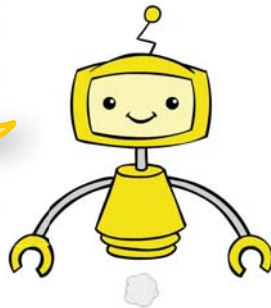


Eating healthy food

What's all this talk about a healthy diet?
My diet must be the healthiest of all!
Let's see how it compares with yours for
nutrition and energy!



LINKS TO:

Stage 2, Module 7

Learning Object 4: Let's make lunch!

PRIOR LEARNING:

Stage 2

Module 2 Work Sheet 7: *Zak and the mystery of the message*



Stage 1

Module 7 Work Sheet 4: *Ordering food in a restaurant*

Module 7 Work Sheet 6: *Favourites and preferences*

1 Perfectly healthy!

Can you think of any mottos or slogans that promote healthy eating? Indonesians like to talk about '*Empat sehat; lima sempurna*' (Four is healthy; five is perfect), which refers to the five dietary requirements for healthy eating. The first four are grains; meat and other sources of protein; vegetables; and fruit. Eating these four groups is said to be *sehat* (healthy). Adding the fifth requirement, milk, makes the diet *sempurna* (perfect).

Paradoxically, Indonesia has the lowest milk consumption of all Asian countries with an average consumption of 11.9 litres per year*. Rather than producing fresh milk, the milk industry is geared towards producing baby formula, powdered milk, and long-life milk that does not require refrigeration. Currently Indonesia still imports 70 per cent of its domestic milk demand. Because Indonesian people do not consume large amounts of milk and other dairy products, they use traditional Asian substitutes such as soymilk, tofu and tempeh for their protein and calcium intake.

* *The Jakarta Post*, 10 June 2006.

2 Rice or fries?

Rice is the staple food in Indonesia and a large container of steamed rice sits prominently in the centre of the dining table at most meals. Accompanying the rice is a range of side dishes consisting of servings of meat, seafood, poultry and a variety of vegetables. Rice is so important to the Indonesian diet that large multinational fast food chains such as KFC and McDonald's routinely serve rice as an accompaniment to meals in preference to french fries.

In large urban centres of Indonesia, where there has been an influx of Western fast-food chains, specialised meat dishes have become popular. However, in most parts of Indonesia meat is expensive and is therefore spiced, cut into small pieces and served as an accompaniment to rice along with a number of vegetable dishes. Beef, poultry and goat are the most popular meats throughout Indonesia. Pork, or anything derived from pigs, is not eaten by Muslims because it is considered *haram*, 'forbidden'. If it is served, it is well-separated from other foods. Tropical fruit (most commonly a variety of bananas) is always on the table to be eaten at the end of the meal.

It's not everyone's bread and butter ...

3

In Indonesia, the generic term for a bread shop is *toko roti*. These establishments specialise in producing sweet and savoury bread, pastries and cakes. What Australians refer to as 'bread' is not widely produced or consumed in Indonesia and what little is produced is usually targeted at the niche expatriate market and produced in the bakeries of five-star hotels.

In recent years a number of Asian bakeries specialising in the *toko roti* style of product have opened in Australian shopping malls. As yet we have struggled to come up with a generic name for these businesses as the term 'bread shop' doesn't really reflect what we consider to be 'bread'.

In Indonesia, the food staple, rice, replaces breads and cereals at the breakfast table. Fried rice served with a fried egg and prawn crackers is usually eaten for breakfast, but, for those who want something more elaborate, rice porridge, *bubur*, served with thin strips of chicken and other condiments is sometimes served as a treat.

Instant noodles are also popular and convenient in Indonesia with the Indofood brand dominating not only the Indonesian but many international markets. This company is the largest single producer of instant noodles in the world*. Indofood instant noodles are also popular in Australia and are stocked by the major supermarket chains.

* 'Indofood: Indonesia's Total Food Solution', *DinarStandard*, 19 May 2011.

4

Exercises

Exercise 1

Read the text on this and the following page and then complete the accompanying activities.

