



SK TAMAN CENDANA

Cikgu Heiny

Subjek : Pendidikan Jasmani & Kesihatan
Tarikh : 19 / 9 / 2021
Hari : Ahad
Tahun : 3

Tajuk : unit 12 – Amalan Pemakanan Sihat

** Tonton dan fahamkan*



Buku Teks Muka Surat 89

Latihan:

PENDIDIKAN KESIHATAN TAHUN 3 UNIT 12 PEMAKANAN SIHAT

NAMA:

KELAS:

TARIKH:

Padankan makanan ke dalam aras piramid makanan yang betul berdasarkan buku teks PJK Tahun 4.

The diagram shows a food pyramid with four levels. The levels are labeled as follows:

- Lemak (Fat):** The top level of the pyramid.
- Protin (Protein):** The second level from the top.
- Vitamin:** The third level from the top.
- Karbohidrat (Carbohydrates):** The bottom level of the pyramid.

Food items are placed around the pyramid for matching:

- Top Level (Lemak):** A can of soda, a banana, a potato, an apple, a bottle of oil, a pineapple.
- Second Level (Protin):** A plate of rice, a fish, a glass of milk, a carton of juice, a slice of cheese, a tomato.
- Third Level (Vitamin):** A loaf of bread, a broccoli, a bottle of oil, a carrot, a chocolate bar, a chicken drumstick.
- Bottom Level (Karbohidrat):** A plate of spaghetti.