

LKPD

Bahasa Inggris

Procedure Text

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Watch the video ,



Answer the following questions below based on the video :

1. **What is the video about?**

2. **Write 3 points that you can get from the video!**

WORD SEARCH

Find the following words in the puzzle.
Words are hidden down and across

Z	E	R	F	P	W	Z	P	P	I	J	Q
E	Y	O	G	A	E	N	R	D	I	E	T
S	R	O	W	I	N	G	E	U	A	R	E
F	O	F	V	R	G	O	X	M	P	X	R
I	W	T	E	J	X	I	E	X	E	V	S
S	L	E	G	P	G	L	R	T	D	S	E
S	T	R	E	S	S	A	C	M	H	P	S
M	B	R	T	T	H	E	I	Y	G	L	T
R	Y	D	A	Y	D	R	S	T	I	O	I
T	K	C	B	U	A	L	E	N	E	Q	U
T	R	O	L	T	I	N	G	Y	H	J	R
H	D	O	E	N	A	M	E	L	E	S	F

Exercise Hydration Sleep Yoga Vegetable Fruits Diet Stress

Match the items in Column A with their correct descriptions in Column B.

A

1. Fruits and Vegetables

2. Relaxation Techniques

3. Sleep Schedule

4. Hydration

5. Balanced Diet

6. Proteins

B

A. Aim for 7-9 hours of quality sleep

B. Essential for overall health

C. Includes chicken, fish, beans, and nuts

D. Should be included in daily meals

E. At least 8 glasses a day

F. Helps manage stress

READING COMPHENSION

How to Maintain a Healthy Lifestyle

Maintaining a healthy lifestyle is essential for overall well-being. Here are some simple steps you can follow to improve your health:

Materials Needed:

- Healthy food options (fruits, vegetables, whole grains, lean proteins)
- Water bottle
- Exercise equipment (optional: gym membership, yoga mat, running shoes)
- Sleep schedule

Steps:

1. Eat a Balanced Diet

- Start by incorporating a variety of foods into your meals. Aim for at least five servings of fruits and vegetables each day.
- Choose whole grains over refined grains. For example, opt for brown rice instead of white rice.
- Include lean proteins such as chicken, fish, beans, and nuts in your diet.

2. Stay Hydrated

- Drink plenty of water throughout the day. Aim for at least 8 glasses (2 liters) of water daily.
- Carry a reusable water bottle with you to remind yourself to drink water regularly.

3. Exercise Regularly

- Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week.
- Find an activity you enjoy, such as walking, cycling, swimming, or dancing, to make exercise more enjoyable.
- Incorporate strength training exercises at least twice a week.

4. Get Enough Sleep

- Establish a regular sleep schedule by going to bed and waking up at the same time every day.
- Aim for 7-9 hours of quality sleep each night to help your body recover and recharge.

5. Manage Stress

- Practice relaxation techniques such as deep breathing, meditation, or yoga to reduce stress levels.
- Take breaks during the day to relax and recharge your mind.

6. Avoid Harmful Habits

- Limit alcohol consumption and avoid smoking or using tobacco products.
- Be mindful of excessive sugar and processed food intake.

By following these simple steps, you can maintain a healthy lifestyle that promotes physical and mental well-being. Remember that small changes can lead to significant improvements over time. Stay consistent and make health a priority in your life

True/False question

1. Eating a balanced diet includes incorporating a variety of foods into meals. (T/F)
2. It is recommended to consume at least five servings of fruits and vegetables each day. (T/F)
3. Drinking eight glasses of water daily is not necessary for staying hydrated. (T/F)
4. Regular exercise should include at least 150 minutes of moderate aerobic activity each week. (T/F)
5. Establishing a consistent sleep schedule is not important for maintaining health. (T/F)
6. Managing stress can be achieved through relaxation techniques like meditation or yoga. (T/F)
7. It is advisable to limit alcohol consumption and avoid smoking to maintain a healthy lifestyle. (T/F)
8. Drinking sugary beverages is encouraged to stay hydrated effectively. (T/F)
9. Incorporating strength training exercises is recommended at least once a week for overall fitness. (T/F)
10. Making small changes in lifestyle can lead to significant health improvements over time. (T/F)

fill-in-the-blank questions based on the text "How to Maintain a Healthy Lifestyle," along with their answers:

1. To maintain a healthy lifestyle, it is essential to eat a _____ diet.

a. Answer:

2. Aim for at least _____ servings of fruits and vegetables each day.

a. Answer:

3. It is recommended to drink at least _____ glasses of water daily.

a. Answer:

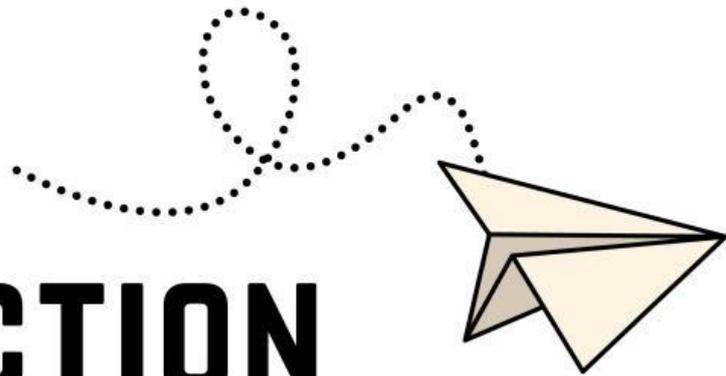
4. Regular exercise should include at least _____ minutes of moderate aerobic activity each week.

a. Answer:

5. A regular sleep schedule involves going to bed and waking up at the same _____ every day.

e. Answer :

3-2-1



REFLECTION

Directions: Fill in the boxes below to reflect on your learning today. What did you learn, and what questions do you still have?

3 THINGS I LEARNED

1.

2.

3.

2 INTERESTING PERSONS TODAY

1.

2.

WHAT DO YOU FEEL IN ENGLISH CLASS AND WHY?