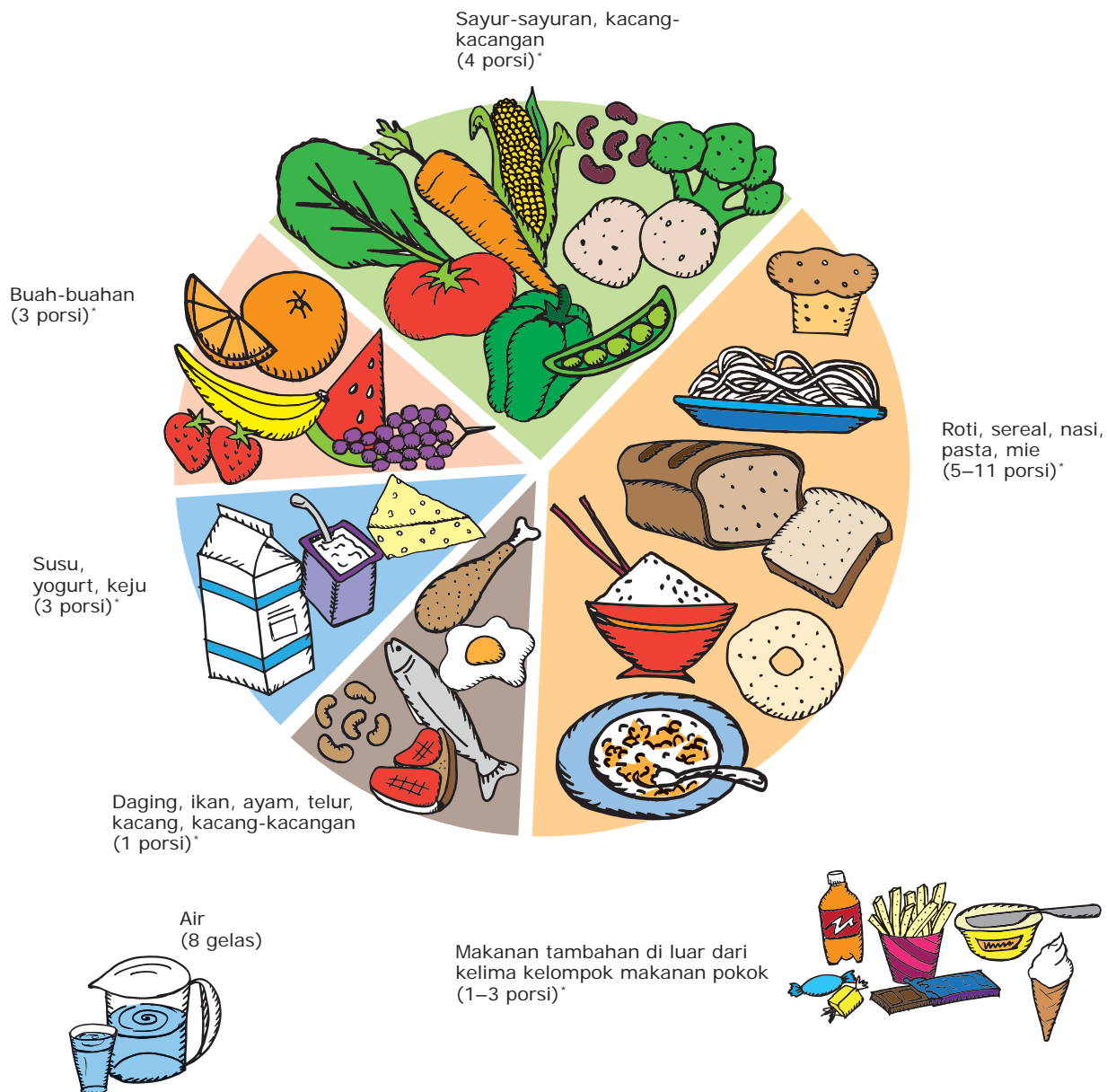
Piring Makanan Sehat

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.

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Kelima kelompok makanan itu adalah:



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

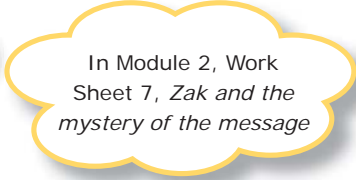
Untuk makan makanan yang sehat kamu perlu:

- 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

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Do you remember the steps you learnt for decoding text?



Here they are again to remind you:

1. **Identify the text type:** Examine the evidence of the layout, graphics, salutation and farewell to solve the first mystery.
2. **Identify the themes:** Skim through the text, highlighting recurring words and phrases that you can read, and which suggest a theme or themes.
3. **Identify the purpose and audience of the text:** Examine elements of the text such as the salutation and farewell, and words in the text that suggest who the text is for. Circle the relevant evidence.
4. **Identify the three main ideas:** Now that you've identified the text type, themes, and audience, use your powers of deductive reasoning to identify the three main ideas in the text and underline them.
5. **Identify the words you need to decode:** Are there words or phrases, particularly in the text you've underlined, which stop you from understanding the text? Highlight these important words. You'll need to examine these more closely.

Now that you've examined the text, and reviewed the steps for decoding a text, complete the following exercises.

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

1.2 Main themes of the text

1.2.1 Highlight any key words and familiar vocabulary in green.

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.

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

1.4 Identify the three main ideas in the text

1.5 What words do you need to decode?

1.5.1 Underline the words you need to decode.

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

Exercise 3

3.1 In the tables below record your food consumption for:

- a typical school day
- a typical Saturday or Sunday.

Answer in **Indonesian**.

Hint! It is not necessary to complete all cells of the table — for instance you may not eat any afternoon snacks or late night snacks in which case these cells would be left empty.

Hari sekolah

	<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>						
<i>Kudapan siang</i>						
<i>Makan siang</i>						
<i>Kudapan sore</i>						
<i>Makan malam</i>						
<i>Kudapan malam</i>						

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Akhir minggu

	<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>						
<i>Kudapan siang</i>						
<i>Makan siang</i>						
<i>Kudapan sore</i>						
<i>Makan malam</i>						
<i>Kudapan malam</i>						

Exercise 4

- 4.1 Label the healthy eating plate with the information from one of the days for which you recorded your eating. Include both what you ate, and how much you ate.

Konsumsi makanan untuk hari ...

