



Universitas
Alma Ata

The Globe Inspiring University

WORKSHEET TEMATIK GIZI

Cegah stunting di lingkungan PAUD



Oleh:

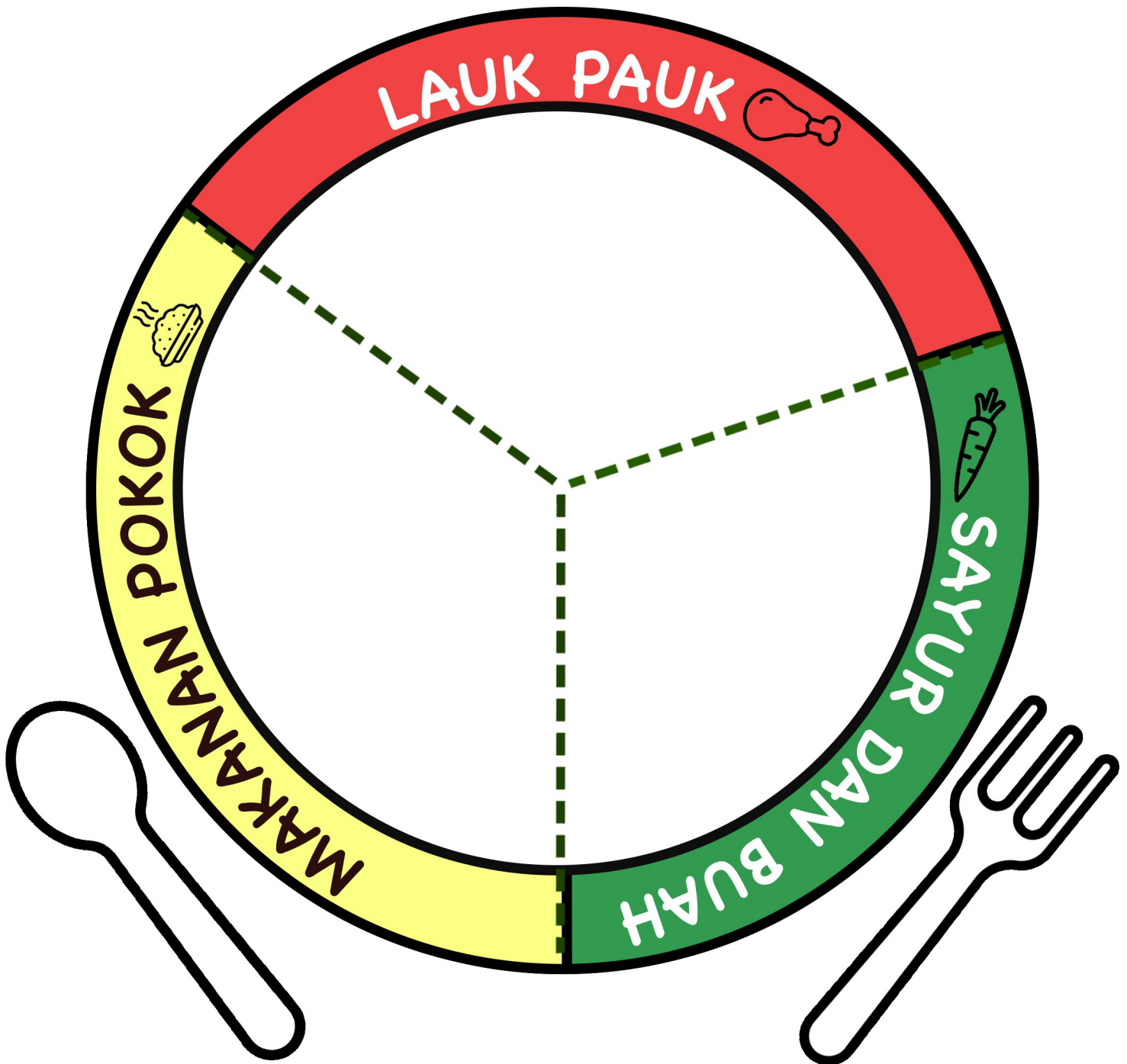
Herwinda Kusuma Rahayu, S.Gz., M.P.H

Herni Dwi Herawati, S.Gz., M.P.H

Ruwet Rusiyono, S.Pd., M.Pd.

