

LINKS TO:

Stage 2, Module 7

Learning Object 4: Let's make lunch!

Exercise 1

Sample answers:

1.1 Identify the text type. Provide evidence to support your choice of text type.

This appears to be a fact sheet on healthy eating.

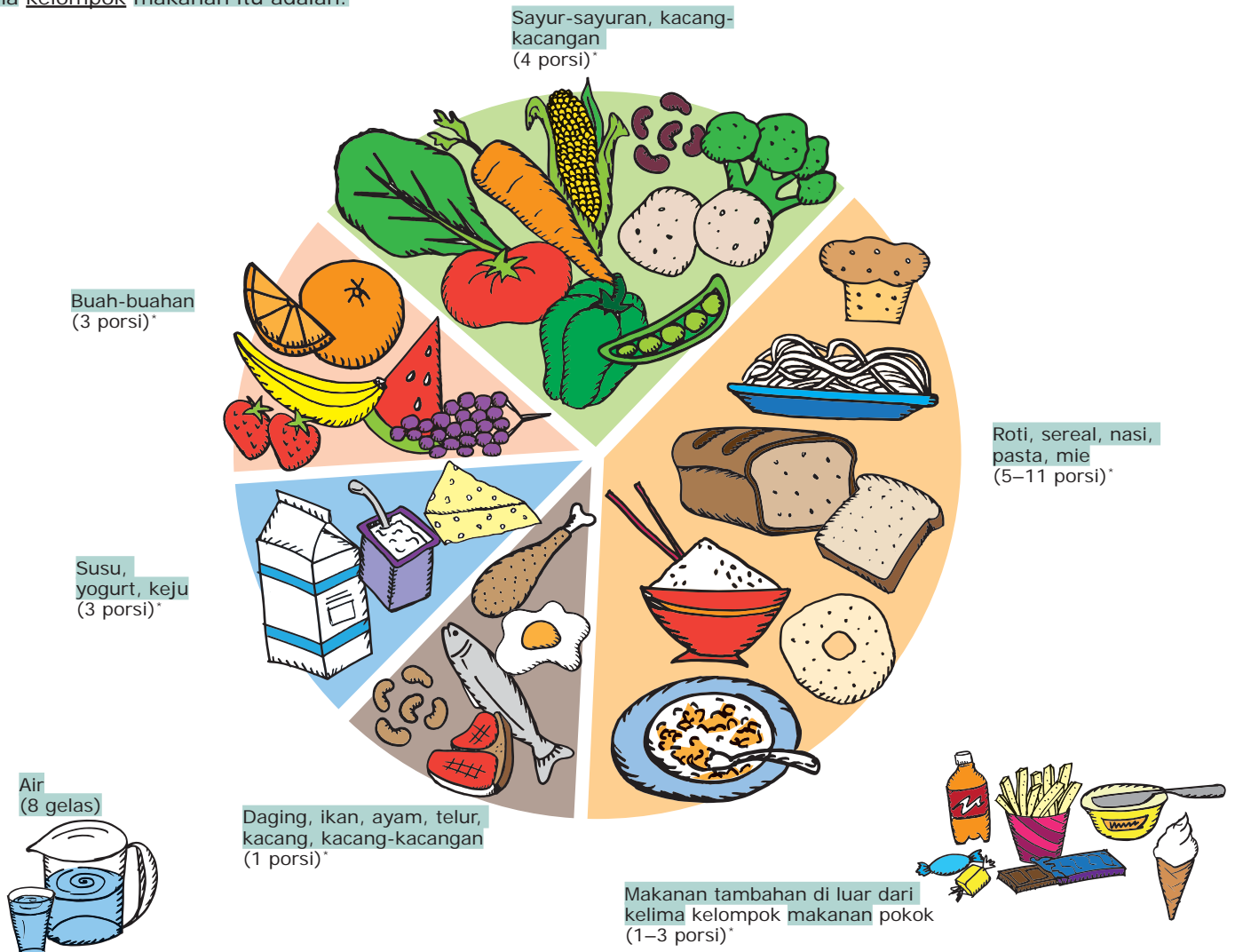
It is structured like a fact sheet because it has a large heading, *Piring Makanan Sehat*, followed by an introductory section explaining the food plate and its components. Below the introductory section we are given a labelled graphic of a food plate showing the different food groups. Below the graphic we are given five pieces of advice on food consumption. The overall structure of the text therefore follows the format of a fact sheet.

