

Makanan dan Minuman Sehat

By : Ms. Serlita

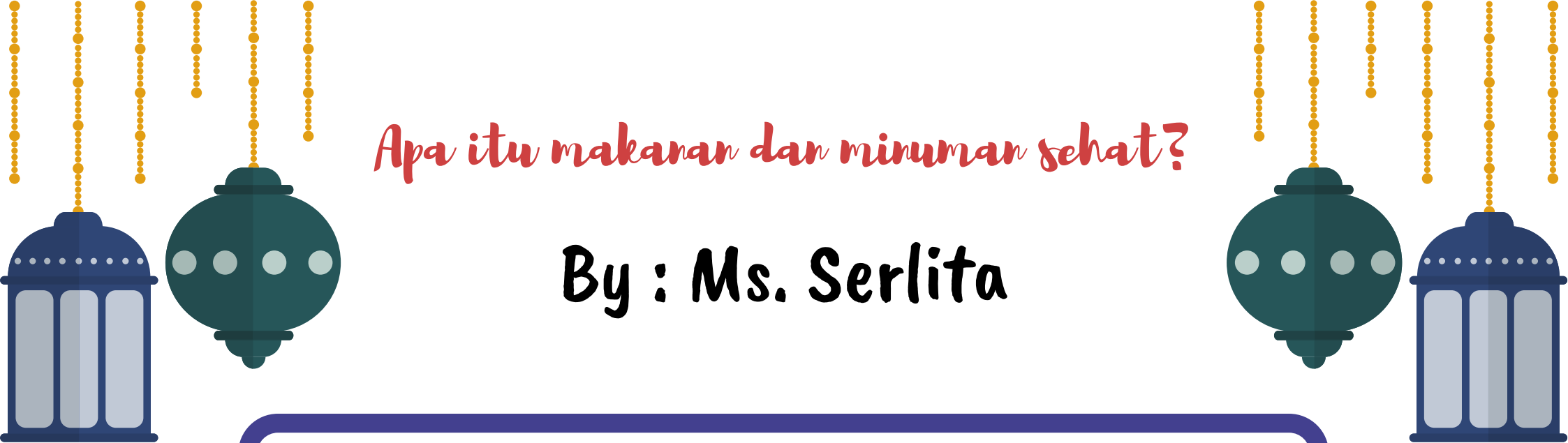


KETERANGAN !

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Materi dan ilustrasi gambar disusun menggunakan website Canva.





Apa itu makanan dan minuman sehat?

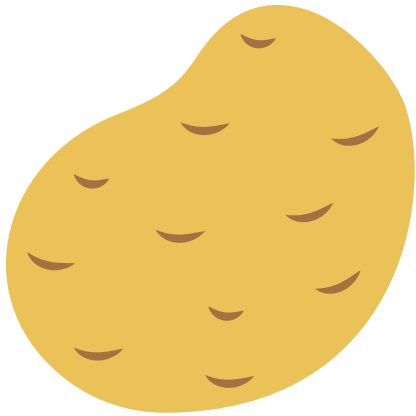
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Makanan dan minuman bisa dikategorikan sehat jika terdapat kandungan asupan gizi cukup yang dibutuhkan oleh tubuh, tentunya juga harus bergizi, memenuhi syarat higienis/bersih, dan juga berkecukupan.

