, Cheese wonders if Mac might be who he was looking for all this time.

WHAT WE LOVE: Join Mac and Cheese in their search for true friendship, told through hilarious, heartwarming text and delightful visuals. Perfect for the youngest readers, this funny and sweet read-aloud will ensure a goud-a time!

For Kidzoners 4 and up.



1

Draw a triangle.

Add a crust and make the tip round.

2

3

Add shapes for your fave pizza toppings.

4

Finally add details and colour your pizza.





Entries will be judged on artistic merit.

Colouring Competition

Kidzone has three Zuru
Slime Mart Make Your Own
Realistic Slime Food Cinnamon
Rolls Playsets to give away!



SEND YOUR ENTRY (BY FRIDAY 30 OCTOBER 2026) TO:
Kidzone's Colouring Competition, 95-99 Railway Road, Blackburn VIC, 3130
OR HEAD TO kidzonemag.com.au/competition TO UPLOAD YOUR ENTRY.

Full Name

Age

Address

Postcode

Parent's signature



13



SAMUEL'S MEGA BIBLE PUZZLE!

It's no fun feeling hungry after spending a big day

out. Jesus knew that! Have you heard the story about how he fed a huge crowd of people? He'd spent the whole day talking to them about God and, as the sun started setting, they were getting hungry. The problem was that there were no shops nearby. Jesus told his disciples (another word for friends) to ask if anyone in the crowd had any food. They found a little boy who had packed five bread rolls and two small fish for his dinner. There was no way that would feed so many people! But the boy gave his dinner to Jesus, and Jesus thanked God for his food. Then, to everyone's amazement, those five rolls and two fish were transformed into enough food for the whole crowd to eat a filling meal. And there was even food left over!

 You can read this story in John chapter six, verses five to 13.

Use the code to decode a cool grace which you can say to thank God for your food – then think of all the awesome things God has given you and make up your own thank-you prayer.

 = a  = d  = e  = f  = g  = h  = i  = k
 = l  = m  = n  = o  = r  = s  = t  = u



JESUS LOVES YOU! & wants to be your friend!

If you would like to know more about prayer and how to read the Bible fill in the coupon below and send it to us. We'll send you some cool info!

Name: Age:

Address:

Postcode:

Parent's Permission: 

95-99 Railway Rd, Blackburn B130 or email: kidzone@salvationarmy.org.au



ANSWERS
CK: page 11, 6
IT: a:d1, b:b3, c:d4, d:a2, e:c6, f:e2
Word square:
vegetable, Pages:
1-11, 2-9, 3-2,
4-15, 5-4, 6-12.
Path: a-apple,
b-cake, c-ice-cream, d-banana, e-croissant.
Sam's Mega Puzzle: God is great, God is good, let us thank him for our food. Amen.

Competition winners

CONGRATULATIONS TO ...

HONEY A
(4 - QLD)

ALEXIA H
(11 - QLD)

MAEVE B
(9 - QLD)

... a
Nanomals
Pawtricia
The Kitty.

NEXT WEEK
IN kidzone

Bluey's
HAPPY
SNAPS



COLLECTOR CARDS

Collect a new card every week!

1. Carefully cut along the dotted line to remove your card from the magazine.
2. Fold in half.
3. Now stick together and you're done!



FAVE BIBLE VERSE
"God saw all that he had made, and it was very good." (Genesis 1:31)

Cheffy would love to be the next contestant on *Is It Cake?*
His parents own a teppanyaki restaurant where his father works as the head chef. He has a Mini Lop rabbit, Chompers, who enjoys all the salad scraps from the restaurant.

Who's hungry?

The Cook's Companion

The Tiny Chef Show & Is It Cake?

Everything!

Speed Cooking

Royal blue

FAVES

CHEFFY

031

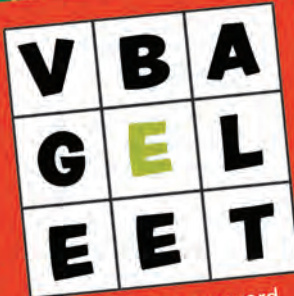


CHEFFY

word square

How many words of three letters or more can you make from the letters in the square?

Each letter may be used only once per word and each word must contain the middle letter. There is one nine-letter word.
Clue: food



grid it

Can you work out the coordinates of the small squares which are taken from the big picture?



Note: some squares may be rotated.



pages

Can you find where each of these pictures came from in this week's Kidzone?



Kidzone

The Salvation Army in Australia



THE SALVATION ARMY

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101 Queen Victoria Street, London, EC4V 4EH,
General Lyndon Buckingham.

Australia Territory: 95-99 Railway Road,
Blackburn 3130. Commissioner
Miriam Gluyas, Territorial Commander.

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🌐 www.kidzonemag.com.au

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The personal information that we collect about your child/children is deemed reasonably necessary for the primary purpose of facilitating their request made through the completion of the 'knowing Jesus' coupon, their request to join the 'Cousin Koala' birthday list and any other request made in any other children's competition or to receive offers advertised in the magazine. We will not use your child's information for any other purpose without your consent. By providing us with this personal information you consent to our use or disclosure of your child's information for a secondary purpose related to the primary purpose. Bible translations used throughout the magazine: # EASY, # GMT, # NIV, # ESV, # ICB, # ERV, # TLB, # MEV, # NLT, # VCEB



Follow each path to discover the kids' favourite food!