



WORLD'S
LARGEST
LESSON

IN PARTNERSHIP WITH



RISE OF THE PIONEER Z



2 ZERO HUNGER



3 GOOD HEALTH AND WELL-BEING



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RISE OF THE PLATE PIONEER Z

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WORLD'S LARGEST LESSON/UNICEF

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2 ZERO HUNGER



GOAL 2: ZERO HUNGER

End hunger, achieve food security and improved nutrition and promote sustainable agriculture.

3 GOOD HEALTH AND WELL-BEING



GOAL 3: GOOD HEALTH AND WELL-BEING

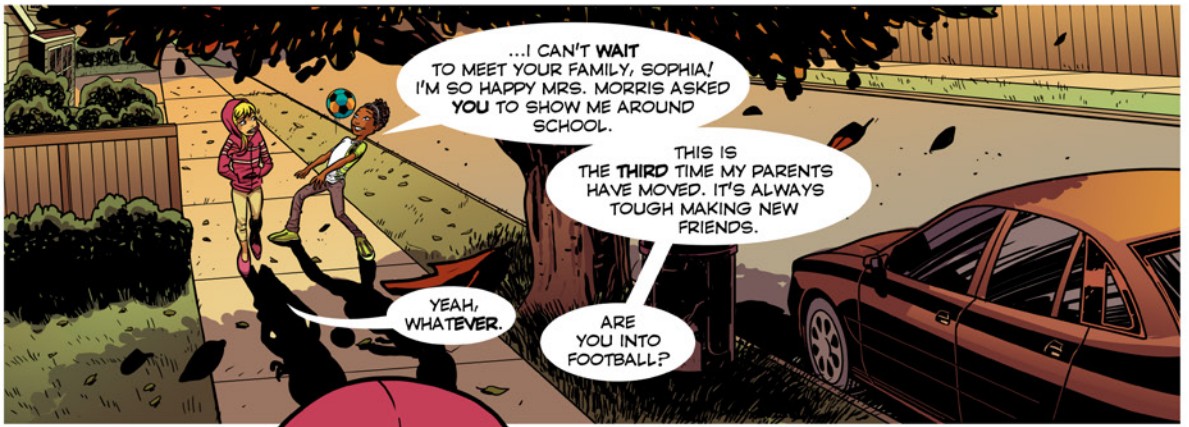
Ensure healthy lives and promote well-being for all at all ages.

Are you a Plate Pioneer? Test your knowledge of nutritional health and the Global Goals. For every correct answer you score you will help to end world hunger! Go to the link and select the Healthy Eating or Global Goals quiz!

<http://beta.freerice.com/#categories>

To find out more about how you can take action for the Global Goals visit:

