CLIMATE ACTION

NO POVERTY

ZERO HUNGER

GOOD HEALTH AND WELL-BEING

QUALITY EDUCATION

GENDER EQUALITY

CLEAN WATER AND SANITATION

AFFORDABLE AND CLEAN ENERGY

DECENT WORK AND ECONOMIC GROWTH

INDUSTRY, INNOVATION AND INFRASTRUCTURE

REDUCED INEQUALITIES

SUSTAINABLE CITIES AND COMMUNITIES

RESPONSIBLE CONSUMPTION AND PRODUCTION

LIFE ON LAND

PEACE, JUSTICE AND STRONG INSTITUTIONS

CLIMATE ACTION

LIFE BELOW WATER

PARTNERSHIPS FOR THE GOALS

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GOAL 2: ZERO HUNGER
End hunger, achieve food security and improved nutrition and promote sustainable agriculture.

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
Isn’t that a soccer ball?

Yeah, whatever. Are you into football?

Isn’t that a soccer ball?

I don’t really play sports.

Where I come from, we call it football. Makes more sense, doesn’t it? You can only use your feet to play.

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.

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?

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.
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. DID WE NEED A WHOLE PIE...?

I WANT PIZZA!! TWO SLICES, BUDDY? MANON, YOU WANT A SLICE?

UGH, THIS IS DISGUSTING. NO, I THINK THIS IS ENOUGH. THANK YOU.

WHERE ARE YOU GOING? TV ROOM, DUN.

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

MOM KEEPS SWERING 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...
THE NEXT DAY...

...but nobody can dribble like Alhambra.

Drake: Gershon is way better. Fc. Charlton should never have transferred him-

Hey! Manon! Wait up!

Hey, Sophia. I'll see you in the gym, Manon.

Everything ok with your family? You left in such a hurry last night.

I'm sorry. I have to tell you... I lied. Okay?

Maybe we can have you over again another night.

We're probably doing hamburgers again tomorrow...

I just wanted to go home last night.

I'm not saying there's something wrong with my family??

No, no. What I mean is...

Sometimes we grill. Sometimes chicken fingers... why?

Sometimes we grill. Sometimes chicken fingers. Why?

Remember when you said you were just tired watching me dribble? Maybe it's because your dinners have zero nutritional value.

That's ridiculous.

How about this: You come over for dinner at my house. We'll cook: some veggies and rice--

Hope dad left some pizza in the fridge. I could go for a slice right now.

Waaaaawwwwinnn

Maybe in 5 minutes...

Zzzzzzzzzzz

Waaaaaaaa-

Two hours? I didn't know I was that tired.

Dad better be home. I'm starving.

You lied? Why?

My family makes dinner. We all contribute. I cut vegetables. We sit together and talk. We're not in different rooms.
DAD? ARE YOU BACK YET?

DAD? ARE YOU...

WHAT...

SOPHIA! HELP ME!

MICHAEL???

MR. BJORKLUND ???

HANG ON, I'M COMING...

NNNGGG!

OH...

WHAT... WHERE IS THIS PLACE? THIS ISN'T OUTSIDE... IS IT?
“MOM! DAD! WHAT— WHO ARE— ARE THOSE—
YOU’RE... YOU CAN’T BE. THERE’S NO SUCH THING AS ALIENS.”

“OH YES THERE IS, SOPHIA.”

“AAAAAHHHHH!! NO, THIS ISN’T REAL. IT ISN’T.
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 fiber 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 barbecue 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...”
WHY DON'T YA START WITH MY FOOT??!

AAAAAAAGH!!

Please! Open the door. You have to help!

STOp HER!!!

DON'T LET HER GET BACK TO EARTH!

HELP! HELP ME!! THERE ARE ALIENS!!!

MANON! Aliens took my family and now they're coming for me-

IT'S OK if your family's running a little late.

THEY'RE GONNA EAT US because we're not healthy!

