



YAYASAN PENDIDIKAN ISLAM GRANADA SEKOLAH MENENGAH ATAS ISLAM TERPADU GRANADA SAMARINDA

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Lembar Kerja Peserta Didik Pertemuan Ke - 1

TASK 1 (Discuss with your group)

Identify and analyze the social function and the structure of the following analytical exposition text!

Nowadays, people do not have time to cook their own food because they are too busy to do that. Therefore, people prefer to eat in the fast food restaurant. Usually, the foods in the restaurant are mostly junk food. In fact, junk food is not healthy. There are several reasons why junk food will harm your healthy.

First, Junk food is not healthy because it contains lot of fat. If you have too much fat, you will get obesity. People with obesity have a higher chance of developing health problems, such as: diabetes, high blood pressure, heart attacks, cancers, etc.

Beside the fat, junk food usually has a lot of oil. Oil can increase cholesterol in your body and it is dangerous if there is too much cholesterol in your body. Too much cholesterol can shorten your life because cholesterol will cause stroke, which is damage your body. If stroke getting worse, it will cause something bad like organ malfunction, disability, or even death.

Another disadvantage of consuming junk food is that it has almost no nutrition that you need. Although it has important nutrition like carbohydrate, calories, fat, or vitamins, the percentage is too small and not enough for your body. The best nutrition that you need is mostly included in healthy food like fruits, rice, or your own cooked food. In fact, junk food contains many things that are useless for your body or it will even harm your body.

To summarize, junk food is not healthy for your body. It contains lot of fat. Junk food also has a lot of oil that can increase the amount of cholesterol in your body. The next disadvantage is junk food has no nutrition and the last is junk food contains lot of additives.

Social function of the text:

Task 2: Choose True [T] or False [F]

1. Junk food is not healthy because it contains low fat []
2. People with obesity have a higher chance of developing health problems, such as: diabetes, high blood pressure, heart attacks, cancers, etc. []
3. Oil can decrease cholesterol in your body []
4. Too much cholesterol can shorten your life because cholesterol will cause stroke []
5. Junk food contains many things that are useful for our body []