worldslargestlesson.globalgoals.org

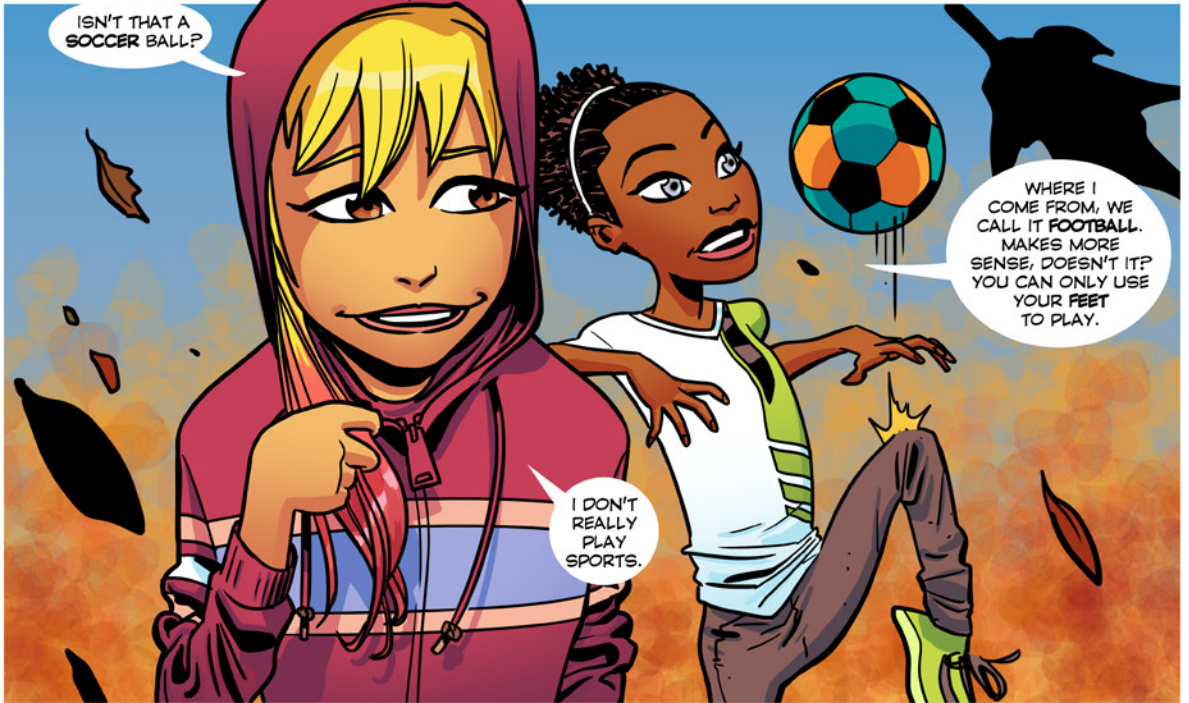


...I CAN'T WAIT TO MEET YOUR FAMILY, SOPHIA! I'M SO HAPPY MRS. MORRIS ASKED YOU TO SHOW ME AROUND SCHOOL.

THIS IS THE THIRD TIME MY PARENTS HAVE MOVED. IT'S ALWAYS TOUGH MAKING NEW FRIENDS.

YEAH, WHATEVER.

ARE YOU INTO FOOTBALL?



ISN'T THAT A SOCCER BALL?

WHERE I COME FROM, WE CALL IT FOOTBALL. MAKES MORE SENSE, DOESN'T IT? YOU CAN ONLY USE YOUR FEET TO PLAY.

I DON'T REALLY PLAY SPORTS.



IN MY OLD TOWN, WE PLAYED AFTER SCHOOL EVERY DAY. WE EVEN PLAYED THROUGH RECESS.



SO YOU DON'T PLAY SPORTS. WHAT DO YOU DO FOR FUN?



I DUNNO. WE JUST KIND OF HANG OUT. GO TO THE MALL. HIT THE FOOD COURT. EMOJI WAR ON OUR PHONES. NORMAL STUFF.

GEEZ, DON'T YOU GET TIRED? YOU'RE LIKE ALWAYS MOVING AROUND.

I'M TIRED JUST WATCHING YOU DO ALL THAT.

I CAN'T BEAR JUST SITTING STILL ALL THE TIME. IT'S WAY BETTER TO BE ACTIVE.

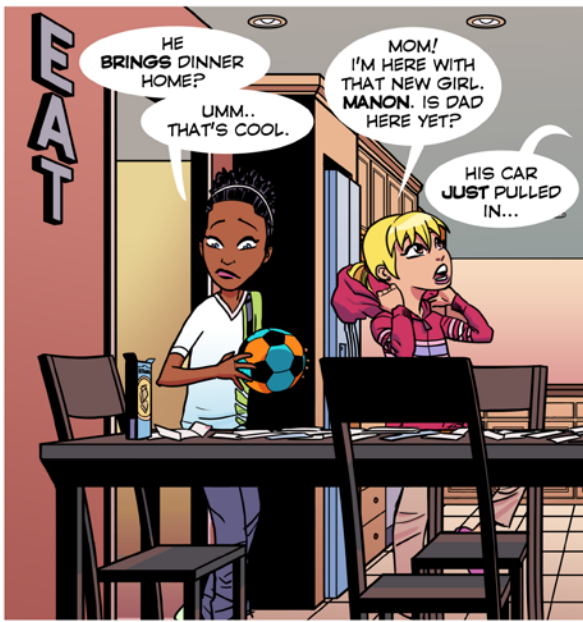


HI, MR. BJORKLUND.

HEY, SOPHIA. HI SOPHIA'S NEW FRIEND.

HI! I'M MANON. I JUST MOVED A COUPLE OF BLOCKS OVER AND-

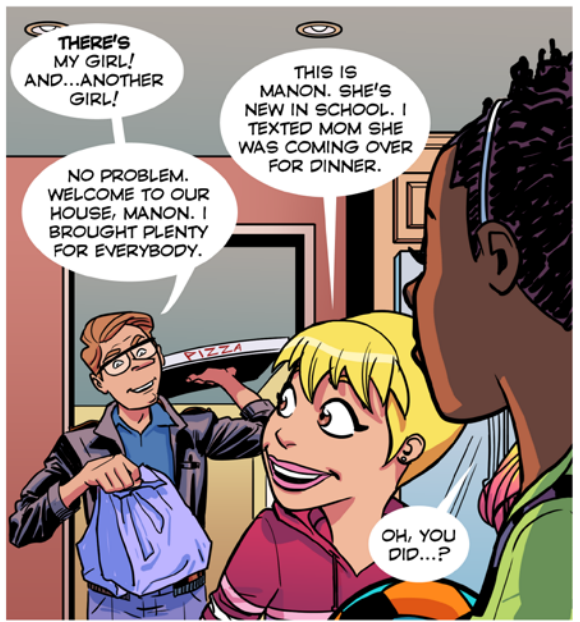
COME ON. DAD'S PROBABLY GONNA BE HOME ANY MINUTE WITH DINNER.