Contoh makanan sehat

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Umbi Umbian



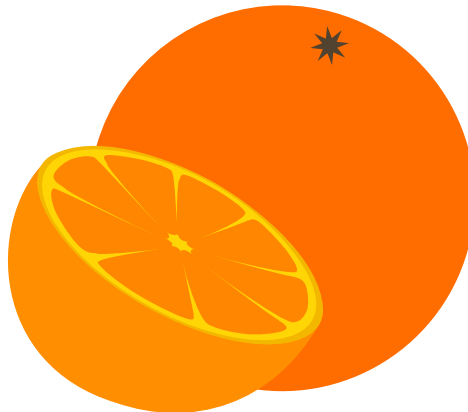
Roti



Sayuran



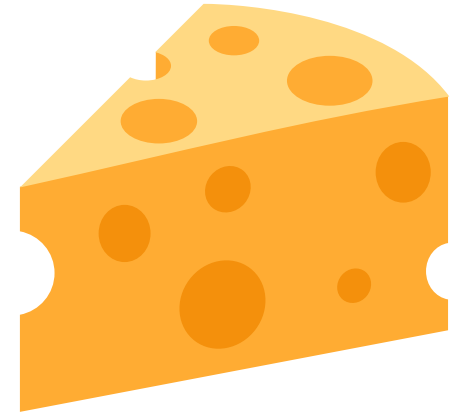
Buah-Buahan



Daging



Keju



Contoh minuman sehat

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Susu



Air Mineral



Jus Buah



Teh





Kegiatan 1

Carilah Buah Yang Sesuai dengan Inisial

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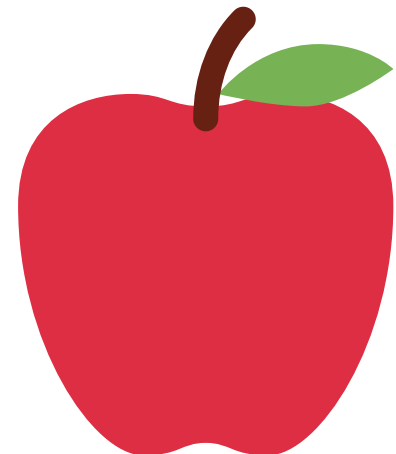
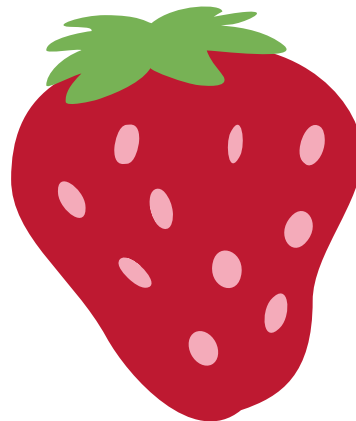
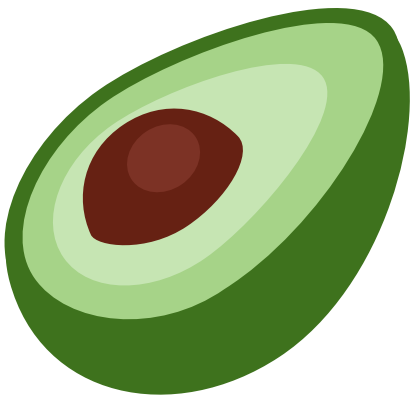
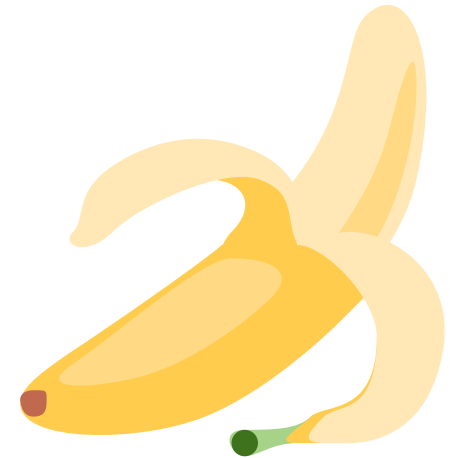
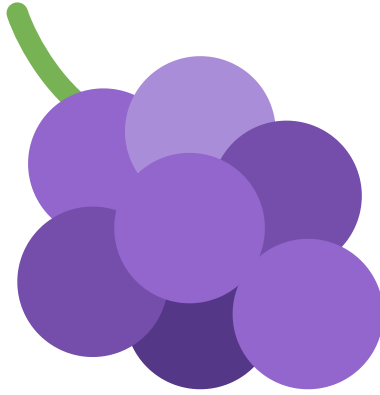
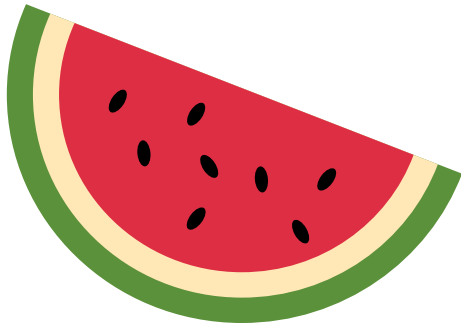
A

P

S

Gunting dan Tempel Sesuai Inisial!

