



PERANGKAT PEMEBALAJARAN KURIKULUM 2013

(Lesson Plan)

CLASS : IXa

BAHASA INGGRIS

OLEH

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PENDIDIKAN PROFESI GURU DALAM JABATAN

PENDIDIKAN GURU BAHASA INGGRIS SMP

UNIVERSITAS KATOLIK WIDYA MANDALA SURABAYA

2021

LESSON PLAN

School	: SMPN 1 Banggai Tengah
Subject	: Bahasa Inggris
Class/Semester	: IX/I
Material	: Nutrition Facts
Academic Year	: 2021/2022
Time Allocation	: 2 x 30 minute

A. MAIN COMPETENCE

- KI 1 : Concerning and practicing the value of the religion
- KI 2 : Exploring the attitude(honest, discipline, responsibility, care, cooperation, piece, responsive and active)and shows the attitude as problem solver in the country in effective interaction in social society and take position ourselves as a reflection of the nation in the association world.
- KI 3 : Understand, apply, analyze, and evaluate factual knowledge, conceptual, science, technology, art, culture, and humanities with human insight, national, state, and civilization related phenomena and events, as well as applying procedural knowledge in a specific field of study according to their talents and interests to solve the problem.
- KI 4 : Try, process, and serve in the concrete real and abstract domains associated with the development of the independently learned in school and home, and was able to use the method according to the rules of science.

B. BASIC COMPETENCE AND INDICATORS

Basic Competence	Indicators
3.3. Membandingkan fungsi sosial, struktur teks, dan unsur kebahasaan beberapa teks khusus dalam bentuk label, dengan meminta dan memberi informasi terkait obat/makanan/ minuman, sesuai dengan konteks penggunaannya	3.3.1. Describe the social function of giving and asking for information related to choosing healthy and safe drugs/food/beverage. 3.3.2. Read a variety of information including the original name, trade name of the drug, description, volume of ingredients, how to use, how to store, and expiration date. 3.3.3. Identify drugs/foods/drinks that are healthy and safe, to avoid negative effects, and get the best results
4.3 Menangkap makna secara kontekstual terkait dengan fungsi sosial, struktur teks, dan unsur kebahasaan teks khusus dalam bentuk label pendek dan sederhana, terkait obat/makanan/ minuman	4.3.1 Students can arrange random text structures about beverage labels accurately. 4.3.2 Students are skilled in finding information in simple beverage labels accurately.

C. LEARNING OBJECTIVE

Students are able to

1. name the beverages (C1)
2. apply linguistic elements (word meaning) according the nutrition fact (C3)
3. apply the social function (benefit) properly (C3)
4. compare which beverage is healthier (C5)

D. LEARNING MATERIAL

READING LABEL

Nutrition Facts is detailed information about a food's nutrient content, such as the amount of fat, sugar, sodium and fiber it has.

Why is a healthy diet important?

- Better school performance
- Developmental growth
- Helps manage weight and prevents overweight and obesity
- Reduces the risk of chronic disease
- Reduces the risk of early mortality

Nutrition Facts Label

- Use food labels to help you make better food choices
- Check for calories
- Look at the serving size and how many servings you are actually consuming
- Choose foods with lower calories, saturated fat, trans fat, and sodium
- Check for added sugars using the ingredients list

Reading Labels

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250 Calories from Fat 110

% Daily Value*

Total Fat	12g	18%
Saturated Fat	3g	15%
Cholesterol	30mg	10%
Sodium	470mg	20%
Total Carbohydrate	31g	10%
Dietary Fiber	0g	0%
Sugar	5g	
Protein	5g	
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	30mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Quick Guide to % Daily Value
5% or less is Low
20% or more is High

Start Here →

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Servings per Container

Nutrition Facts

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How many calories would you consume if you eat the whole package?

► 500 calories

How many grams of fat?