HE BRINGS DINNER HOME?
UMM... THAT'S COOL.

MOM!
I'M HERE WITH THAT NEW GIRL.
MANON. IS DAD HERE YET?

HIS CAR JUST PULLED IN...

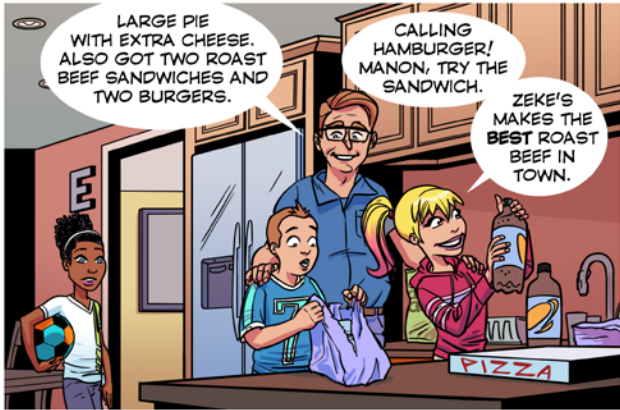


THERE'S MY GIRL!
AND...ANOTHER GIRL!

THIS IS MANON. SHE'S NEW IN SCHOOL. I TEXTED MOM SHE WAS COMING OVER FOR DINNER.

NO PROBLEM. WELCOME TO OUR HOUSE, MANON. I BROUGHT PLENTY FOR EVERYBODY.

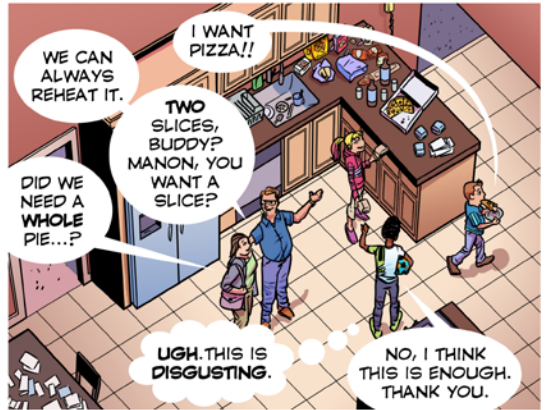
OH, YOU DID...?



LARGE PIE WITH EXTRA CHEESE. ALSO GOT TWO ROAST BEEF SANDWICHES AND TWO BURGERS.

CALLING HAMBURGER! MANON, TRY THE SANDWICH.

ZEKE'S MAKES THE BEST ROAST BEEF IN TOWN.



WE CAN ALWAYS REHEAT IT.

I WANT PIZZA!!

TWO SLICES, BUDDY? MANON, YOU WANT A SLICE?

DID WE NEED A WHOLE PIE...?

UGH. THIS IS DISGUSTING.

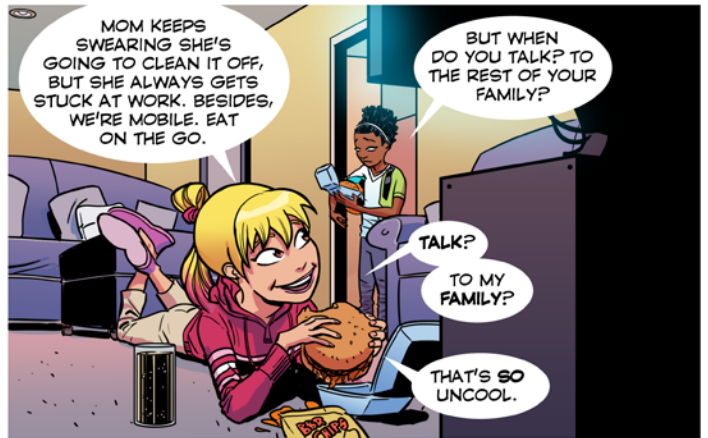
NO, I THINK THIS IS ENOUGH. THANK YOU.



WHERE ARE YOU GOING?

TV ROOM. DUH.

BUT THE TABLE... YOU DON'T EAT AT THE TABLE?



MOM KEEPS SWEARING SHE'S GOING TO CLEAN IT OFF, BUT SHE ALWAYS GETS STUCK AT WORK. BESIDES, WE'RE MOBILE. EAT ON THE GO.

