

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