

## RENCANA PELAKSANAAN PEMBELAJARAN JARAK JAUH

Nama Sekolah : SMP Lazaurdi Haura  
 Kelas/Semester : 8/ 1  
 Mata Pelajaran : Science  
 Tahun Ajaran : 2020  
 Materi : Healthy Diet  
 Alokasi Waktu : 2X40 (Pertemuan 1)

Indikator		
<ul style="list-style-type: none"> <li>• Students able to identify the constituents of a balanced diet and the functions of various nutrients.</li> <li>• Students able to describe the effects of nutritional deficiencies</li> </ul>		
Tujuan Pembelajaran		
Students able to describe about balanced diet and function of various nutrients and shown the effects of nutritional deficiencies.		
Kegiatan Pembelajaran		
<b>Pendahuluan</b>	<ul style="list-style-type: none"> <li>• Students respond salam through meeting Google Meet</li> <li>• Students fill attendance list in link Google form</li> <li>• Inform that this meeting they will have healthy menu diet mattery</li> <li>• Apperceptions: check students prior knowledge about diet, this activity can use padlet application. In this section students share the information that they get from the learning photo that is given in the Google Classroom.</li> <li>• Students are reminded about learning video in the Google classroom</li> </ul>	
Inti		
<b>Pertemuan Pertama</b>	<ul style="list-style-type: none"> <li>• Student watch the video in google classroom</li> <li>• While watching the video, student write the kind of nutrient contain in food.</li> <li>• Students analyze the kind of nutrient, that they need for one day</li> <li>• Students identify kind of food that contain of nutrient needed.</li> <li>• Students count the nutrient needs in one day base on AKG table</li> <li>• Students share the nutrient needs to teacher's and friends</li> </ul>	
Penutup		
<b>Refleksi dan Konfirmasi</b>	<ul style="list-style-type: none"> <li>• Teacher guides students to share their conclusion about the material today</li> <li>• (it can be use Google form).</li> <li>• Teacher gives information about material next meeting.</li> <li>• Teacher gives motivation to students</li> <li>• Teachers closes the meeting with salam and doa</li> </ul>	
Penilaian		
Sikap	Pengetahuan	Keterampilan
Melalui pengamatan tentang : <ul style="list-style-type: none"> <li>• Discipline, on time to attend Google meeting</li> <li>• Collaboration and team work</li> <li>• On time to submit the task</li> </ul>	Penugasan berupa LKPD dan PH Pilihan Ganda terkait : <ul style="list-style-type: none"> <li>• Specific information about nutrients</li> </ul>	Penugasan praktik terkait : <ul style="list-style-type: none"> <li>• Students count the nutrient needs in one day base on AKG table.</li> <li>• Student make healthy menu diet for them self.</li> </ul>

Sumber Bahan Ajar	Cambridge Check Point 2 (students book) YouTube Articles	
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Bandar Lampung, 19 September 2020

Mengetahui,

Kepala SMP Lazuaradi Haura

(Lilis Widiawati,S.Pd )

Guru Mata Pelajaran

(Nia Marleni, S.P)

**Assessment plan  
(PENILAIAN)**

**KI 3** : Answering the questions based on the knowledge about nutrients contain in food : (Point)

**KI 4** : Make healthy menu diet base on the result of calculation nutritional needs.

<b>Assessment</b>	<b>Rubric &amp; Scale</b>	<b>A (86-100)</b>	<b>D (75-85)</b>	<b>B &lt;75</b>
Make healthy menu diet for one week	Calculation accuracy of nutrient needs 30%	Calculations according to the nutritional needs of the body and clear	Calculations according to the nutritional needs of the body and but not clear	Calculations do not match the nutritional needs of the body
	Portion of nutrients 30%	Less than 10% accuracy portion of nutrients.	Less than 50% accuracy portion of nutrients.	Cannot can not divide portions of nutrients
	Menu selection accuracy 50%	Understand the menu selection accuracy for one week.	Understand the menu selection accuracy for three days.	Can not understand the menu selection accuracy

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