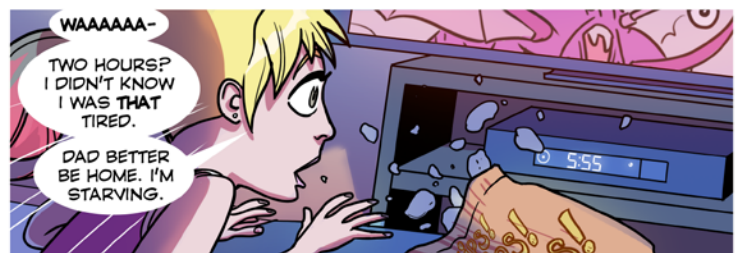
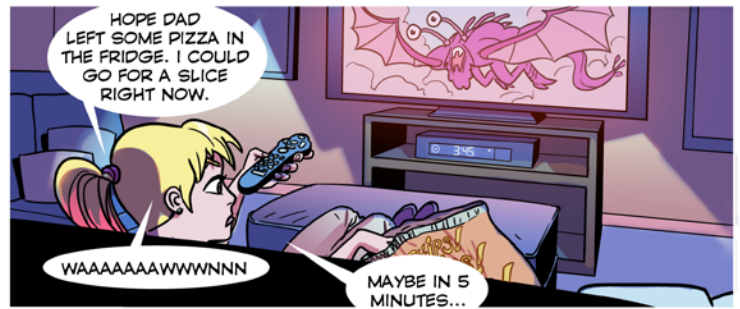
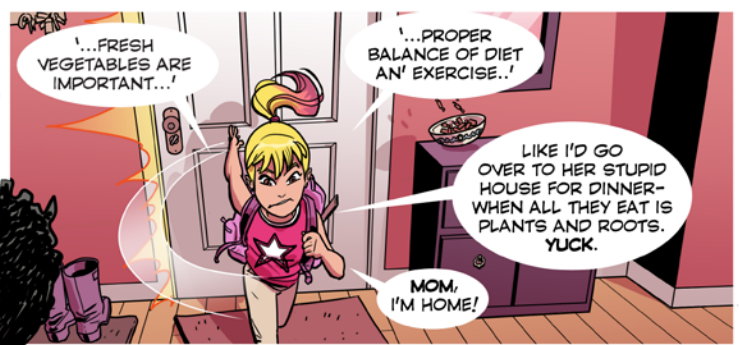
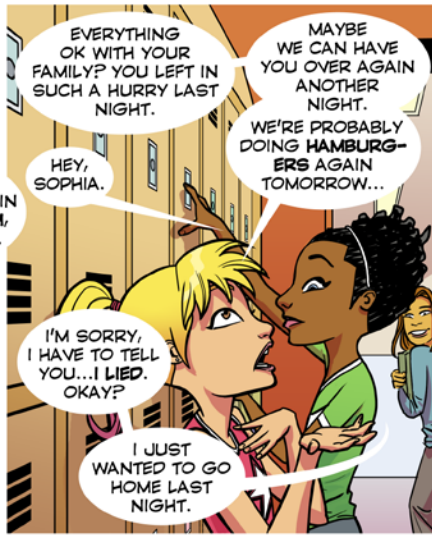
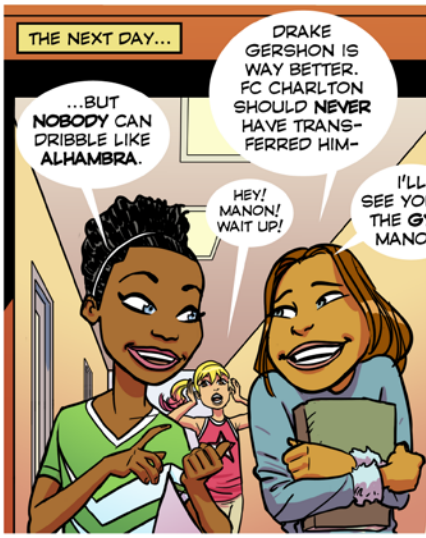
BUT WHEN DO YOU TALK? TO THE REST OF YOUR FAMILY?

TALK? TO MY FAMILY?

THAT'S SO UNCOOL.



NOW CHECK OUT THIS SHOW ON TBN. THEY PROFILE THESE NEW BANDS, AND THIS LEAD SINGER IS SO CUTE...





DAD?
ARE YOU BACK
YET?



DAD? ARE
YOU...
...WHAT...?



MR.
BJORKLUND?!?

MICHAEL???

SOPHIA! HELP
MEEEEEEEEEE!!



HANG ON,
I'M COMIII--

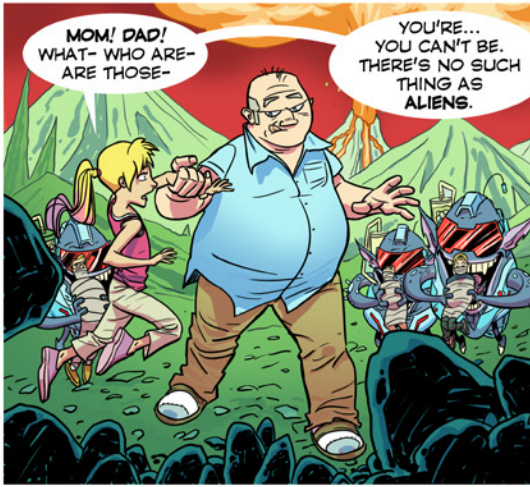


NNGGG!