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Kegiatan 2

Tebalkan Kata!

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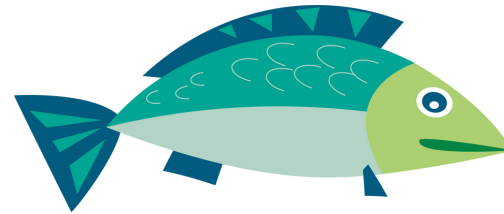
Suᮊᮦᮔ᮪



Tᮊᮦᮔ᮪



Naᮊᮦᮔ᮪

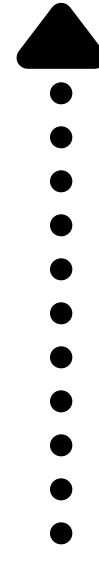
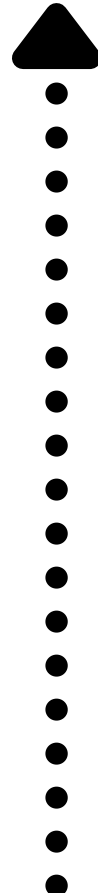
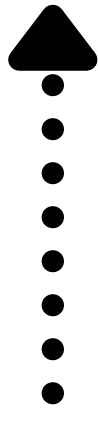
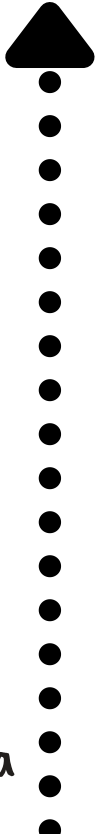
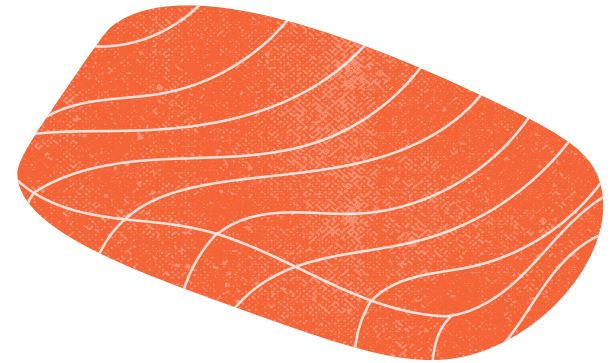
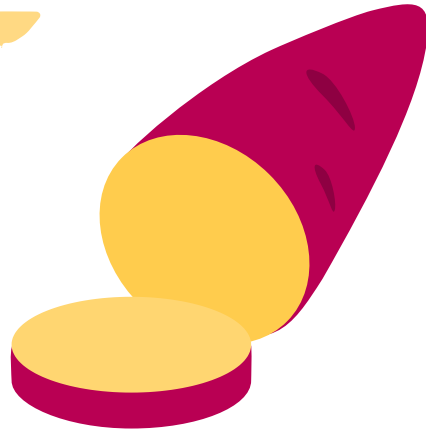
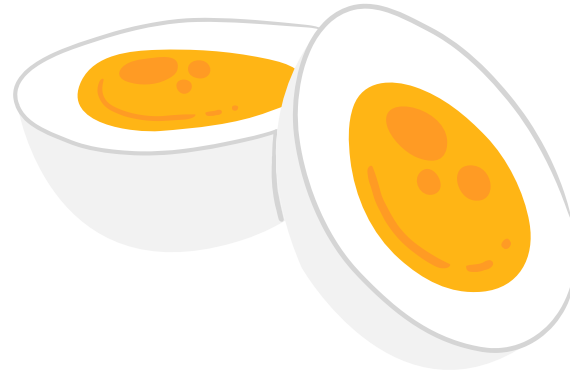
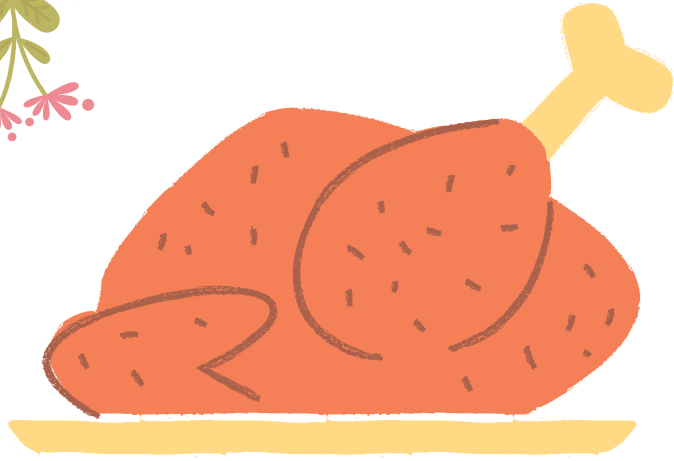