1.2.1 Highlight any key words and familiar vocabulary in green.

Piring Makanan Sehat

Piring makanan sehat menunjukkan lima kelompok makanan utama yang harus kamu sertakan dalam makanan sehat. Di dalamnya termasuk informasi mengenai jumlah dan macam makanan yang harus kamu makan setiap hari untuk memenuhi nutrisi yang kamu butuhkan untuk menjaga kesehatan dan kesejahteraan tubuh.

Kelima kelompok makanan itu adalah:



*Konsumsi makanan yang direkomendasi untuk anak remaja yang berumur 12 hingga 18 tahun.

(continued on following page)

Untuk makan makanan yang sehat kamu perlu:

- Makan cukup banyak makanan dari kelima kelompok macam makanan itu setiap hari
- Pilih beragam macam makanan dari kelompok makanan tersebut
- Makan banyak makanan yang berasal dari tanaman seperti sereal, nasi, mie, sayur-sayuran, kacang-kacangan dan buah-buahan
- Makan makanan yang berasal dari binatang seperti produk susu, daging, ikan dan telur secukupnya
- Minum banyak air

1.2.2 What is the text about? What is the major theme? Are there any sub-themes? Identify these based on the text you have highlighted in green.

The fact sheet is about the Healthy Food Plate. It explains that good nutrition involves eating a varied diet that contains foods from each of the four food groups. Much of the vocabulary is familiar, or derived from English words, so it is not difficult to make an educated guess as to what the fact sheet is about. Words like *nutrisi* and *variasi* suggest that the fact sheet is about nutrition, and how a varied diet must consist of foods from each of the five food groups.

1.3 Identify the purpose and audience of the text. Give reasons for your answer.

The purpose of the text is to provide information to the general public on what constitutes healthy eating habits. We know this through the use of key words such *menunjukkan* (to show / to illustrate) and *informasi* (information). In other words, the text illustrates, through the information it provides, what people should be eating to maintain good health and wellbeing.

1.4 Identify the three main ideas in the text

The three main ideas in the text are that:

- We should eat all kinds of food. This means eating a variety of food from the five food groups as well as from within the same food group. There are many options within each group and all of them have a good nutritional value. No one food group can offer food all the nutrients that the body required.
- We should eat a balanced meal. That is, eat sufficient proportions of food from each of the five food groups.
- We should limit or intake of foods outside the five essential food groups such as fats, oils, salts and sugars.

1.5.1 Underline the words you need to decode.

See answer to Exercise 1.2

1.5.2 What strategies did you use to interpret the meanings of these words?

The unfamiliar words *kelompok* and *macam* appeared quite a few times. I noticed that these words were often followed by *makanan* (food). Because of the topic of the diagram, I guessed that *kelompok* and *macam* might mean 'group' and 'type'. These meanings seemed to fit in all the instances and allowed me to understand the overall gist of the text. I was able to determine the meanings of the remaining unknown words by identifying the base word and then looking this up in a dictionary.

Exercise 2

Compare the healthy food plate to what you have learnt about healthy eating guidelines in Indonesia.

What similarities and differences are then between the advice given and how it is represented?

Sample answer:

The Australian 'Healthy Food Plate' generally agrees with the healthy eating guidelines in Indonesia.

The two main areas where there is divergence are the consumption of bread and and the consumption of dairy foods. We know that the staple food in Indonesia is rice and that the majority of Indonesians will eat rice at each meal. In the Indonesian diet, rice and instant noodles substitute for the bread and cereals eaten by Westerners. It is recommended that a healthy Australian teenager should eat 5–11 servings of breads, cereals, rice, pasta and noodles a day; Indonesians might find this advice very surprising because their 'bread' is sweet, with a high sugar content. The equivalent advice in Indonesia would not include breads and cereals in this group, but would instead talk about rice, noodles and grains.

Indonesians, through the saying '*Empat sehat; lima sempurna*' (four is healthy; five is perfect), recognise that milk is important in their diet. Even so, Indonesia has the lowest per capita consumption of milk in Asia with the average consumption being 11.9 litres per person a year*. In place of milk and other dairy products, most Indonesians instead rely on soymilk, tofu and tempeh to obtain their daily protein and calcium intake.