Oh, this is very healthy. Salad with tomato, pepper, and feta, brown rice, fruits, root vegetables, and dried mushrooms.

AND my mother is grilling chicken.

I CAN'T WAIT for you to try everything!

BUT the aliens-

THE'RE S NO SUCH THING AS ALIENS-

"Sophia! You made it?"

GET HER!

AAAHHHHH!!!

RUN!!
I'm going to devour you and all those ultra-processed foods in your body!

WWWK!

EWWW! Have some salad!!

AAAAGH!! I'm desolidifying!! No! Nooooo!!

EWWWW!

This food did it...

...The chicken is full of protein...

...All those vitamins in the eggs...

...That green stuff... it's so high in fiber...

Those foods are... are... healthy!!!

Get out! Get back to the portal now!

No, get the girl!

You saw what that... salad... did to Wyk!

They live on sugars and saturated fats...

So the food on my table, it's healthy to us and bad for them...

Yeah!!
HAVE SOME MORE SALAD! THERE’S PLENTY LEFT!

AND DON’T FORGET SOME FRESH FRUIT! DON’T THESE BLUEBERRIES LOOK DELICIOUS?

LOOK OUT! DON’T LET IT TOUCH YOU OR...

ALIEN SEE THE FIBRE!! IT’S LIKE POISON!!!

WATCH THOSE LEAFY GREENS! THEY'RE-

GAAAAAH!!

ZRRNY!! AOG!! THEY'RE...

I’VE GOT TO GET OUT OF HERE!!

HE’S RUNNING AWAY! DON’T LET HIM ESCAPE!

I’VE GOT CARROTS AND BANANAS! HIT HIM!

YAAAAAAAAAAAAA!!
AND NOW, FINALLY...

-oooooooooooo!!!

YOU'RE GOING TO MAKE A FANTASTIC MAIN COURSE!!

NO!

NO!!!

NOOOOO-

WHAAAA?

A DREAM?

HUMAN EATING ALIENS. SO WEIRD...

HAPPY. IT WAS SO REAL....

BUT THAT HEALTHY STUFF....

HI, HONEY. I JUST GOT HOME. DAD'S RUNNING A BIT LATE. IF YOU DON'T WANT PIZZA, I CAN CALL HIM AND TELL HIM WHERE TO STOP FOR PICKUP.

UMMM.... ACTUALLY....

I WAS THINKING OF SOMETHING ELSE FOR DINNER....
WHY DON'T YOU JUST CALL HER HOUSE?
MAYBE THEY'RE RUNNING LATE.

SHE DIDN'T SEEM HAPPY WHEN I INVITED HER. MUM, MAYBE THEY'RE JUST NOT-

THE BELL!!

I'M COMING!!

MUM!! THEY CAME!!

MUM, DAD, THIS IS SOPHIA.

HI, MRS. HENRY. THESE ARE MY PARENTS.

NICE TO MEET YOU.

LIKEWISE!

Pleased make yourselves comfortable.

...Diced tomatoes...
...That stuff is really green...
...And a great source of fibre...
...You'll love it here.

Grilled chicken. Very high in protein.

Are those eggs? ...

Yes...

...Do I have to eat that...

...With brown rice...

...Stop it, Mikey. Eggs have tons of vitamins. Right?

Yup! Eggs are packed with almost every vitamin the body needs.

SO...WHAT MADE YOU CHANGE YOUR MIND ABOUT COMING?

I had a chance to sleep on it.

There's weirder things than trying something new, I guess.
GLOBAL GOAL 2 is about zero hunger and that everyone has the right to have enough healthy food to eat.

GLOBAL GOAL 3 is all about having good health and general well-being!

We’re PlatePioneerZ for the global goals!

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!

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, they are high in... and packed with...

...circle the best food options for destroying the aliens from the cafeteria below!
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!
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
worldslargestlesson.globalgoals.org