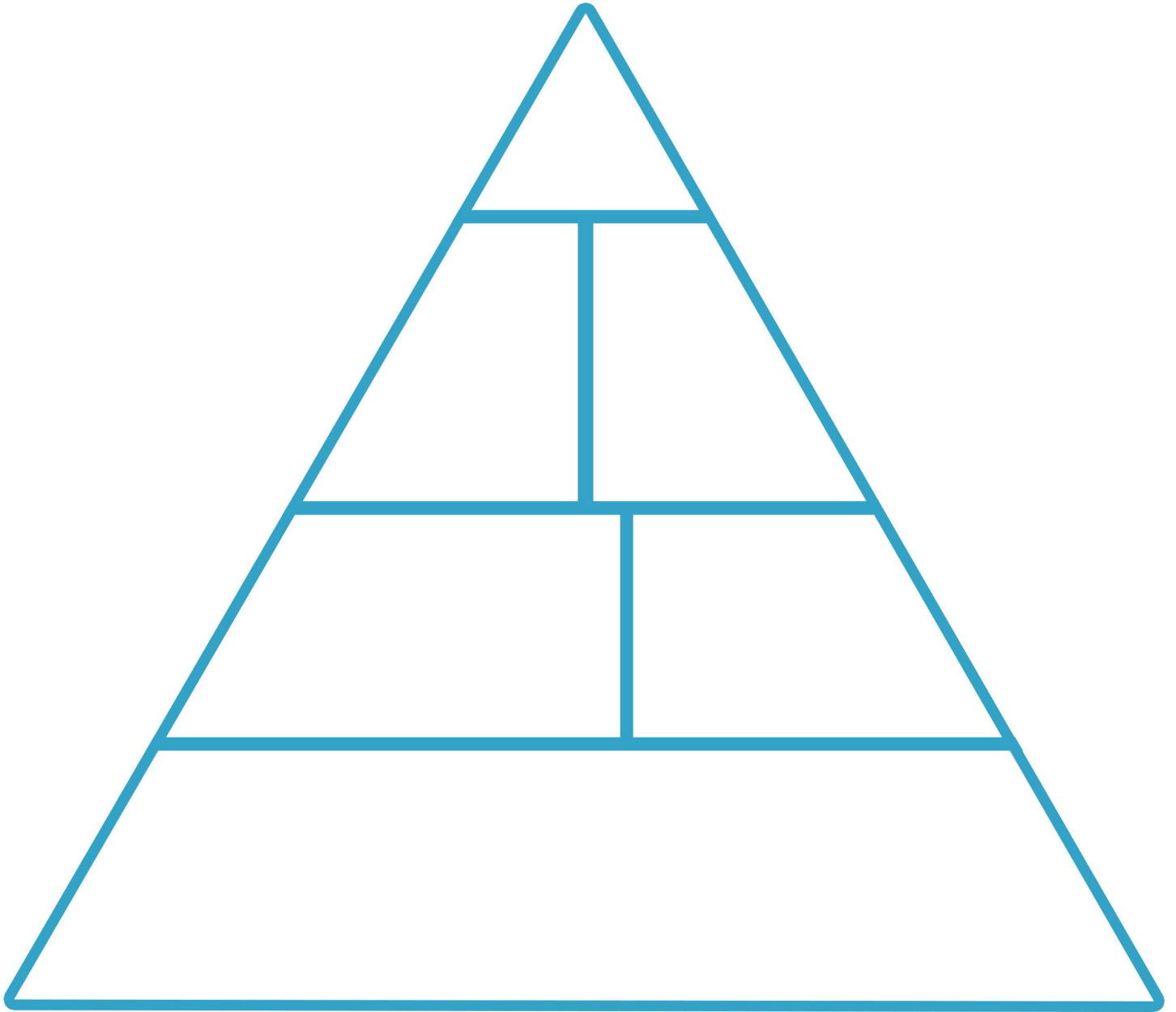
ISI PIRINGKU

ISI PIRING DENGAN MAKANAN
KESUKAANMU !