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Kegiatan 3

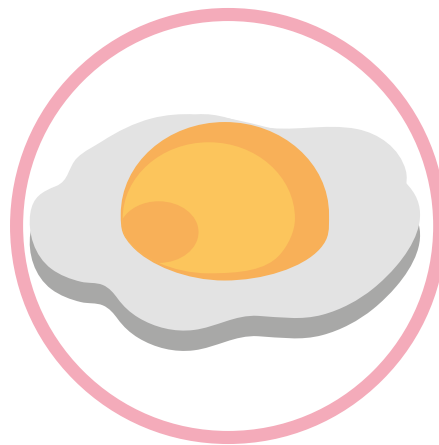
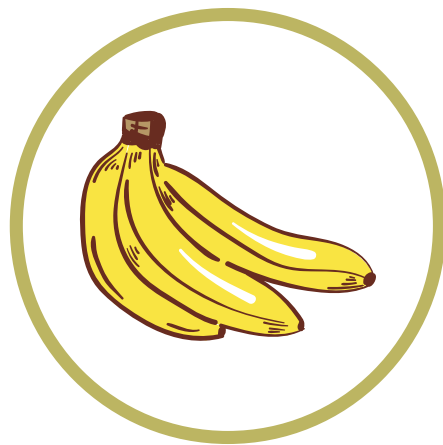
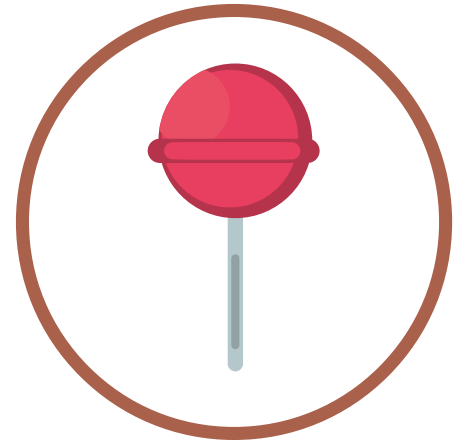
Gunting Garis!



Kegiatan 4

Kategorigkan Makanan dan Minuman!

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Tempelkan Makanan dan Minuman Sehat

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Tempelkan Makanan dan Minuman Tidak Sehat

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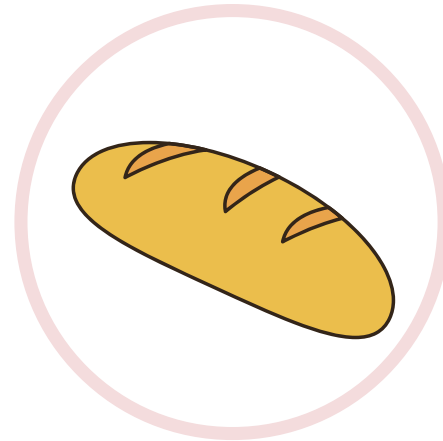
Kegiatan 5

Lengkapi Kata!

