LEMBAR KERJA PESERTA DIDIK PERTEMUAN KE 3

Name: .....

Grade: .....

Topic: Analytical Exposition Text

Read the text below!

Text 1

The Importance of Drinking Water

How much do you drink water today? Water is often considered insignificant but behind it all, it turns out that water has important functions for our body. There are several reasons why you should drink enough water.

Firstly, interstitial fluid is obtained by drinking lots of water. Water is used by the body to digest food and help transport nutrients throughout the body. In addition, interstitial fluid is also useful for producing saliva and regulating body temperature.

The second reason is that it helps kidney work. Our kidney processes 200 liters of blood in our body every day. It also filters out waste and delivers urine to the bladder. To do all the tasks, our kidney needs enough water because water is used to clean anything that is unnecessary for our body. Furthermore, drinking water can moisturize our skin. It makes our skin feel fresh, soft, bright and smooth.

Additionally, drinking enough water every day can also improve the function of our brain. It can help us to concentrate more and unleash the nervous system in the brain. In conclusion, drinking water is important because it is needed for our interstitial fluid, helps kidney work, is good for healthy skin, and improves the function of our brain.

(https://englishclas.com/contoh-teks-analytical-exposition-manfaat-minum-air/)

Text 2

The Wonderful Health Benefits of Drinking Water

By Karen Ficarelli

Water is essential to good health. Drinking it helps to rid the body of toxins while delivering essential nutrients to our cells. It aids in digestion and keeps our bodies hydrated.

Eight glasses of water per day should be your goal. Not only will this help to flush contaminates from your body, water will also fill your stomach up without adding calories. Drinking water with your meals is a great way to cut down on extra calories and will help you to lose weight quicker.

If you don't like to drink water or find it boring and tasteless, unsweetened tea is of course a healthy substitute. A squeeze of lemon to your water or to your tea, is a terrific way to add flavor without additional calories, too.

It is important, especially when you exercise to keep your body well hydrated. Drinking water while exercising helps to regulate the body's temperature through the sweat glands. As we sweat our body cools down. By keeping ourselves properly hydrated, we keep this vital process working at its best.

You can usually tell if you have been drinking enough water by the color of your urine. Unless you are taking vitamins that are high in iron, your urine should be lightly colored. Iron tends to make the urine darker. When you are properly hydrated, the water leaving your body in the way of urine should be almost clear.

Drinking enough water each day will improve the function of your kidneys, too. By aiding in digestion, and speeding up the way your body processes food, an ample amount of water will actually speed up the metabolism, making weight loss easier and longer lasting.

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Water stimulates the circulation of blood and regulates your skin's natural balance. It helps to revitalize, detoxify and oxygenate the skin. Drinking plenty of water will help replace the moisture that your face loses through free radicals and other forms of stress in our everyday lives. Make a point to drink water as much as possible each day. Take water with you when you drive your car, watch television, curl up with a book, or sit outside with the kids. Aim for the goal of 8 glasses a day whenever possible. You'll enjoy the many health benefits that drinking water provides.

1. **Task 1**
   After watching the video answer these questions below!
   1) What do you think about the video?

   2) How much do we actually need to drink to stay healthy?

   3) After watching video, why we need drink so much?

   4) What happen if we get high dehydration?

   5) Based on recommended daily intake, how many liters of water for men and women?

