

LESSON PLAN

CLASS/ SEMESTER	7/2 (online learning with Zoom apps)	DATE	10 April 2020
TEACHER & EMAIL	Qurrota A'yun qurrota@semestashool.sch.id	DURATION	1x40 minutes

TOPIC	2. FOOD & DIGESTION
SUB TOPIC	2.1 NUTRIENTS
OBJECTIVES	Students are able to : <ul style="list-style-type: none"> ✓ State and explain seven different types of nutrients after discussing the topic with teachers and peer. ✓ Give examples and identify which food contains different types of nutrients after doing a worksheet. ✓ Test foods whether contains carbohydrate or not after doing an experiment .
CHARACTER BUILDING	<i>Thank God, Responsibility, Discipline, and Honesty</i>

ACTIVITIES	METHODS
<i>Pre-activities/ Warm up 5 minutes</i>	<ol style="list-style-type: none"> Teacher open the class (greet students, check an attendance, and pray together). Teacher catch students' attention by giving an apperception. Apperception by presenting pictures of breakfast around the world, and asking them <i>What your today's breakfast menu? Do you think is it healthy food? What should you eat for breakfast? Should be lot of rice or just a milk and biscuit?</i> Teacher tell the objectives of the learning process.
<i>Main Activities 30 minutes</i>	<ol style="list-style-type: none"> Teacher brief a material about nutrients by presenting powerpoint slides (7 minutes) Teacher and students discuss related to the students' daily menu (7 minutes) Teacher give an online quiz for measuring student's understanding about the topic they have learned (7 minutes) Teacher give a review or feedback of the quiz (5 minutes) Teacher give an information about project based learning for students (4 minutes)
<i>Closing 5 minutes</i>	<ol style="list-style-type: none"> Teacher give a conclusion of today's learning process. Teacher close the class and praying together.


REFERENCES	Cambridge Checkpoint Science Coursebook 8 (author : Mary Jones, et.al), Internet
EQUIPMENTS/ MEDIA	Laptop/ chromebook, material in powerpoint (attached), sample of foods & drinks, iodine solution (betadine), plates and labels
ASSESSMENT	<i>Attached</i>




Semarang, April 10, 2020
Subject teacher

Qurrota A'yun, S.Pd


Material Powerpoint




BIOLOGY
Unit 2.1 NUTRIENTS



5




1




2

Match this words with pictures

- Protein
- Carbohydrate
- Fat
- Vitamins, Minerals & Fibre
- Water



4



3

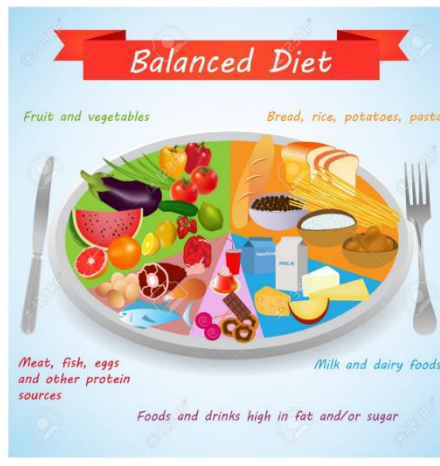
Carbohydrate : Provide energy

Protein : Making new cells & making enzyme

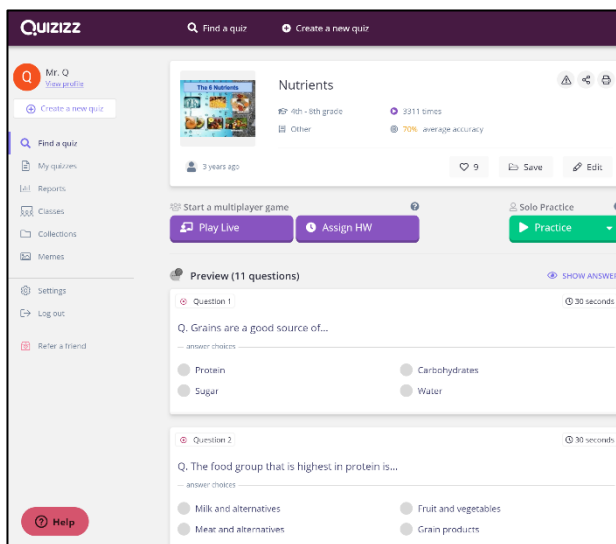
Fat : Making cell membranes, provide energy

Fibre : Helps to keep food moving easily through the digestive system

Vitamin, mineral : Boost the immune system, support normal growth and development, and help cells and organs do their jobs



Online Quiz

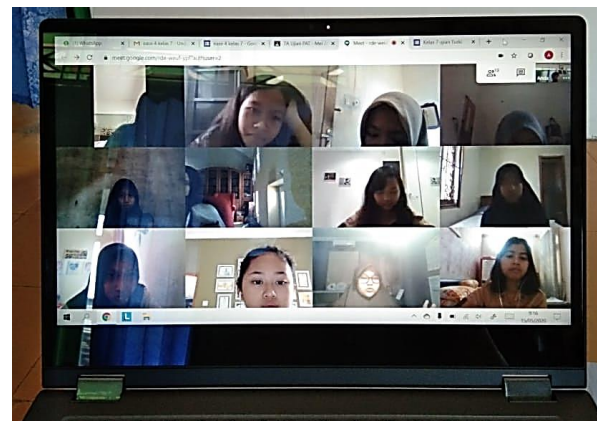


The screenshot shows a Quizizz quiz titled 'Nutrients' for 8th-9th grade students. It features two preview questions:

Question 1: Grains are a good source of...
 Protein Carbohydrates
 Sugar Water

Question 2: The food group that is highest in protein is...
 Milk and alternatives Fruit and vegetables
 Meat and alternatives Grain products

Online Meeting



Sample of Experiment Assessment Paper



TESTING CARBOHYDRATE

Biology 7A-7B (Unit 2.1)

Name : Alesha Adeeva Azra

Background :

Carbohydrates are the body's most important and readily available source of energy. It can be found in foods such as starchy vegetables, grains, rice, and breads and cereals.

Purpose :

To investigate the presence of carbohydrates in various food products.

Materials :

1. At least 7 (seven) different food products (rice, cake, noodles, kinds of fruits, kinds of vegetables, milk, snacks)
2. "Betadine" solution
3. Plates
4. Stationary
5. Camera smartphone

Methods :

1. Place a sample of each food into a plate. Test similar amounts of each food.
2. Place a few drops of "Betadine" solution on each food.
3. Make observations immediately.
4. Wait a few more minutes and note any other changes.

Keypoint :

The darker of the colour in each sample after you drop Betadine, the more carbohydrates contain in that food.

Observations :

Complete this table,

Food product	Did food change its colour?	What colour of the food after you dropped Betadine?
1 Ice cream	No	-
2 Biscuit	Yes	Dark blue/purple
3 Sweet potato	Yes	Dark blue/purple
4 Egg roll	Yes	Dark blue/purple
5 Rice	Yes	Dark blue/purple
6 Cheese	Yes	Dark blue/purple
7 Donut dough	Yes	Dark blue/purple

Conclusion :

Make a list of the food you've tested. Sort them from the darkest colour.

1. donut dough
2. Biscuit
3. Egg roll
4. Sweet potato
5. rice
6. Cheese
7. Ice cream

Questions :

1. What is the function of carbohydrate?
Answer : Carbohydrate give us energy
2. What the bad effects if we consume carbohydrate too much?
Answer : We will get diabetes
3. Which one will you choose to give you more energy, rice or noodles? Why?
Answer : rice, rice have more carbohydrate