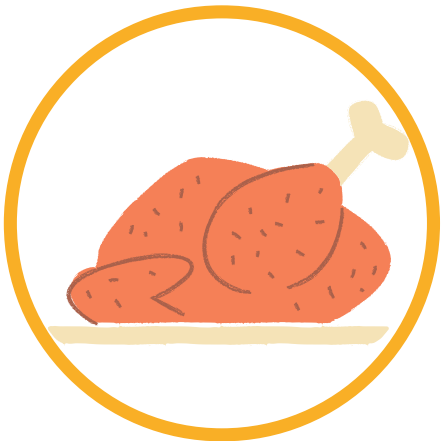
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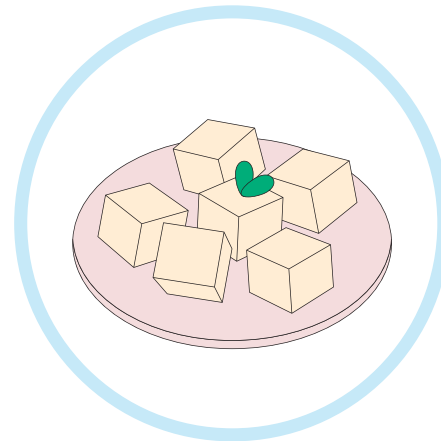
J _ _ U _ G



R _ _ I



D _ G I _ G



T _ H _

Crafting 1

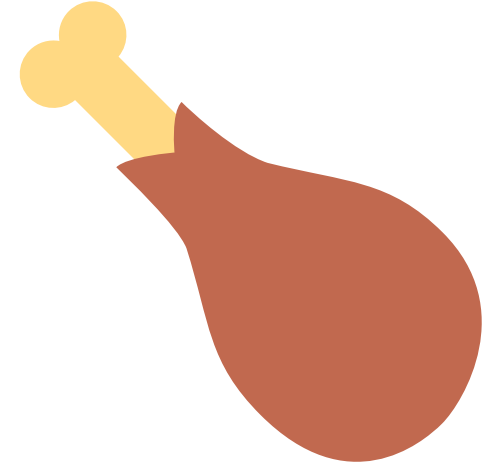
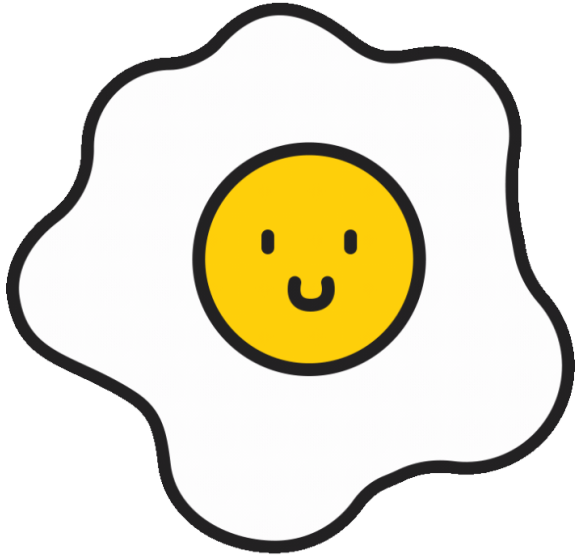
Isi Piringku



- Print gambar yang dibutuhkan
- Gunting sesuai bentuk
- Siapkan piring
- Kapas sebagai ilustrasi nasi
- Dan mintalah anak untuk menyusun isi piringnya sendiri

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Gunting!



