



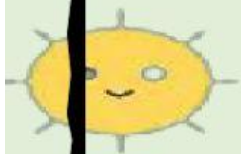
Date:

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. Suhu 100°C.

Place enough water into 1L of boiling water for 4 minutes.



Kulakukan langkah ini untuk setiap 100g mie yang dimasak.

Put the noodles into the boiling water and stir in a pan.



Tuangkan mie ke mangkuk, aduk hingga merata, taburkan bawang goreng.

Pour sauce into bowl, stir and serve immediately.

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	
Energi Total / Total Energy	400 kkal
Energi dari Lemak / Energy from Fat	0 kkal

% RATA-RATA*	
Lemak Total / Total Fat	0 g 0%
Protein / Protein	0 g 0%
Karbohidrat Total / Total Carbohydrate	100 g 100%
Serat Pangan / Dietary Fiber	0 g 0%
Natrium / Sodium	1000 mg 100%
Manis / Sweeten	0%
Gula Rata / Salt	0%

*Persen nilai gizi didasarkan pada kandungan energi per gram. Persentase energi pada kemasan tidak dapat dibandingkan dengan produk lain.

*Percent value is based on a 2000 kkal diet. Your daily energy intake may vary depending on your activity level.

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

