Food Additives: Traditional Gemblang

Learning about food additives in local food

💡 Teacher Guide

Getting started

- **Preview the activity:** Skim the sections to check the structure and flow.
- **Review the content:** Make sure the content aligns with your learning goals. You can also upload resources like presentations, websites, and videos.
- **Check the sample answers:** Use them to model expectations or spark discussion. Delete them if you prefer students to respond freely.
- **Introduce the task:** Walk students through each section and clarify key terms.
- **Assign or share the template:**
  - Select **Assign** on the top menu of the edit view. Then, copy and share the link with your class—each student opens their own copy to complete.
  - Select **Share** on the top menu of the edit view. Then, select **+ plus** to give access to people.

Some helpful features

Add your resources	Add supporting content like presentations, videos, websites, or images to enrich the activity.	
Add more visuals	Go to **Elements** to browse for graphics, illustrations, and images you can add to the activity.	
Polish the paragraphs	Highlight sentences and select **Magic Write** to shorten, expand, rewrite, or edit.	
Use Magic Media	Go to **Magic Media**, then write a descriptive prompt to generate images, graphics, and videos.	

* 📍 ***Delete this section before sharing with students.*** *

LIVEWORKSHEETS

🚀 Get Started!

In this activity, you'll explore food additives. You will look at how they are used in both traditional foods like Gemblang and modern packaged foods. You'll learn to identify them and understand why they are used.

Here's what we'll do:

- See what the purpose of food additives is.
- Explore natural and artificial food additives.
- Plan a project to show what you learned.

Here are some words to learn about:

- **Additive:** A thing added to food. For example, a color or flavor.
- **Traditional:** Something that is from the past. It is often made in a certain region or area. For example, a traditional meal.
- **Modern:** New or current. For example, food you buy at the store is modern.

Tips for Concepts

Think about how additives change food. How do they keep it safe? How do they make it look or taste better?

📖 Read the Following Text

Read the following text carefully. You will use it to complete the tasks that follow.

Traditional Food Versus Modern Food

Food keeps us alive. Different kinds of food can be found all over the world. Some foods are called traditional. Traditional foods have been made in a certain area for a long time. An example is Gemblang from the Samin community. It does not use artificial ingredients.

Modern foods are those you can buy at the store. They often come in packages. To make these foods last longer, companies add things. These things are called additives. Additives can keep food safe and fresh for a longer time.

There are two kinds of additives: natural and artificial. Natural additives come from nature. Salt, sugar, and honey are examples. Artificial additives are made in labs. They can add color or flavor. Some artificial additives may not be good for your health if you eat too much of them. So, it's important to know what's in your food. Knowing this can help you make good food choices.

To the teacher

LIVEWORKSHEETS

Please double-check that this text is suitable for the learning goal and age-appropriate before sharing it with students.

🔗 Building Connections

Now that you've read about food, fill out the table below. Connect the key ideas and show why they matter.

Key Concept	Your Understanding	Why is this important?
Food Additives	*Something added to food to change it.*	*Helpful to know what is in your food.*
Traditional Food	*Write your answer here*	*Write your answer here*
Modern Food		
+ Add a row or column as needed		

🖌️ Try It Out

Now that you have read the text, answer the questions below.

Why do modern foods often have more additives than traditional foods?	Write your answer here
Give two examples of natural additives and two examples of artificial additives.	Write your answer here
How does knowing about food additives help you make good choices about what to eat?	Write your answer here

🎬 Show What You Learned

Now that you've learned about food and additives, create a project to show what you know. Make a short video.

LIVEWORKSHEETS

Follow the steps below to complete your creative output. Use Magic Media or Elements to help storyboard or record your idea.

- Plan what you want to say about food additives.
- Find examples of traditional and modern foods.
- Show the differences between the foods.
- Record a video that explains what you learned.

[Double click to design here]

LIVEWORKSHEETS

Reflect on Your Knowledge Transfer

Now that you've explored how ideas can move from understanding to real-world use, take a moment to look back on how you connected concepts, recognized patterns, and applied them to new situations.

How did learning about food additives change the way you think about the food you eat?

Write your answer here.

What was the most interesting thing you learned about traditional and modern foods?

How can you use what you learned to make healthier food choices?

LIVEWORKSHEETS