

## STUDENT'S WORKSHEET

**Topic** : Procedure Text  
**Learning objectives** :  
1. Students are able to identify the social function of a procedure text  
2. Students are able to match the pictures with the correct vocabulary  
3. Students are able to arrange the jumbled sentences into an appropriate procedure text  
4. Students are able to read a procedure text with the correct intonation and pronunciation  
**Name** :  
**Class** :  
**Student Number** :  
**Date** :

### Listen to the audio below!



#### A. Fill in the blank!

What is the communication purpose of the monologue above?



\_\_\_\_\_

#### B. Match the pictures with the correct vocabulary!



fear



sad



beverage



exercise



angry



meal

**C. Put the sentences on the box below to create a good procedure text!**

Do not forget to eat breakfast and choose a nutritious meal with more protein and less fat, sugar, and calories.

Remember limit or avoid sugary beverages.

Fifth, manage your emotions.

At-home workouts may be a good idea, but you can also jog around your neighborhood.

Talk to someone you trust if you're feeling down.

There's a very strong connection between sleep quantity and your immune system.

I'd like to share some basic tips for maintaining your healthy lifestyle. First, exercise regularly and be physically active. (a) \_\_\_\_\_.

Second, eat healthy meals. (b) \_\_\_\_\_.

Third, drink enough water and stay hydrated. Drink water regularly to stay healthy.

(c) \_\_\_\_\_. Fourth, get enough sleep.

(d) \_\_\_\_\_.

Keep your immune system functioning properly by getting eight hours of sleep each night.

(e) \_\_\_\_\_. When you feel angry, fear, or sad,

find ways to reduce your stress. (f) \_\_\_\_\_.

**D. Choose whether the statement is true (T) or false (F) according to the text!**

- At-home workouts is not effective to maintain our healthy lifestyle.
- Eating breakfast is an obligatory.
- We can drink sugary beverages at any time.
- Sleep quality is tightly related with immune system.
- We need eight hours of sleep at night to keep our immune system functioning properly.
- Talking to someone we trust is beneficial for our health.

**E. Answer the questions correctly!**

What is the generic structure of a procedure text?



\_\_\_\_\_

😊 good luck! 😊