Tempelkan stiker makanan pada bagian piring
sesuai dengan golongan bahan makanannya

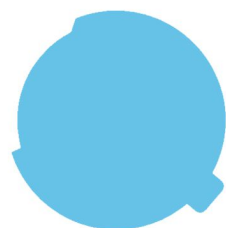
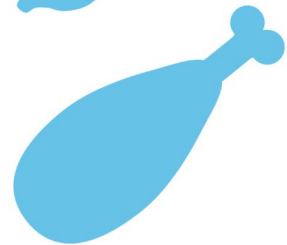
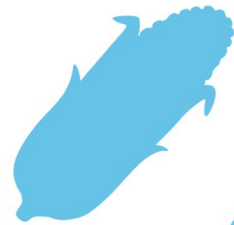
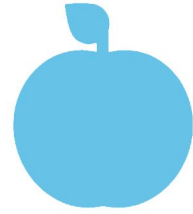
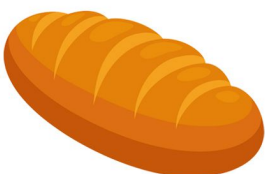
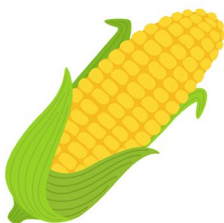
TUMPENG GIZI SEIMBANG



Tempelkan stiker makanan pada bagian tumpeng
sesuai dengan golongan bahan makanannya

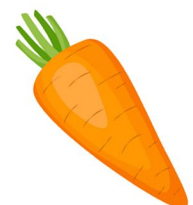
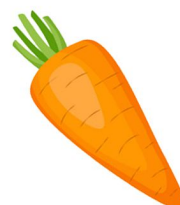
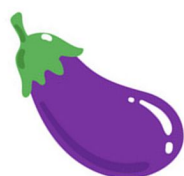
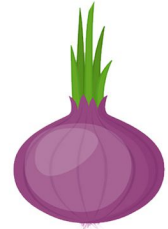
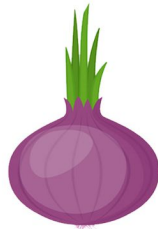
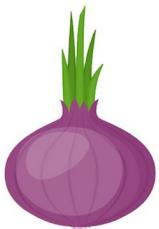
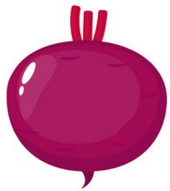
MENCARI BAYANGAN