► 24 grams

Portion vs. Serving

Portion- amount of a food item you eat at one time

- Amount served in a restaurant
- Amount offered in packaged foods
- Amount you choose to put on your plate

Serving- a unit of measure listed on a food product's Nutrition Facts panel

- It tells the amount of calories and other nutrients in that particular serving of food.
- Examples: cup or ounce

Percent Daily Value (% DV)

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- Shows how a food fits into a daily diet
- Based on 2000 calorie diet
- Interpreting Percent Daily value
- 5% is Low
- 20% is High

Highs and Lows

Nutrition Facts
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Servings Per Container 2

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20% or more is High

Get enough of these nutrients:

Dietary Fiber, Vitamin A, Vitamin C, Calcium, Iron

Limit these nutrients:

Fat, Cholesterol, Sodium

Interpreting the Label

		Calories	
		250	Calories from Fat 110
Limit these Nutrients	Total Fat	12g	18%
	Saturated Fat	3g	15%
	Cholesterol	30mg	10%
	Sodium	470mg	20%
	Total Carbohydrate	31g	10%
Get Enough of these Nutrients	Dietary Fiber	0g	0%
	Sugar	5g	
	Protein	5g	
	Vitamin A		4%
	Vitamin C		2%
Footnote	Calcium		20%
	Iron		4%

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Which nutrients have high values?

- ▶ Fat, sodium, and calcium

Which nutrients have a low value?

- ▶ Vitamin A, Vitamin C & Iron

What nutrient is this food lacking?

- ▶ Dietary Fiber

Ingredients List

Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400 mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

** Intake of trans fat should be as low as possible

INGREDIENTS: WHOLE WHEAT AND WHEAT FLOUR, SALT, SPICES, RICE FLOUR, WHEY, CORN STARCH, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONCALCIUM PHOSPHATE), BEET POWDER, PAPRIKA, CALCIUM SULFATE, NON-FAT MILK POWDER, EXTRACT OF PAPRIKA, DEHYDRATED EGG YOLK, CARAMEL COLOR (TREATED WITH SULFITING AGENT), AND GARLIC POWDER.

- Ingredients are listed in order from most to least
- Avoid added sugars
- *What about this ingredient list makes this food appear to be a healthy choice?*

“Whole wheat” as a first ingredient

Label 1

Nutrition Facts	
Valeur nutritive	
Per 1 can (355 mL) pour 1 canette (355 mL)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 140	
Fat / Lipides 0 g	0 %
Sodium / Sodium 65 mg	3 %
Carbohydrate / Glucides 38 g	13 %
Sugars / Sucres 38 g	
Protein / Protéines 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, vitamin C, calcium or iron.	
Source négligeable de lipides saturés, lipides trans, cholestérol, fibres, vitamine A, vitamine C, calcium et fer.	



Label 2



Nutrition Facts		
Serving Size 8 fl oz (240mL)		
Servings Per Container 2		
Amount Per Serving	Per Serving	Per Bottle
Calories	15	30
% Daily Value**		
Total Fat 0g*	0%	0%
Sodium 60mg	3%	5%
Total Carbohydrate 3g	1%	2%
Sugars 2g		
Protein 0g		
Vitamin E	15%	30%
Niacin	15%	30%
Vitamin B6	15%	30%
Vitamin B12	15%	30%
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.		
* Amount Per Serving		
** Percent Daily Values are based on a 2,000 calorie diet.		

E. LEARNING METHOD

- Approach : Scientific approach**
- Model : Question and answer**

F. MEDIA/TOOLS, MATERIALS

- Media/Tools:**
- ✓ Final exam paper

G. LEARNING SOURCE

- Learning Source:**
- ✓ *Kementrian Pendidikan dan Kebudayaan, Bahasa Inggris, Think Globally Act Locally , SMP/MTs Kelas IX, edisi revisi 2018*
- ✓ Student worksheet

H. LEARNING ACTIVITIES

First Meeting (2 x 40 minutes)

No	Activities	Description	Component 4c or PPK	Level HOTS	Time
1.	Pre Interactional activity	<ul style="list-style-type: none"> ➤ The teachers says greeting to greet the students in classroom ➤ Student respond the teacher's greeting ➤ The class continued with pray together, one of students lead to pray before starting the lesson ➤ Sing Indonesia Raya anthem ➤ The teacher checks students' attendance ➤ The teacher remind the student to: <ul style="list-style-type: none"> 1)Wear a mask to protect yourself and others and stop the spread of COVID-19 2)Clean your hand often, either with soap and water for 20 second or hand sanitizer that contain at least 60 % alcohol. 3)Stay at last 6 feet from other who don't live with you 4) Get a COVID-19 vaccine when available to you ➤ Teacher states the learning objectives ➤ The teacher pays attention to students' preparedness for the learning process and 	<p>(Integrity)</p> <p>(Integrity)</p> <p>(Independently, Confidence, Religious)</p> <p>(Nationalist)</p> <p>(Discipline)</p> <p>(Discipline and Integrity)</p> <p>(Apperception)</p>		15 minutes

