



*Today we'll be with...*  
***SUKAL!***





Hi, guys!  
My name is Sukhal.  
I live in Europe

**THIS IS EUROPE**





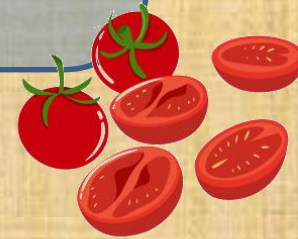
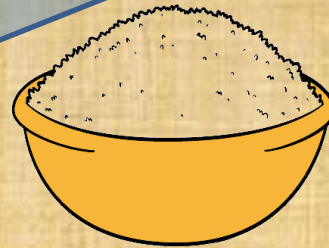
I love cooking,  
and my favorite  
meal is rice. What's  
yours?



**MENU  
SUKAL**



In my country, if we  
don't eat something,  
we throw it away.  
Look at all the food  
we have thrown  
away!





It makes me  
feel sad. ☹

My friends  
from other  
countries  
don't always  
have  
something to  
eat.



So I won't ever  
throw anything  
away again.

I'm going to  
finish  
everything I eat,  
even if I don't  
like it that  
much...

Even fish  
pizza!





And you?  
Can you think of  
anything to help  
my friends?

You could do the  
same as me and  
not throw  
anything away.

Will you join  
me?



How lucky I am to  
have found you!

I'm going to tell  
all my friends  
you're helping  
me.