Cocokkan gambar dan tarik garis yang sesuai
antara makanan dan bayangannya



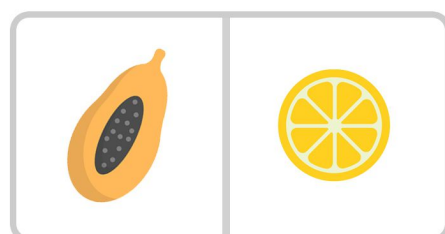
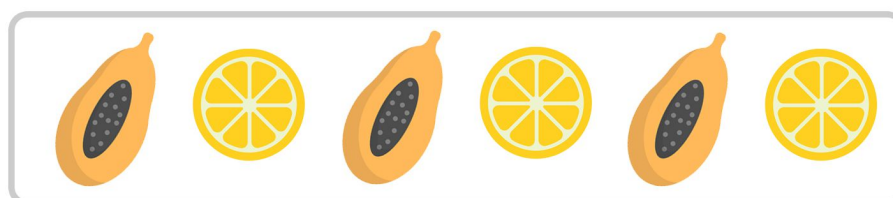
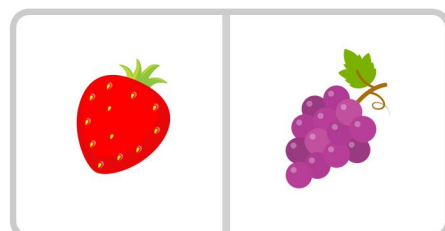
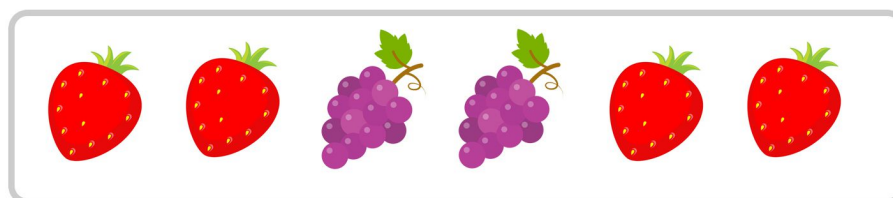
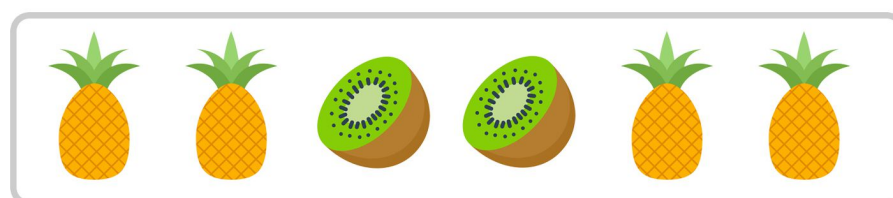
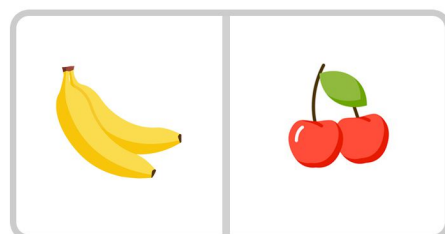
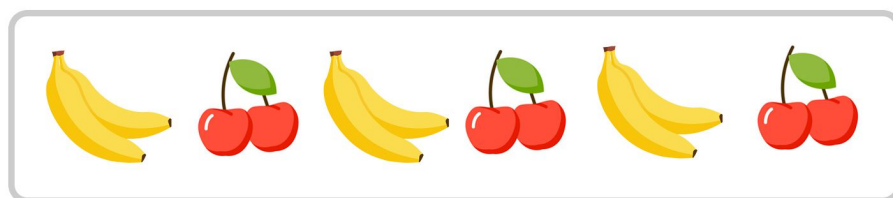
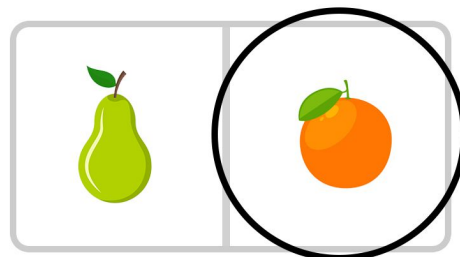
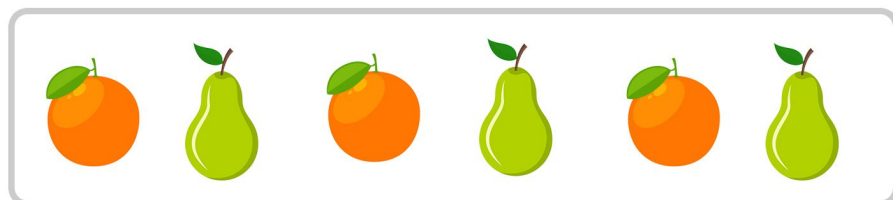
MENCARI SAYUR YANG BERBEDA

