



## The secret to a good night's sleep

INSIDE TIMES2



Plus Your New Year's Day jumbo crossword



In with a bang: Fireworks over Sydney Harbour and Opera House herald the arrival of 2024, but in Britain, Storm Herta dampened celebrations and hot travel. Pages 4-5

## Britons are world's best at eating their greens

Deborah Haywood Health Correspondent

After a week of over-indulgence, many of us will be unconcerned as to why the Quality Standard for some steamed veg.

Those devaluing the prospect of a January health kick can take heart in the fact that Britons are already the best in the world at eating their greens.

A study by the Organisation for Economic Co-operation and Development showed that 15 per cent of those in the UK, and Ireland, ate five daily portions of fruit and vegetables.

This puts the two countries at the top of an international league table for the proportion of adults who ate the recommended five-a-day. Across the 30 countries included in the study, an average of 15 per cent of people reached this target.

While Britain came out of the study as a "nation of almost veggie champions", in many eastern European countries less than 10 per cent of people eat their five-a-day. Only 2 per cent of Romanians met the standard, putting them at the bottom of the table. The proportion was 20 per cent in France and only 11 per cent in Germany.

Ruth Pritchard, head of food policy at the Soil Association, said: "This may be the first time the UK has topped a European league table for the right reasons."

"There was still room for improvement, for added, urging those who do not have five portions a day to try to up their intake as a new year's resolution."

"One of the best ways you can do this is to sign up for an organic veg box and to choose a local supplier if you can, then not only are you eating well but you are doing your bit for the planet, wildlife and local sustainable growers," he said.

The NHS and the government recommended eating five portions of fruit and vegetables a day, with all fresh, frozen, dried and canned fruit and vegetables counting. The fibre and nutrients in vegetables help to maintain a healthy gut, boost the immune system and reduce inflammation. This cuts the risk of chronic conditions including type 2 diabetes and heart disease, as well as helping people to stay a healthy weight. What to eat and when the new meal times, Times2

# No need for a passport under new border plan

Electronic gates will use facial recognition to allow passengers into UK

Ben Clabworth  
Transport Correspondent

Passengers arriving in the UK will not need to present their passports, under plans for "frictionless" travel.

New electronic gates, which will use facial recognition to process arrivals, will be installed at airports.

Phil Douglas, director-general of the Border Force, told The Times that the aim was to create an "unobtrusive border" that used "much more frictionless facial recognition than currently".

"The plans have been designed to bring Britain's border up to standards developed overseas. Facial allows facial recognition for 500 millionaires, and Douglas said that he was "really impressed" by next-generation e-gates on a recent trip to Australia.

He said: "I had to apply for an electronic travel authorisation in advance and used my smartphone to read the chip in my passport. That sent the image of me in the chip to the Australian authorities. When I arrived in Australia, I didn't even have to get my passport out of my bag. It is a really interesting concept."

Trials of the technology are expected to begin at airports some time this year before they opening off a procurement process for the gates.

Britain is already introducing electronic travel authorisation (ETA) for foreign arrivals who do not need a visa. Passengers are required to download an app, answer questions, scan their passport and provide a photograph. Only those granted ETA can board flights to Britain.

The scheme is being used for Qataris and will extend to citizens of Bahrain, Kuwait, Oman, the United Arab Emirates, Saudi Arabia and Jordan next month. It costs £10 per passenger.

The Home Office intends other ETA to be implemented for all visitors to the UK, who do not need a visa for short stays, including European nationals. Biometric data on British and Irish travellers, obtained in the passport application process, are already held.

Douglas said: "We will know a lot more information about people as they will know if they've been in the UK before. We'll know what their compliance with immigration laws. Continued on page 2

### IN THE NEWS

#### Avalanche deaths

A British mother and son, Kate Miskin, 54, and Archie, 22, died in an avalanche last week in the French Alps just as the French Alpine resort of Saint-Gervais-le-Bains. News, page 7

#### Income tax cut likely

Rishi Sunak is said to be weighing up cuts to income tax over the next few years in the spring budget in an effort to boost his party's electoral fortunes. News, page 10

#### Crocodile rescue

A safari guide ching all night to his safari vehicle in a South African river filled with crocodiles. Michael Turner said a navigation app sent him to a flooded ford. News, page 13

#### Xi boots out generals

President Xi's attempts to rid China's military of corruption has led to a purge of top generals, as the increasingly signals the potential of conflict with Taiwan. World, page 27

#### A greener Airbus

"Flapping wings" inspired by ultrabirds, which could one day change the face of passenger aviation, will begin tests at Airbus's Blagnac campus near Bristol. Business, page 31

#### Gunners setback

The Arsenal manager Mikel Arteta took his side after a second consecutive defeat — 2-1 at Fulham — put their Premier League challenge in doubt. Sport, page 51

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