



Date:

## LEMBAR KERJA PESERTA DIDIK

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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 ke dalam air mendidih. Taruh di pinggir.

Put spaghetti into 3-4 lit boiled water. Place on a pan.



Tuangkan air ke spaghetti. Aduk hingga merata. Angkat dan tiriskan.

Put aside the spaghetti. Mix well and drain.

**INFORMASI NILAI GIZI / NUTRITION INFORMATION**

Takaran saji / Serving size : 100 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   |

| % RASAI*                               |            |
|----------------------------------------|------------|
| Lemak Total / Total Fat                | 0 g 0%     |
| Protein / Protein                      | 0 g 0%     |
| Karbohidrat Total / Total Carbohydrate | 100 g 100% |
| Gula / Sugar                           | 0 g 0%     |
| Asam Lemak / Saturated Fat             | 0 g 0%     |
| Natrium / Sodium                       | 0 mg 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