Lingkari sayuran yang berbeda
dengan kelompoknya



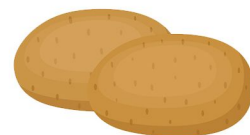
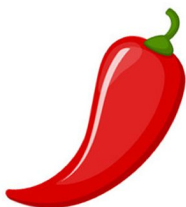
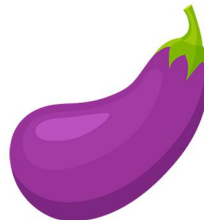
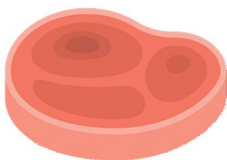
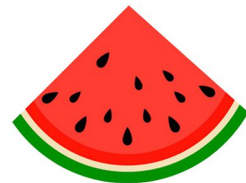
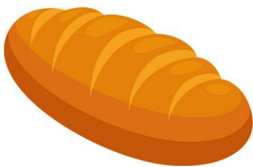
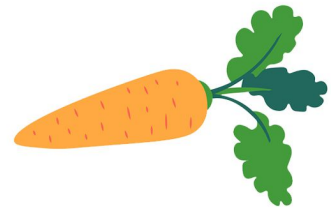
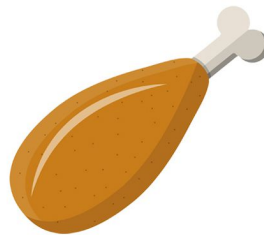
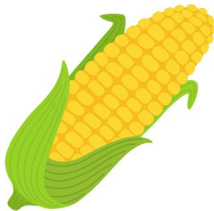
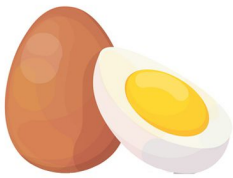
MELENGKAPI POLA BUAH