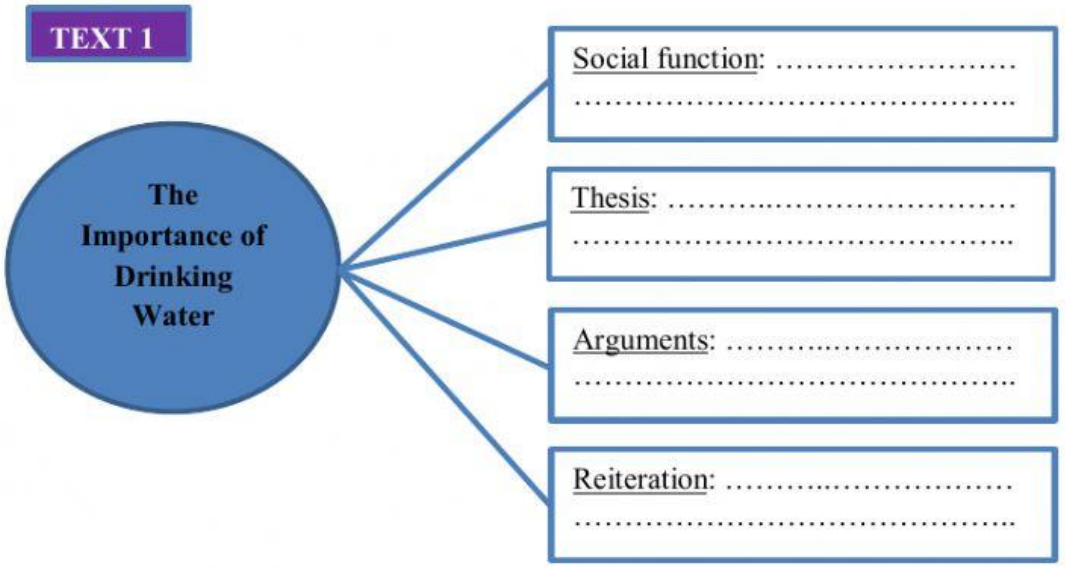
2. **Task 2**
   Read and analyze the 1 and text 2 carefully, pick the important information about them.

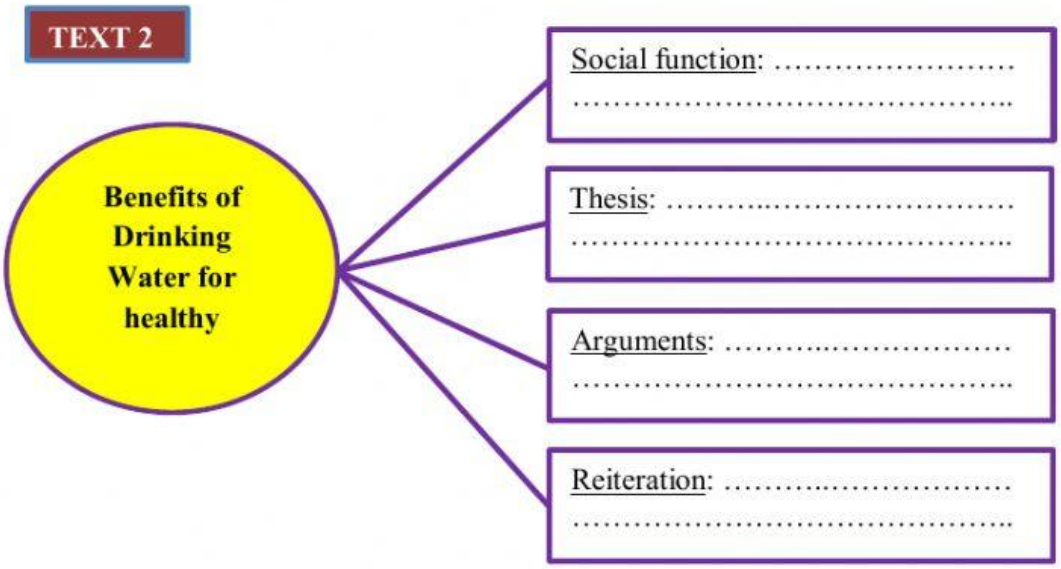
No	Text	Important Information
1	The Importance of Drinking Water	
2	The Wonderful Health Benefits of Drinking Water	

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3. **Task 2**

After reading the text above, to assess your understanding about social function and generic structure of analytical exposition text, analyze and identify them into mapping map below:





4. **Task 3**

Write an analytical exposition text on any of the recent issues in the media. Give at least two (2) arguments plus an explanation to support your thesis statement. Follow the format of an exposition text.

When you are done writing your draft, consult your teacher to get a feedback on your writing.

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