

PROCEDURE TEXT

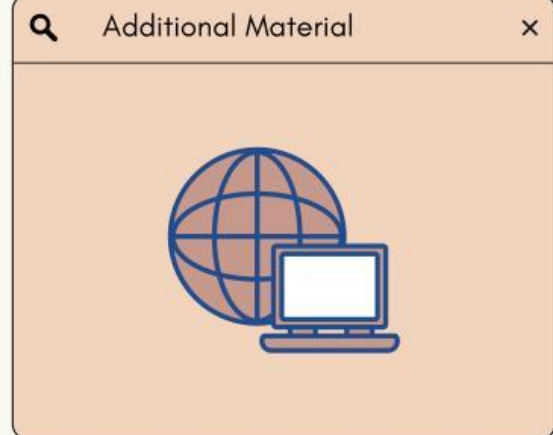


NAME :

NUMBER :

CLASS :

Procedure Text



A Look and Share

Look at the pictures. Discuss which are healthy and less healthy foods and drinks.



Picture 4.1 Aceh Noodles

Source: Yasmina Haryono/Wikimedia commons/CC BY-SA 2.0 (2010)



Picture 4.2 Crispy Deep-fried Prawn Ulakan

Source: SpartacksCompatriot/Wikimedia commons/CC BY-SA 3.0 (2013)



Picture 4.3 Es Pisang Ijo

Source: Andreanrama/Wikimedia commons/CC-BY-SA (2020)



Picture 4.4 Cendol

Source: Gunawan Kartapranata/Wikimedia commons/CC-BY-SA4.0 (2018)



Picture 4.5 Gado-Gado

Source: Piknikdong/Wikimedia commons/CC BY 4.0 (2021)



Picture 4.6 Tinutuan

Source: User: (WT-shared) Jpatokal at wikivoyage/Wikimedia commons/CC BY-SA 3.0 (2006)



Picture 4.7 Rujak

Source: shan5/pixabay/CC BY-SA 4.0 (2020)



Picture 4.8 Pempek

Source: andryhariana/Pixabay/CC BY-SA 4.0 (2021)

B Listen and Answer

Listen to the dialogue and answer the question based on the dialogue below.

1. What are the speakers talking about?

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2. How does Samsidar feel about Niken knowing the right food to eat?

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3. What will Samsidar most likely do?

--

4. What does Niken suggest Samsidar should do?

--

5. Why should caffeine be avoided?

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Simple Tips for Healthy Eating

All of us know about the benefits of eating healthier. Proper nutrition helps us prevent cancer, heart disease, and other serious ailments. It allows us to lose weight and keep the pounds off. Eating healthier also helps to enhance our mood substantially and increases our chances of living longer and enjoying wellbeing while we are alive. I wanted to simplify the rules for eating healthier and make it simple for those who are interested in improving the way they eat. So what are these tips?

1. Eat Real Food, Not Processed Food

It is best to eat foods in their natural state. Forget foods that are processed in a factory. Some examples of processed foods are convenience snack (potato chips, baked crisps, etc.), white bread (bread is not supposed to be white in color), cereals, canned vegetables, canned meats, canned fruit, granola bars, candy bars, white sugar, bleached flour, beef jerky, soda, sports drinks, margarine (it is hydrogenated in a factory), packaged cookies, frozen dinners, processed meats like hot dogs, canned soups, fruit juices, ketchup, etc. Processed foods have been greatly modified and contain a lot of ingredients that do not exist in the food naturally.

2. Eat a Variety of Different Foods

Each type of food ingredient that exists in nature has its nutritional makeup. When we eat different types of foods, we are more likely to get all the nutrients we need in order to be healthy.

3. Cook More Than Eating Out

One of the best ways to eat healthier is to cook your own food. Besides saving a lot of money, you will also be able to control what goes into your food. You will not be using chemicals and other unhealthy additives.

4. Stop Eating Before You are Full

Instead of eating until you are completely full, stop eating before you feel completely satiated. It is OK (and healthy) to stop eating while you still have some room in your stomach. And do not forget, it takes a while for your stomach to send the message to your brain that you are full and have had enough to eat.

5. Eat at The Dining Table, Not in Your Car or at Your Desk

Always try to eat at a proper dining table. Never eat in your car or at your desk. When you make a point to sit down at a table and focus on your meal, you will be less likely to eat unconsciously. And food that is served to you through a window is almost never healthy. Following this rule also reduces the chances of eating when you are bored.

6. Drink Water and Forget Everything Else

Water is the healthiest drink on the planet, period. Sodas, energy, and flavored drinks are the most unhealthy and they should be avoided at all costs. If you want to have a flavored drink, make lemonade using fresh lemons, or drink tea, or water flavored with fresh fruit and vegetables.

So there you have it: you can eat much healthier simply by following the 6 tips listed above.

Let's Match

Look at the following statements (Questions 1-5) and the list of tips. Match each statement with the correct tips, A-F based on the reading text.

• Question 1-5

1. It takes time for the brain to get the information that you have eaten enough. (.....)
2. You need to focus and find a proper place to eat. (.....)
3. Cook your own meal for healthier and cheaper options. (.....)
4. Food is best when they are not over-processed. (.....)
5. More variation means more nutrients in your food. (.....)

• Answer A-F

Tips of Healthy Eating

- A. Eat real food, not processed food.
- B. Eat a variety of different foods.
- C. Cook more than eating out.
- D. Stop eating before you are full.
- E. Eat at the dining table, not in your car or at your desk.
- F. Drink water and forget everything else.

Let's Answer

Answer the questions based on the information you get from the text.

- 1** Who will find the information in the text useful?

Answer: _____

- 2** In what kind of reading section will you likely find this type of text?

Answer: _____

- 3** In Rule number 5, "Eat at the Dining Table, Not in Your Car or at Your Desk," the word 'this' in the sentence 'Following this rule also reduces the chances of eating when you are bored,' refers to

Answer: _____

- 4** "Stop Eating Before You Are Full," the word 'satiated' in the sentence '...stop eating before you feel completely satiated,' can be best replaced by what word?

Answer: _____

- 5** Which tip/s that is easiest for you to follow? Why?

Answer: _____

A Let's Play

We are going to play THIS OR THAT. You need to choose between two options. Ask around the questions related to food preference.



Picture 4.9 Choosing one of two options

This	That
Homemade food	Take away food
Local food	International food
Rice	Noodle
Mineral Water	Soft drink
Fried food	Steamed food
Fruit	Vegetable
Milk	Juice



Vocabulary box