OW.



WHAT...
WHERE IS THIS
PLACE? THIS ISN'T
OUTSIDE...
IS IT?



"OH YES THERE IS, SOPHIA."



WE ARE VERY REAL GIRL. AND WE ARE FINALLY READY TO BEGIN OUR FEAST.

"WE'VE HAD OUR EYE ON YOUR WORLD FOR QUITE SOME TIME. WE LEARNED YEARS AGO THAT FOODS HIGH IN SATURATED FATS, STARCHES, SUGARS AND SALT WERE A PRIMARY SOURCE OF NUTRITION FOR US."

"BUT IN OUR EARLIEST STUDIES OF EARTH, WE FOUND SOMETHING EVEN BETTER."

"ULTRA-PROCESSED FOODS CONTAINING TONS OF SALTS, SUGARS AND ADDITIVES BECOME A KEEN SOURCE OF PROTEIN AND FIBRE FOR US WHEN CONSUMED AND DIGESTED IN THE HUMAN BODY."

"ESPECIALLY WITH YOUR LACK OF PHYSICAL ACTIVITY."



"ALL THOSE HOURS IN FRONT OF THE TELEVISION HAVE MADE YOUR BODIES THE UNHEALTHIEST IN THE GALAXY."

"MEANING THAT EATING YOU IS NUTRITION FOR US!"



"THIS PLANET WILL KEEP US FED FOR GENERATIONS! WE'LL NEVER KNOW HUNGER AGAIN!!"

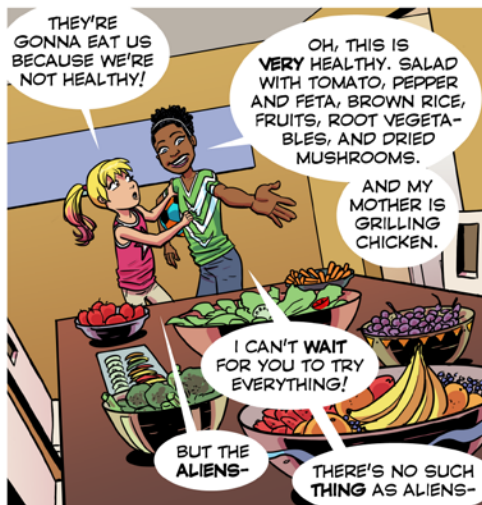
"MY FAMILY WAS CHOSEN TO ACT AS ADVANCED SCOUTS. TO EXAMINE THE WAY HUMANS LIVE AND EAT."

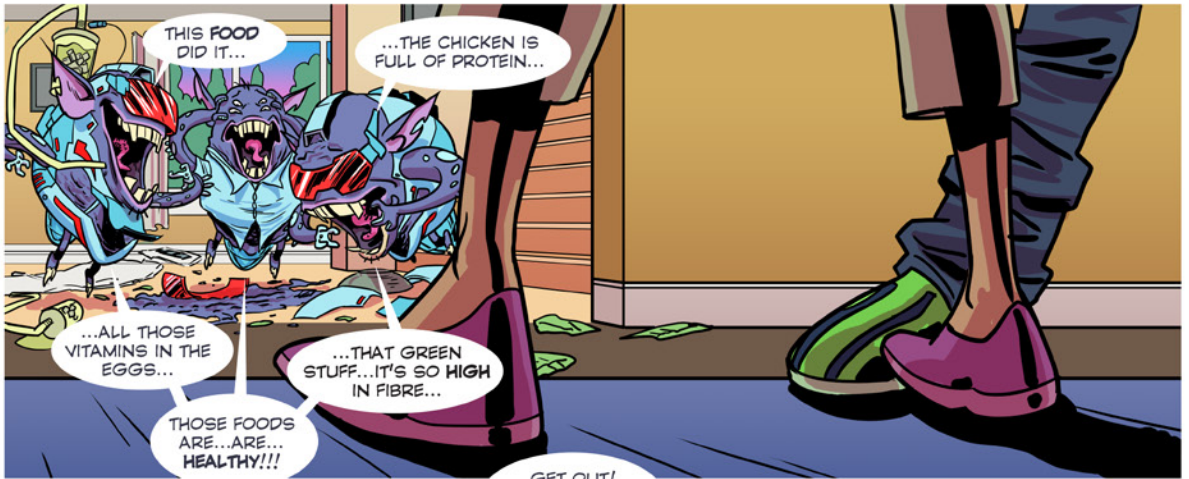
"THE BARBEQUE AT YOUR HOUSE, ALL THOSE PROCESSED MEATS YOU GRILLED... IT WAS SO HARD TO KEEP FROM DEVOURING YOU ON THE SPOT!!"

