



Date:

LEMBAR KERJA PESERTA DIDIK

BY HAMRIANI, S.Pd

NAME :

CLASS :



LET'S GET
READY

MY FAVORITE FOOD IS NOODLE
HOW ABOUT YOU?

Cara Memasak / Cooking Instructions :



Rebuskan air/mendidihkan air dalam 1 liter air mendidih selama 4 menit, atau sesuai.

Place enough water into 3-4 lit boiled water for 4 minutes.



Kukuslah spaghetti sampai air mendidih. Taruh di pinggir.

Boil until spaghetti boils water, drain and place on a plate.



Tuangkan saus ke spaghetti, aduk hingga merata, hidangkan selagi hangat.

Pour sauce into spaghetti, stir well, serve immediately.

Informasi Nilai Gizi / Nutrition Information

Takaran saji / Serving size : 12 g
Jumlah saji per kemasan / Serving per pack : 1

Jumlah per sajian / Amount per serving	
Energy Total / Total Energy	400 kcal
Energy dari lemak / Energy from fat	0 kcal

% Daily Value*	
Lemak Total / Total Fat	0 g 0%
Protein / Protein	0 g 0%
Karbohidrat Total / Total Carbohydrate	10 g 10%
Serat Pangan / Dietary Fiber	0 g 0%
Natrium / Sodium	200 mg 40%
Kalsium / Calcium	10%
Gula Rasi / Sugar	0%

*Percent Daily Values are based on a 

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1. What is your favorite food?

2. Do you know how to make it?

3. Do you usually read the information at the back of the food package?

4. What kind of information can you find there?

5. Will the information help you to cook?



Let's Study

Please ask your mother what they have bought in the market. Then, write down what she has bought in the shopping list.

Silahkan tanya ibunda kalian apa yang telah mereka beli di pasar. Kemudian, tuliskan apa saja yang ia beli kedaftar belanja.

ShoppingList

