Lembar Kerja Peserta Didik

LKPD

CATEGORIZING FOOD

Nama : ....

Kelas : ....

HEALTHY FOODS

Healthy food is food that contains all the nutrients needed by the body in balanced amounts to support optimal health, growth and development. Healthy foods should not only be nutritious, but should also be varied and include all food groups, such as carbohydrates, proteins, fats, vitamins, minerals, and fiber. Healthy foods help maintain body functions, boost the immune system, and prevent various diseases, including chronic diseases such as diabetes, obesity, and heart disease.

Instructions for filling out the task

1. Write the names of the foods and drinks that you eat from morning to night.
2. Categorize the foods you have eaten into nutritional categories. Example rice (carbohydrate).
3. Answer the questions in the next column.
4. Make sure the answers you have entered are correct.

FASE 1 (Categorize Food)

1. Write the names of the foods and drinks that you eat from morning to night.
2. Categorize the foods you have eaten into nutritional categories. Example rice (carbohydrate).

FASE 2 (Analyzing Healthy Food)

Does the food you have eaten in a day fall into the category of "healthy food"? Explain!