Lingkari buah di sisi sebelah kanan agar sesuai dengan polanya

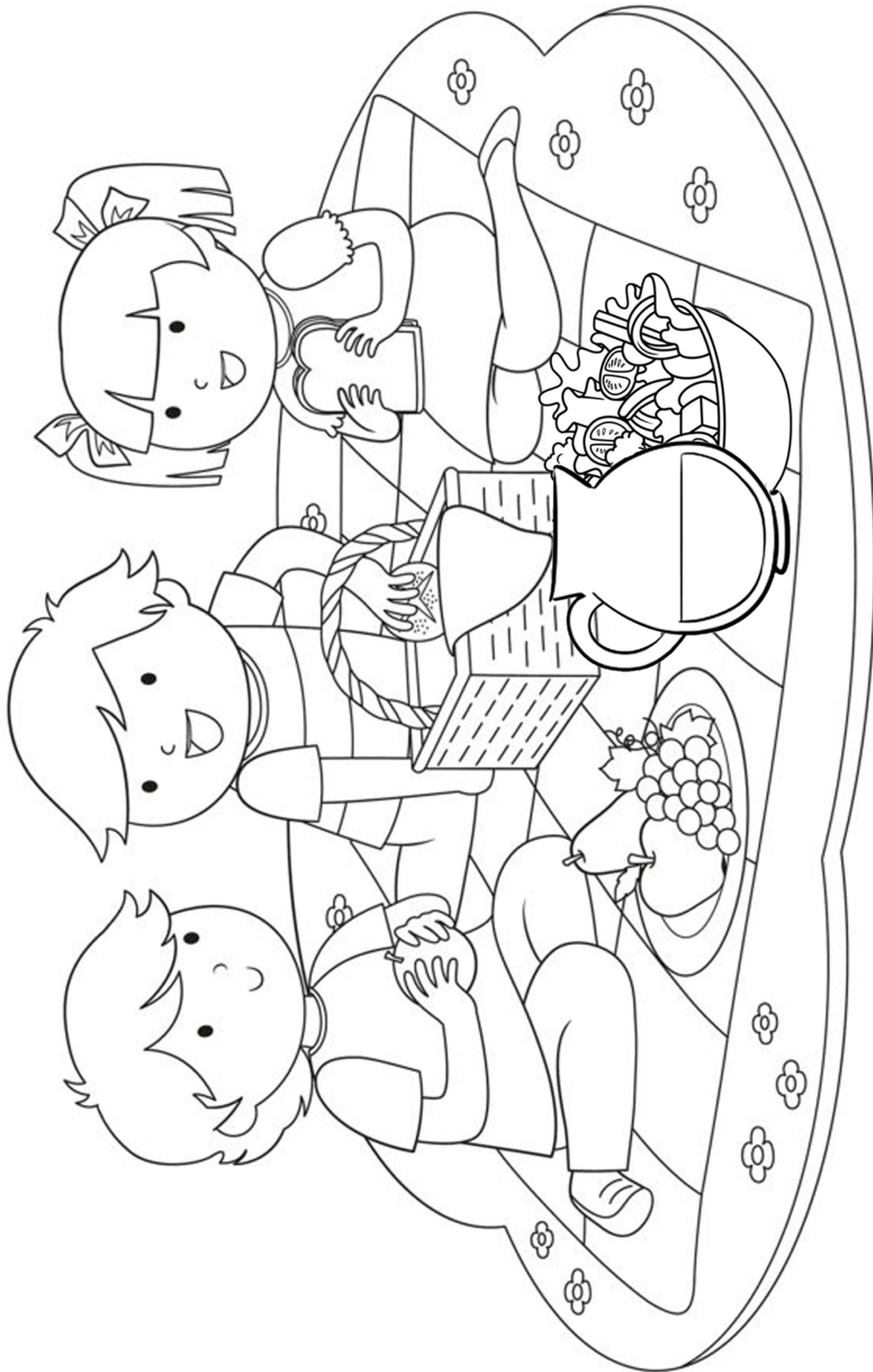


MENCARI LAUK HEWANI

Lingkari gambar yang merupakan lauk hewani

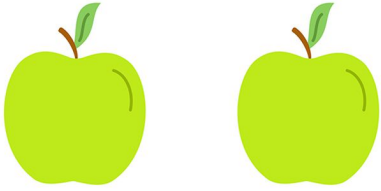


Ayo makan makanan bergizi seimbang



MENGHITUNG JUMLAH MAKANAN

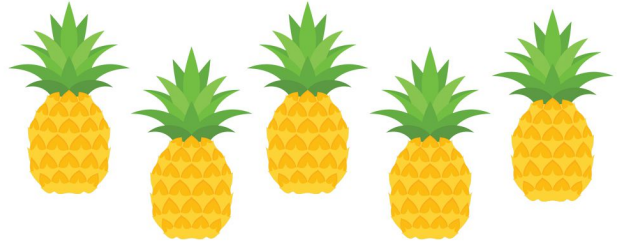
Hitung makanan, kemudian lingkari angka yang sesuai dengan jumlah makanan



3

2

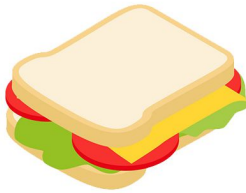
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8



1

6

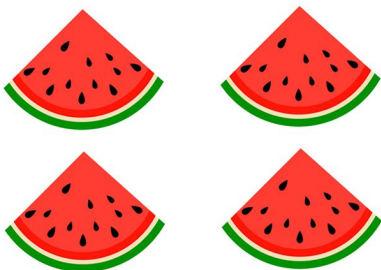
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3

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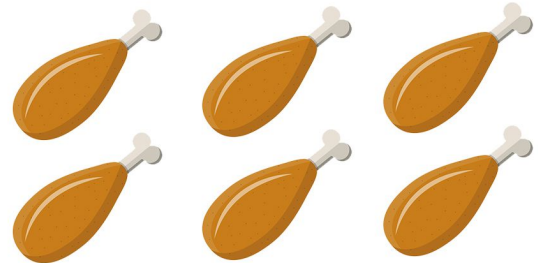
2



2

5

4



3

6

9

MENCARI 6 PERBEDAAN

Amati gambar atas dan bawah. Temukan 6 perbedaan, kemudian lingkari perbedaan tersebut