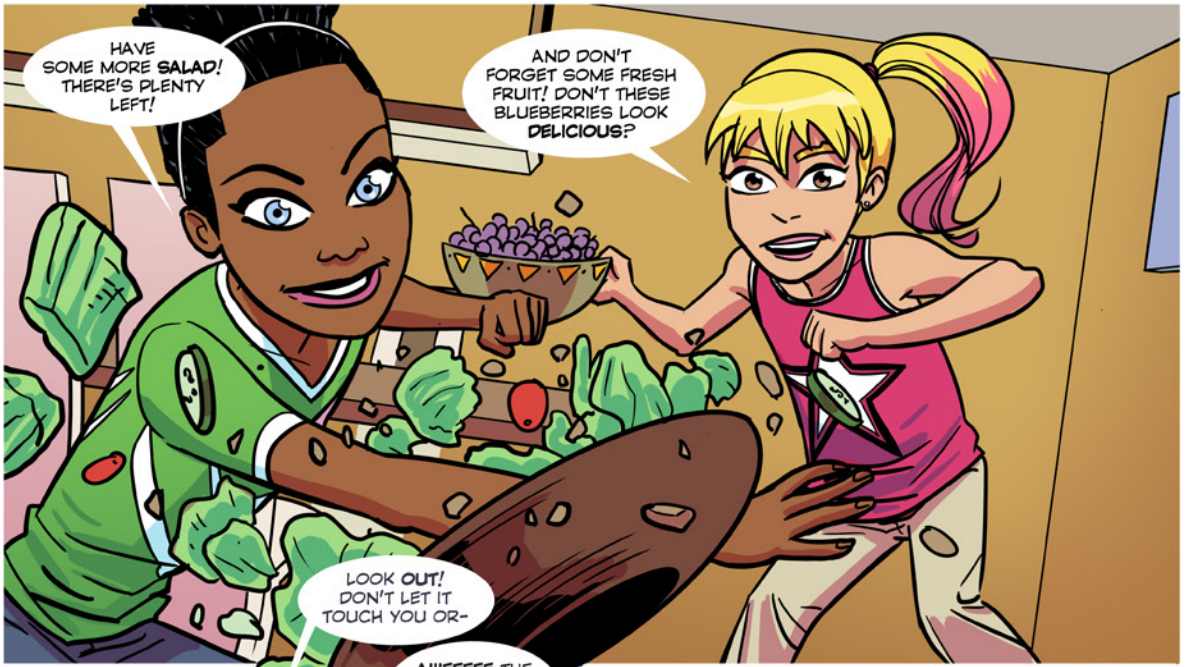


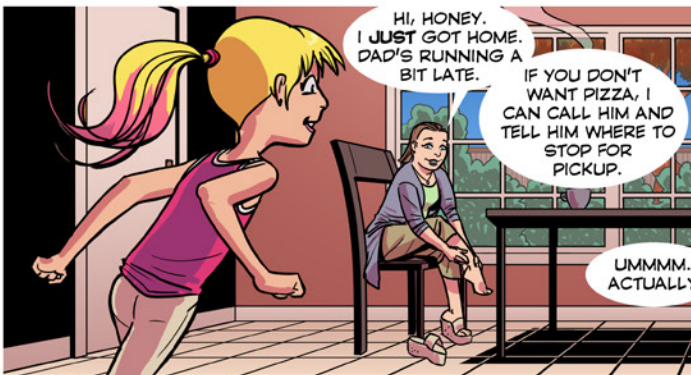
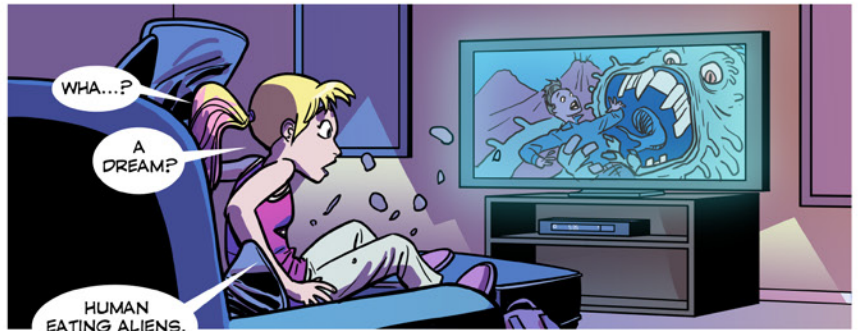
YOUR FAMILY WILL MAKE A DELICIOUS MEAL! ONCE WE'VE CONSUMED YOU, WE'LL ALERT OUR HIGH COMMAND TO BEGIN THE INVASION.
BON APPETIT, SOPHIA...!"