**The Jakarta Post*, 10 June 2006.

Exercise 3

3.1 Record your food consumption.

Sample answers:

Hari sekolah (Senin)

	<i>Kelompok makanan</i>					
	<i>Roti, sereal, nasi, pasta, mie, dsb.</i>	<i>Sayur-sayuran, kacang-kacangan</i>	<i>Buah-buahan</i>	<i>Susu, yogurt, keju</i>	<i>Daging, ikan, ayam, telur, kacang, kacang-kacangan</i>	<i>Makanan tambahan seperti lemak, minyak, garam, gula, dsb.</i>
<i>Sarapan</i>	roti panggang dengan selai kacang, sereal (dengan susu)			susu (dengan sereal)		mentega
<i>Kudapan siang</i>			pisang	es kopi susu		es kopi susu
<i>Makan siang</i>	roti	tomat dan daun selada (dalam sandwich)	apel dan jeruk mandarin	keju (dalam sandwich)	sandwich dengan daging ham (x2), tomat, daun selada dan keju (x2)	minuman soda
<i>Kudapan sore</i>						jus mangga dan apel, keripik kentang
<i>Makan malam</i>	roti, jagung rebus	wortel, ercis dan brokoli			bistik sapi (200 gram)	
<i>Kudapan malam</i>						biskuit coklat dan Milo

(continued on following page)

