

Fakta Makan Nasi Saat Sarapan

Nah loh, makan nasi saat sarapan ternyata bikin badan lemas

Oh no, eating rice during breakfast as a matter of fact makes the body lethargic.

A. Listen to the *Fakta Makan Nasi Saat Sarapan* video and fill in the missing words.

B. Complete the missing English translation.

0:19

*Hi wonder people! Ketemu _____
dengan Riska Ogi _____, sudah
jam dua siang*

English translation

Hi wonder people! We meet again with
Riska Ogi here, _____

*artinya Wonder Food _____ hadir
selama tiga puluh menit*

It means Wonder Food will present

*dan kami _____ siapkan beragam
menu menarik yang tentu saja sayang
kalau _____ lewatkan.*

And we have prepared a variety of
interesting menu items which of course
would be a pity if you miss it.

*Ada beberapa orang yang menyebut
katanya kalau _____ itu nggak baik
dikonsumsi pada saat _____.*

Some people say mention that _____

_____.

*Pasti _____ alasan kenapa mereka
menyebut hal ini*

Surely there is a reason why they say this

dan saya _____ membuat research

and _____

_____ hasilnya.

this is the result.

0:45

0:47

Nasi sudah menjadi _____ pokok masyarakat Indonesia ya

Rice has become a staple food of Indonesian society right

Dari makan nasi putih, nasi kuning, nasi _____ dan berbagai olahan nasi lainnya.

_____.

Wonder people tau nggak sih, ternyata sarapan dengan nasi itu justru _____ kita lemas.

Wonder people did you know, that having rice for breakfast actually makes us lethargic.

Memang benar makan nasi itu _____ perut kita terasa kenyang lebih _____

It is true that eating rice makes our bellies feel full for much longer

tapi itu juga yang membuat badan kita menjadi lemas dan bikin kita _____.

_____.

Jadi ingin mendapatkan karbohidrat dari nasi, kamu bisa makan nasi di _____ hari.

So if you want to get carbohydrate from rice, _____
_____.

Untuk pagi hari _____ kamu memilih makanan yang dengan kandungan serat yang _____

In the morning it is better for you to choose food containing high fibre

seperti gandum.

Like wheat.

1:25

2:12

Berapa banyak kalori yang baik untuk sarapan?

Kalori? Tergantung kebutuhan, tergantung orangnya

Orangnya _____, anak kecil, usianya sudah tua, atau _____

Tergantung lagi aktivitas, aktivitasnya bagaimana, kalau dia _____ berat ya konsumsi sarapannya _____ lebih banyak

Dan itu dihitungnya berdasarkan usia, _____ badan, berat badan, aktivitas fisik, bagaimana?

Kita nggak _____ menentukan berapa banyak harusnya sarapan itu

setiap orang akan _____.
2:47

How much calorie is good for breakfast?

Calorie? It depends on needs,

If it's a big person, a child, old age, or young

It depends again on their activity, what kind of activities, if the person does hard work then the breakfast consumption have to increase

And that is calculated based on _____, _____, _____, physical activity, how is it?

We can't universally determine how much breakfast one ought to have

_____.

C. Some common phrases & sentence starters

Study the phrases below and write the English sentences in Indonesian

I. **Katanya (sih)...** - It is said that... / They say that...

Katanya sih, makan nasi bikin lemas.

It is said that eating rice makes you lethargic.

1. They say Tasmania is really beautiful. _____
2. They say that cats are smarter than dogs. _____

II. **Tau nggak sih? Ternyata/kalau...** - Did you know? That ...actually

Tau nggak sih? Ternyata/kalau makan nasi membuat kita lemas.

Did you know that eating rice actually makes us lethargic.

3. Did you know that Brisbane is bigger than Bali?

4. Did you know that New Zealand used to be part of NSW?

III. **Memang benar kalau....tapi...** - It is true that...but...

Memang benar kalau nasi membuat kenyang tapi juga membuat kita merasa malas.

It is true that rice makes you full but it also makes us feel lazy.

5. It is true that you are smart but you still need to study.

6. It is true that wombats are lazy, but koalas are lazier.