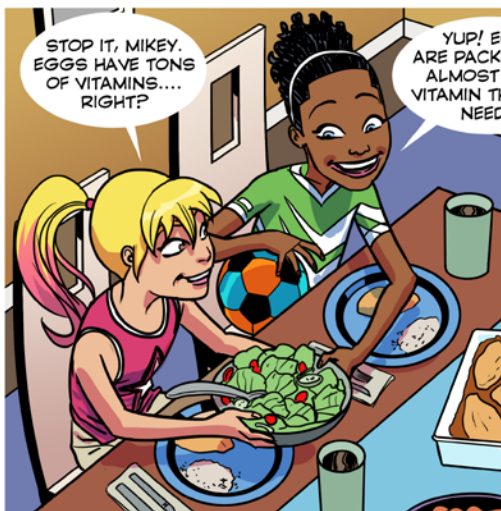
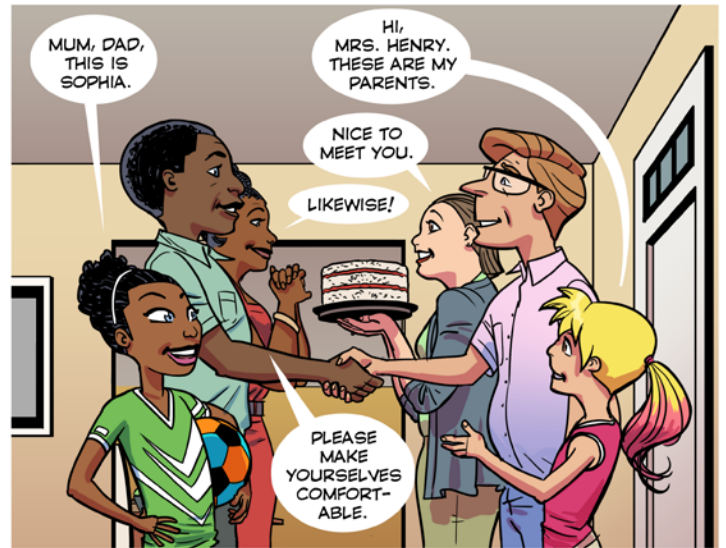
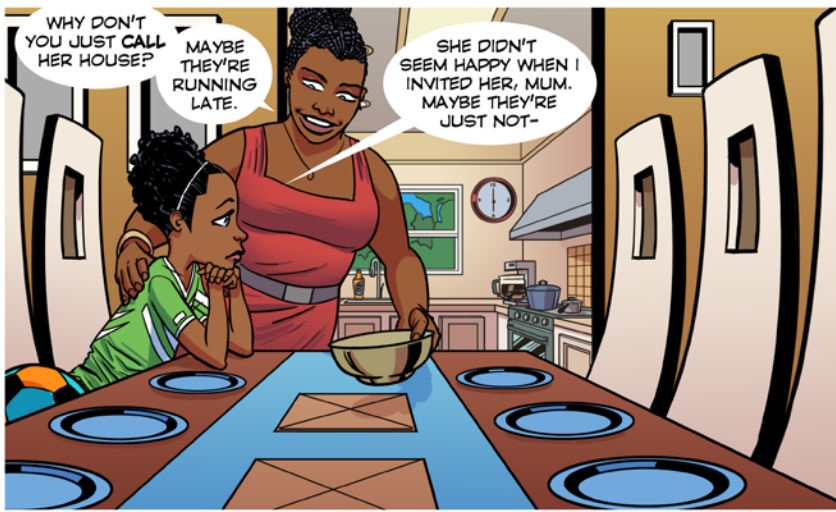












ACTIVITY 1



GLOBAL GOAL 2
IS ABOUT ZERO HUNGER AND THAT EVERYONE HAS THE RIGHT TO HAVE ENOUGH HEALTHY FOOD TO EAT.

WE'RE
PLATE PIONEERZ
FOR THE GLOBAL GOALS!

GLOBAL GOAL 3
IS ALL ABOUT HAVING GOOD HEALTH AND GENERAL WELL-BEING!



SO WHAT IS A PLATE PIONEER YOU MIGHT WANT TO KNOW?

WELL, IT'S SOMEONE WHO DECIDES TO EAT HEALTHILY FOR THE GLOBAL GOALS. THE GLOBAL GOALS ARE A PLAN FOR PEOPLE AND PLANET TO GET FIT AND STAY HEALTHY BY 2030!



