

Analyze News Item

Worksheet Group

Read the following text and identify the generic structure and the language features of the text.

Member of Group

1. _____
2. _____
3. _____
4. _____

Indonesia's MBG program promotes healthy eating culture: expert

Jakarta (ANTARA) - Indonesia's Free Nutritious Meals (MBG) program could help foster a new culture of healthy eating in schools and at home, ultimately contributing to a more productive society, according to a nutrition expert.

"We can't just focus on food distribution — we must also build a healthy ecosystem on both the demand and supply sides," said Ikeu Tanziha, a member of the Nutrition Expert Council at the National Nutrition Agency (BGN), on Sunday.

On the demand side, the program is expected to improve public awareness and behavior, encouraging people to make healthier food choices.

Tanziha noted that the BGN aims to ensure that all beneficiaries — students, pregnant women, and breastfeeding mothers — understand the principles of balanced nutrition tailored to their physical and psychological needs.

"They should know how much nutrition they need in terms of calories, vitamins, minerals, and protein. That way, they can internalize healthy eating habits and meet their daily nutritional needs," she said.

Through the MBG program, the BGN recommends 20–30 percent of the Nutritional Adequacy Rate (NAR) be met at breakfast, and 30–35 percent at lunch. These targets are reflected in the meals served to students and mothers under the program.



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The agency also encourages children to recognize healthy food portions through daily meals provided at school, helping them identify various nutrient sources and balanced compositions.

Tanziha stressed that a supportive environment is essential for cultivating healthy eating habits. In addition to ensuring food availability, schools must collaborate with nearby food vendors to offer meals that meet nutrition and food safety standards.

"We understand that implementation on the ground still faces challenges," she said.

These include varying levels of teacher expertise in nutrition education and a general lack of awareness among food vendors near schools about nutritional guidelines.

To address this, the BGN is working with various ministries, institutions, and community organizations to develop educational menus and teaching materials.

The agency is also preparing training modules and conducting research to build the capacity of teachers, parents, and communities to deliver effective nutrition education, particularly for school-aged children



Generic Structures

Main
Event/Newsworthy
event

Background event

Resources of
information
research

4.



Language Features

Action Verbs	
Saying Verbs	
Passive Voice	
Adverbs	