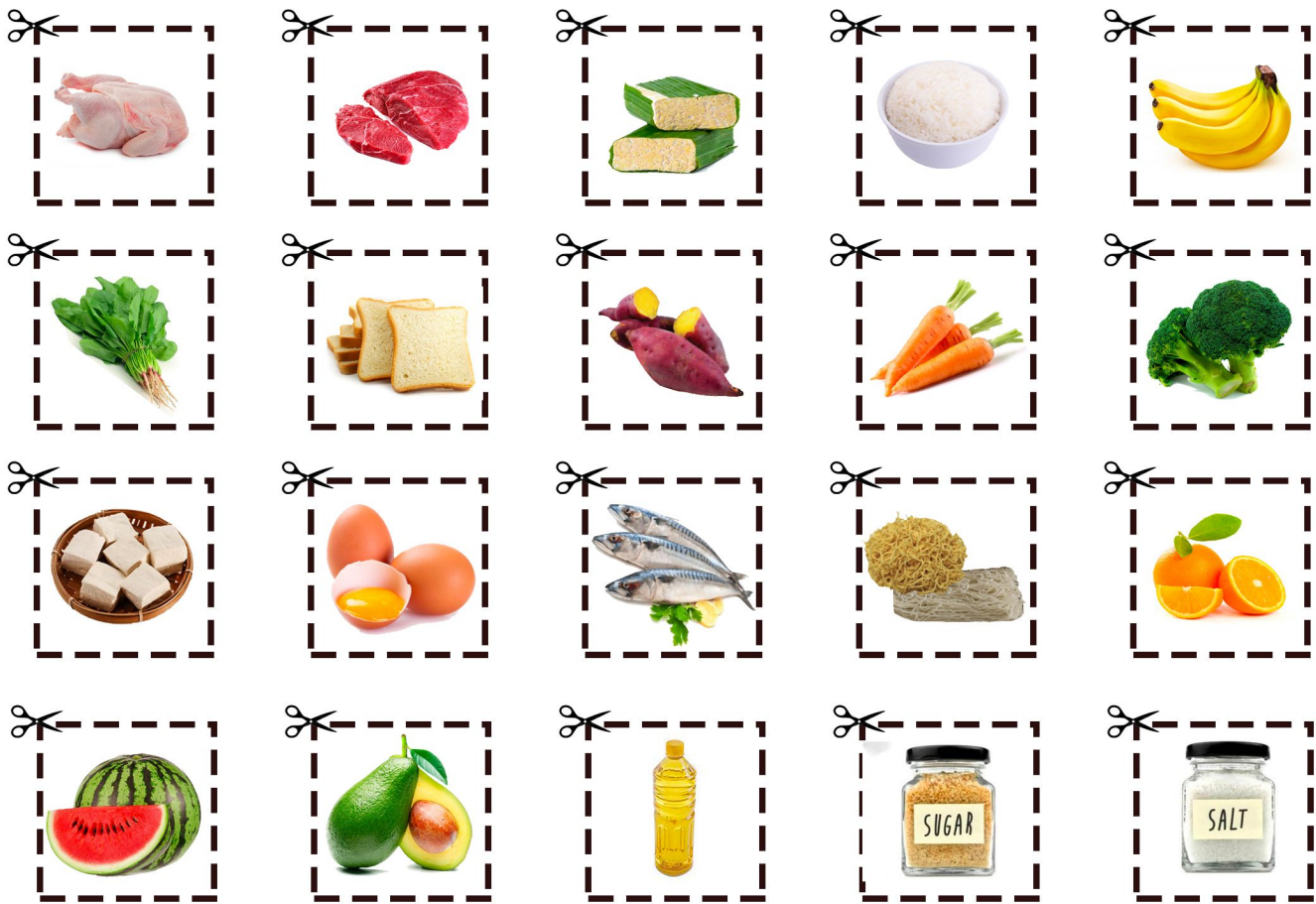


MENEMUKAN JALAN

Tunjukkan jalan agar bisa menemukan jalan
dan bisa makan dengan bergizi



STIKER: TUMPENG GIZI SEIMBANG



STIKER: ISI PIRINGKU