2.	Main activity	<p>conditioning the student attention</p> <ul style="list-style-type: none"> ➤ The teacher asks questions related to the material that has been studied at the previous meeting. ➤ . The teacher conveys an outline of the scope of the material and gives an explanation of the activities that will be carried out by students to solve problems or assignments. ➤ Student are shown a picture of Nutrition Fact ➤ Student trying to define Nutrition Fact ➤ The teacher explain about Nutrition Fact ➤ Students observe a bottled drink label that is displayed by the teacher through PPT and determine the problem of the drink; ➤ Students observe another bottled beverage label; ➤ Student analyze what they know, what they need know, and what needs to be done to solve the problem of the label observed packaged drinks; ➤ Learners share tasks to discover what they need to know; 	<p>(Apperception)</p> <p>(Apperception)</p> <p>(Apperception)</p>		<p>30 minutes</p>
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3.	Post Teaching	<ul style="list-style-type: none"> ➤ Students write the contents of packaged drinks into the diagram; ➤ Student look for information / conduct investigations (meanings of words, benefits, the amount they need and the amount of content) related to the facts in two labels from various sources (books, internet, etc.) ➤ Students consult the investigation to the teacher if there are obstacles; ➤ Students associate (compile a summary of their decisions) choose a good and safe drink) and the reasons based on the data found on the labels of the drinks he looked at; ➤ Students analyze and evaluate answers to problems exist as well as the process of solving the problem; and ➤ The teacher provides reinforcement related to problems in drinking, as well as providing advice on why they should read the label before consuming it. ➤ Students together with the teacher conclude the day's activities; ➤ Teachers and students reflect on learning 			15 minutes
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		<ul style="list-style-type: none"> ➤ teachers and students do learning reflection ➤ The teacher close the learning activity by inviting students pray before ending the lesson. ➤ The student respond the teacher greetings. 	(Religious)		
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I. ATTACHMENT 1 (ASSESSMENT INSTRUMENTS)

a) ASSESSMENT OF SPRITUAL AND SOCIAL ATTITUDES OBSERVASI

NO	Students Name Kelas IXa	Behavior Aspect Assessed					Total Score	Attitude score	Score Code
		Co	Ho	Re	Di	Ac			
1.									
2.									
3.									
4.									
5.									

Information:

- Co : Cooperate
- Ho : Honest
- Re : Responsible
- Di : Discipline
- Ac : Active

Note:

1. Aspects of behavior are assessed by criteria:

- 100 = Very good
- 75 = Good
- 50 = Enough
- 25 = Less

2. Maximum score = number of attitudes assessed multiplied by the number of criteria =
100 x 5 = 500

3. Attitude score = total score divided by the number of attitudes
assessed = $375 : 5 = 75,00$


4. Value / predicate code:
 $75,01 - 100,00 =$ Very good (VG)
 $50,01 - 75,00 =$ Good (G)
 $25,01 - 50,00 =$ Enough (E)
 $00,00 - 25,00 =$ Less (L)


Timbong, 03 December 2021

Acknowledged by
Principal

English Teacher




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Student Reflection



let's reflect!

Put a tick (✓) in the right column to show your feeling.
Berikan tanda centang (✓) pada kolom yang tepat!

Page 1
23



= YEAH



= NO

No.	Question		
1.	Do you like to learn about nutrition facts?	✓	
2.	Are the pictures interesting?	✓	
3.	Is it easy to understand the lesson?	✓	
4.	Are there too many new words?	✓	
5.	Do you want to learn more about it?	✓	



Teacher Reflection

Nutrition Facts

1. did I change from the original materials? Why?

At the next meeting I will choose the label of soda and milk as a teaching medium without changing other content, this can increase knowledge about nutrition in milk, and can make children prefer drinks that contain vitamins and minerals.

2. Are the materials you have developed appropriate to your students? Or are they only appropriate to a certain group of students in your class?

In my opinion, these materials are appropriate, but they still need to be further developed to make it more optimal. such as changing drink labels to milk, to see the nutrition facts.

3. What do you like most about the materials you develop? Why?

I really like the part where students can choose the right drink based on the Nutrition Facts such as vitamins and minerals in the drink

4. From 1-10, how do you rate your materials? Why?

7, because I still have to develop my lesson plans to make it easier for students to understand. I still have to make instructions that are easier for students to understand on the LKPD