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Crafting 2

Stik Jagung



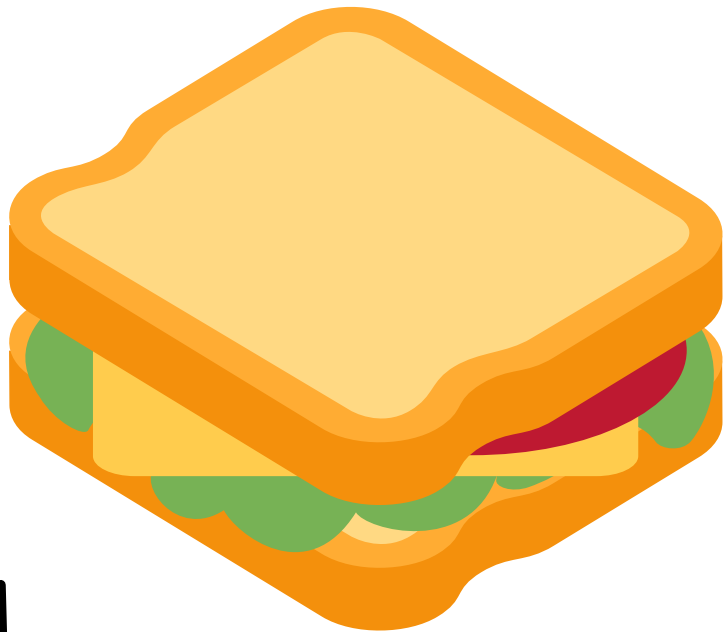
Alat dan Bahan

- Kardus
- Biji jagung
- Karton
- Stik ice cream
- Lem

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Eksperiment 1

Membuat Sandwich



- Bahan - Bahan :
- 2 roti
 - Mentega (opsional)
 - Mesis/selai

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Eksperiment 2

Membuat Teh



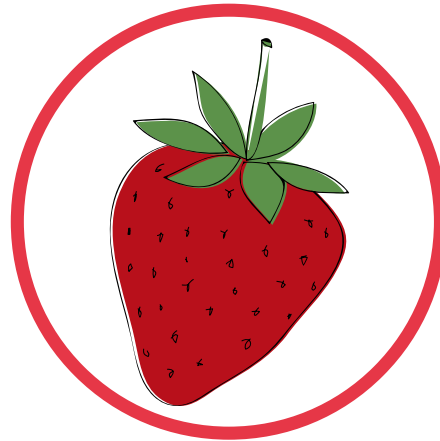
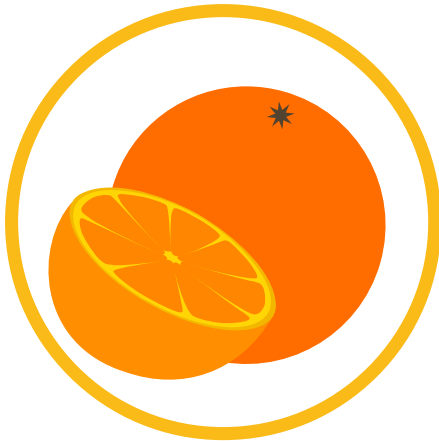
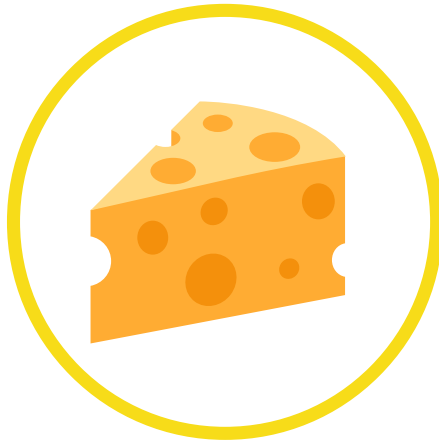
Alat dan Bahan :

- Gula
- Teh
- Sendok
- Gelas

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Eksperiment 3

Rasa Makanan dan Minuman Sehat



- Siapkan bahan
- Minta anak mencicipi
- Bertanyalah kepada anak tentang rasa setiap makanan (asam/manis/pahit/asin)

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TERIMA KASIH