OH NO!
EXCESSIVE SUGARS AND SATURATED FATS ARE OVERLOADING SOPHIA'S FRIDGE. NOW SHE'S A PLATE PIONEER FOR THE GLOBAL GOALS. WHAT FOOD DO YOU THINK SOPHIA AND HER FAMILY SHOULD EAT INSTEAD? WRITE YOUR IDEAS BELOW:

1. _____
2. _____
3. _____
4. _____

CAN YOU HELP SOPHIA AND MANON SAVE PLANET EARTH AND DEFEAT THE ALIENS?!

NOW THAT YOU KNOW THE TYPES OF FOODS THAT ARE MOST EFFECTIVE IN DESTROYING THEM ARE HIGH IN-

AND PACKED WITH

...CIRCLE THE BEST FOOD OPTIONS FOR DESTROYING THE ALIENS FROM THE CAFETERIA BELOW!

ACTIVITY 2

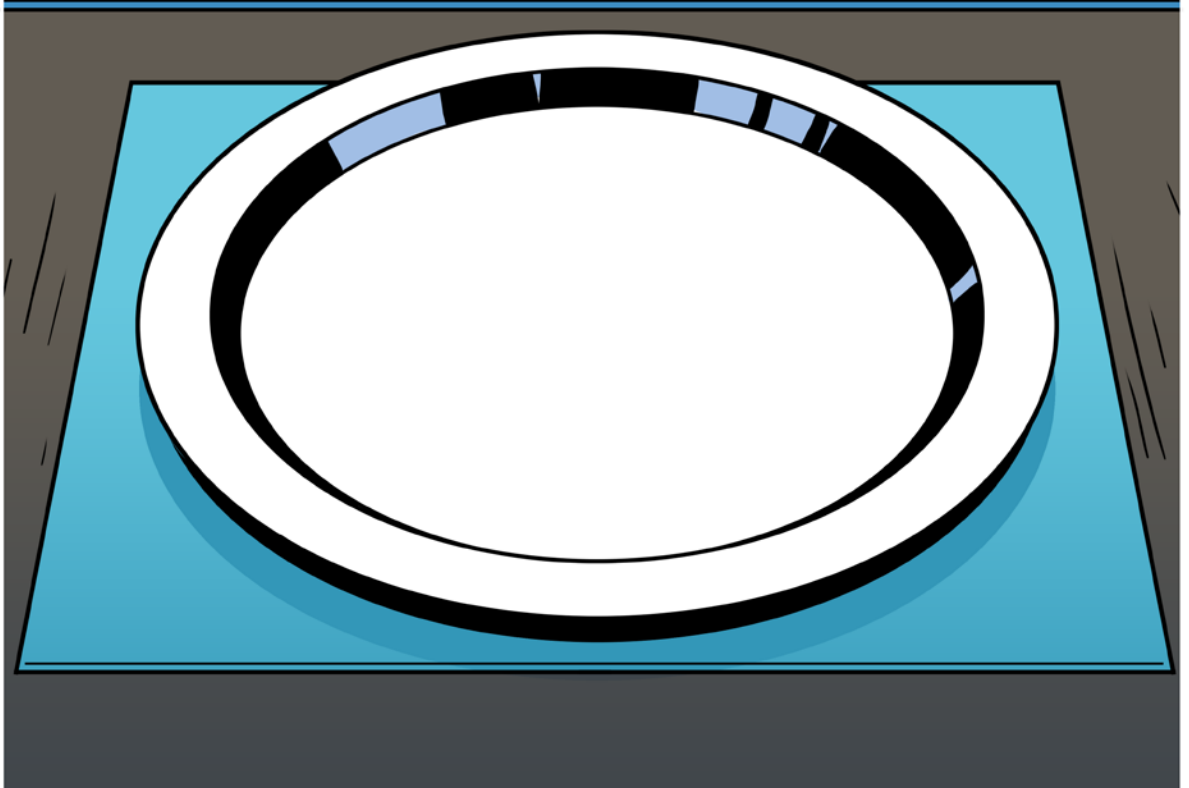


ACTIVITY 3

SOPHIA HAS DECIDED TO INVITE MANON'S FAMILY OVER TO HER HOUSE AGAIN FOR DINNER.



NOW SHE'S A PLATE PIONEER, WHAT MEAL DO YOU THINK SHE MIGHT COOK FOR MANON? DRAW AND COLOUR YOUR HEALTHY MEAL IDEA BELOW!





THE GLOBAL GOALS
For Sustainable Development

17 Global Goals to achieve these three extraordinary things by 2030: End extreme poverty. Fight inequality and injustice. Tackle climate change.



If we achieve Goals 2 and 3, how will this help to accomplish the rest of the Global Goals?

To find out more, go to:



comicsunitingnations.org



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worldslargestlesson.globalgoals.org

