

"Healthy Habits: Understanding Causes and Effects"

Tujuan Pembelajaran:

Siswa dapat mengidentifikasi dan memahami hubungan sebab dan akibat dari kebiasaan hidup sehat dan tidak sehat, seperti pola tidur, pola makan, dan olahraga.

A. Vocabulary Building

Instructions: Match each English word from the left column with its correct meaning from the right column.

Tarik garis pada arti kata yang tepat!

English Words		Meaning
1. Struggle	☐	A. Kadar Gula Darah
2. Maintaining	☐	B. Masalah Kulit
3. Lifestyle	☐	C. Penyebab
4. Cause	☐	D. Berkonsentrasi
5. Effect	☐	E. Pencernaan
6. Well-being	☐	F. Perubahan Suasana Hati
7. Poor sleep	☐	G. Kurang Olah Raga
8. Schedules	☐	H. Gaya Hidup
9. Tiredness	☐	I. Menjaga
10. Concentration	☐	J. Berjuang
11. Moodiness	☐	K. Gaya Hidup Kurang Gerak
12. Unhealthy Eating	☐	L. Jadwal
13. Fast Food	☐	M. Tidur Yang Buruk
14. Sugary Snacks	☐	N. Makanan Cepat Saji
15. Digestion	☐	O. Kesejahteraan
16. Blood Sugar Level	☐	P. Cemilan Manis
17. Skin Problems	☐	Q. Efek
18. Lack of Exercise	☐	R. Kelelahan
19. Sedentary Lifestyle	☐	S. Menghadapi
20. Face (verb)	☐	T. Makanan Tidak Sehat

B. Read/practice the conversation below with your friend and answer the question

Silahkan Baca percakapan dibawah ini dan jawab pertanyaan!

Conversation 1

Anna: Hi, John. You look really tired today. What's up?

John: Hi, Anna. I stayed up late last night studying for our exam.

Anna: Oh, I see. How are you managing in class today?

John: It's been tough. I can't seem to focus at all.

Anna: Yeah, lack of sleep can really mess with your concentration. Maybe try to get to bed earlier tonight?

1. What is John feeling in class today?

- a) Energetic
- b) Bored
- c) Unfocused
- d) Happy

2. Why is John unable to focus in class today?

- a) He forgot his homework
- b) He stayed up late studying
- c) He is excited about a game
- d) He is hungry

Emily: Hey, Mike. You look a bit sluggish. Everything okay?

Mike: Hey, Emily. I had a big burger and fries for lunch, and now I feel really heavy and tired.

Emily: That sounds like a heavy meal. How's the rest of your day going?

Mike: It's hard to stay awake and I feel low on energy.

Emily: Maybe a lighter, healthier meal next time might help with that. How about trying a salad or some fruit?

Mike: Good idea. I'll give it a try. Thanks, Emily.

3. What solution does Emily suggest to Mike for feeling sluggish?

- a) Drink more water
- b) Eat a lighter, healthier meal
- c) Take a nap
- d) Exercise more