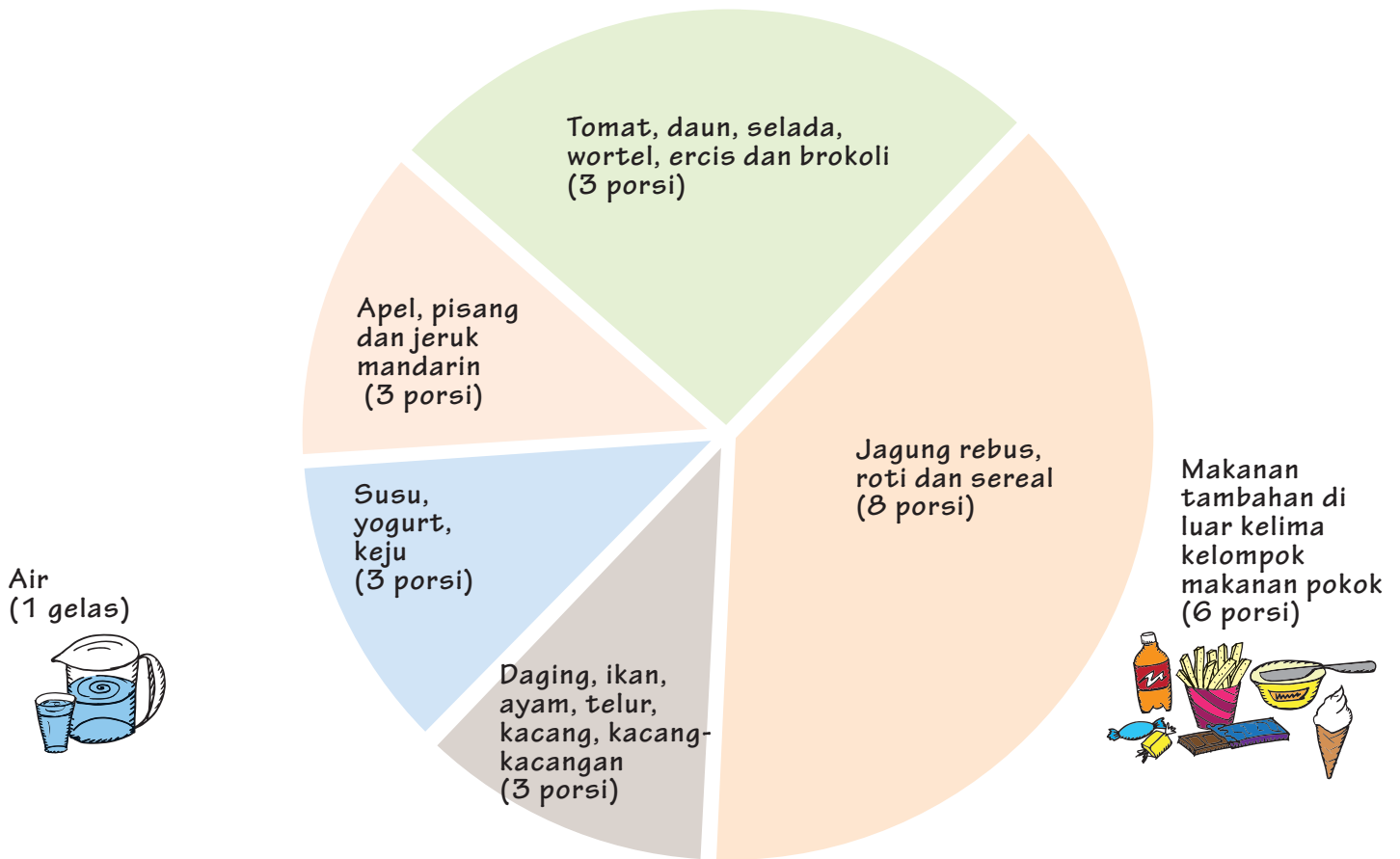
Akhir minggu

	Kelompok makanan					
	<i>Roti, sereal, nasi, pasta, mie, dsb.</i>	<i>Sayur-sayuran, kacang-kacangan</i>	<i>Buah-buahan</i>	<i>Susu, yogurt, keju</i>	<i>Daging, ikan, ayam, telur, kacang, kacang-kacangan</i>	<i>makanan tambahan seperti lemak, minyak, garam, gula, dsb.</i>
<i>Sarapan</i>	roti panggang				sepek dan telur mata sapi	mentega, jus apel
<i>Kudapan siang</i>						
<i>Makan siang</i>	roti	wortel, bawang dan jamur (dengan hot dognya)		keju (dengan hot dognya)		hot dog dengan saus tomat
<i>Kudapan sore</i>						
<i>Makan malam</i>	roti tortilla	tomat, bawang dan daun salada (dalam tacos)	apokat (dalam tacos)	keju (dalam tacos), susu	tacos dengan daging cincang	
<i>Kudapan malam</i>						biskuit coklat dan Milo

Exercise 4

4.1 Record the information about your diet for one day on the healthy eating plate.

Konsumsi makanan untuk hari sekolah



4.2 Use the information from the table and your food plate to write two paragraphs about what you consumed on the selected day.

Sample answer:

Pada hari Senin untuk sarapan saya makan dua potong roti panggang dengan mentega dan selai kacang. Saya juga makan sereal dengan susu. Untuk kudapan siang hari di sekolah, saya makan sebuah pisang dan minum sekotak es kopi susu yang besarnya 300 ml. Untuk makan siang, saya makan sandwich daging ham iris dengan keju, daun selada dan tomat iris. Saya juga minum sekaleng minuman soda. Sesudah pulang dari sekolah saya minum jus mangga-apel dan makan sepaket keripik kentang untuk kudapan sore hari. Pada malam hari, saya makan bistik sapi dengan wortel, ercis, brokoli dan jagung rebus untuk makan malam. Saya juga minum segelas air putih. Untuk kudapan malam hari saya makan biskuit coklat dan minum secangkir Milo.

Konsumsi makanan saya dari kelompok makanan 'Roti, sereal, nasi, pasta dan mie' mencukupi kebutuhan saya. Konsumsi saya dari kelompok makanan 'Sayur-sayuran dan kacang-kacangan' kurang sedikit dari kebutuhan saya, jadi saya harus makan lebih banyak makanan dari kelompok ini. Konsumsi saya dari kelompok makanan 'Susu, yogurt dan keju' mencukupi kebutuhan saya. Konsumsi saya dari kelompok makanan 'Daging, ikan, ayam, telur dan kacang' melebihi kebutuhan saya, jadi saya harus mengurangi konsumsi saya dari kelompok ini. Akhirnya, konsumsi saya dari kelompok 'Makanan tambahan seperti lemak, minyak, garam dan gula', jauh melebihi kebutuhan saya dan saya harus berusaha untuk mengurangi konsumsi saya dari kelompok makanan ini. Juga, saya harus minum lebih banyak air putih.