

ENGLISH AUDIOPIEDIA
SUPPLEMENTARY MATERIALS

VEGGIE RICE BOWL

A. IDENTIFICATION

Code	:	10/EAP/IX SMP
Theme	:	Culture
Subtheme	:	Zero-waste culture
Social Function	:	How to follow a recipe
Grade	:	Grade 9 Junior High School

B. KEY VOCABULARY

al dente (adjective)	:	tidak terlalu matang,(serapan dari bahasa Italia yang berarti pas di gigi)
broth (noun)	:	kaldu
dash of (adjective)	:	sejumput
to taste (phrase)	:	sesuai selera
make use of (phrase)	:	memanfaatkan
dig in (phrase)	:	mulai makan
zero-waste	:	bebas limbah

C. MONOLOGUE SCRIPT

Millennials are now drawn to the zero-waste culture. One way to live with zero-waste is to make use of everything you have in your fridge. So, are you ready to try out my recipe and clean out your fridge? This roasted veggies and rice vegan bowl topped with spicy creamy lemon herb sauce will do just that. Now let's start with what you'll need: One and a half cups of mixed raw veggies, using whatever you have in your fridge; two tablespoons of veggie broth, for roasting the veggies; sea salt, to taste; ground black pepper, to taste; one cup of cooked rice, or about half a cup of uncooked rice; and half a cup of cooked beans.

When you're ready, preheat the oven to 205 degree Celsius.

First, prepare the beans. Rinse first if they're canned, or cook them if you're using dry beans.

Next, wash and chop the veggies into bite size pieces.

Then, mix with the beans, veggie broth and a dash of salt and pepper.

After that, spread onto a lined cookie sheet and bake for 15 minutes. Cook the mixed veggies for 15 minutes until some are al dente and others are a little more cooked. That way, you'll get a great variety of textures.

While the veggies are cooking, cook the rice and make the lemon herb sauce.

Once the veggies are done put the rice in a bowl, and top with the veggies and bean mix.

Then, drizzle with as much lemon herb sauce as you desire. This is for one bowl. Multiply ingredients proportionately.

Now, dig in and enjoy your zero-waste meal!

D. EXERCISES

Task 1: Explore

Listen to the audio and answer the following questions based on the information in the audio.

1. What is the added advantage of following the recipe?
 - A. We can enjoy a very delicious beverage.
 - B. We are motivated to wash our fridge.
 - C. We don't throw out unnecessary waste.
 - D. We will help people to cook for themselves.

2. The speaker said, "one and a half cups of mixed raw veggies."
The word raw has the same meaning with which word?
 - A. ready
 - B. mixed
 - C. cooked
 - D. uncooked

3. The speaker said, "Now let's start with what you'll need:" What does this sentence refer to?
 - A. notes for the recipe
 - B. the instructions
 - C. the ingredients
 - D. the serving size

Key Answer

1. C. We don't throw out unnecessary waste.
2. D. uncooked
3. C. the ingredients

Task 2: Explore

Listen to the audio and answer the following questions based on the information in the audio.

1. What does the speaker hope for by sharing his recipe?
 - A. that we can become millennials
 - B. that we enjoy cooking vegetarian foods
 - C. that we let him know the result of the recipe
 - D. that we join his cause towards a zero-waste culture

2. The speaker said, " This is for one bowl. Multiply ingredients proportionately." What does the speaker mean?
 - A. This recipe is not suitable for more than one bowl of rice.
 - B. We can serve more rice for the same amount of vegetables.
 - C. We need to increase ingredients if we are going to make more rice bowls.
 - D. We can use this recipe no matter how much rice we want to cook.

3. The speaker says that all vegetables should be cooked for 15 minutes. Why?
 - A. so they have the same consistency and texture
 - B. so they have different textures and softness
 - C. so they are well cooked
 - D. so they are al dente

Key Answer

1. D. that we join her cause towards a zero-waste culture
2. C. We need to increase ingredients if we are going to make more rice bowls.
3. B. so they have different textures and softness

Task 3: Apply

Listen to the audio and answer the following questions based on the information in the audio.

1. Which group of words is similar in meaning?
 - A. texture, size, meal
 - B. rinse, wash, clean
 - C. spread, drizzle, top
 - D. bowl, sauce, lemon

2. You must feel that there is a step missing. What is it?
 - A. how to get a great variety of vegetable textures
 - B. how to preheat the oven to 250 degree Celsius
 - C. how to make spicy lemon herb cream sauce
 - D. how to multiply the ingredients proportionately

Key Answer

1. B. rinse, wash, clean
2. C. how to make spicy lemon herb cream sauce

Task 4: Present

Complete one or more task below to improve your presentation skill.

1. Make your own recipe for a zero-waste meal. Be specific about the vegetables you use from your fridge.
2. Do some research. Find a recipe for a delicious sauce that would fit the meal. You can also make up your own recipe.
3. Make an info-graphic based on your recipe. Make sure you do not leave out any important details.

Key Answer

Alternative and Explanation

1. Alternative Recipe

You will need: some green veggies like spinach and lettuce, half a cup of vegetables such as carrots, peppers, onion and mushroom cooked in advance, a cup of lentils, a half cup of ripe avocado slice, a dash of olive oil.

Before we begin, prepare all green veggies and wash them.

Roast the other vegetables and slice them to taste.

Now, arrange your greens in a serving bowl.

Next, add some lentils and some vegetables.

Then, top with a little protein and some healthy fat like avocado.

Drizzle with olive oil, and it's ready to serve.

Notes: Answer may vary. However, there should be information related to prepared ingredients and steps to follow in the recipe. If the recipe is a form of paraphrased modification of the original recipe, the restatement must contain essential action verbs.

For example:

First, prepare the beans. Rinse them if they're canned, or cook them if you're using dry beans.

Next, wash and chop the veggies into bite size pieces.

becomes

First, prepare the potatoes. Rinse and peel them.

Next, wash and slice the potatoes into bite size pieces.

In all cases, teacher's discretion is necessary.

2. Alternative Sauce Recipe:

Lemon Herb Cream Sauce (with optional spice):

You will need:

3/4 cup raw almonds

1 1/2 cups unsweetened soy milk, or use coconut for an added layer of flavor

6 tablespoons lemon juice

1 clove raw garlic

2 teaspoons apple cider vinegar

1/4 - 3/4 teaspoon sea salt

1/4 cup fresh chopped chives

1/4 cup fresh chopped parsley

1/4 cup fresh chopped cilantro

How to Make Lemon Herb Cream Sauce:

Place all ingredients except for herbs into a high speed blender or food processor and blend until smooth. Add herbs and pulse until the herbs are chopped into fine pieces but still visible.

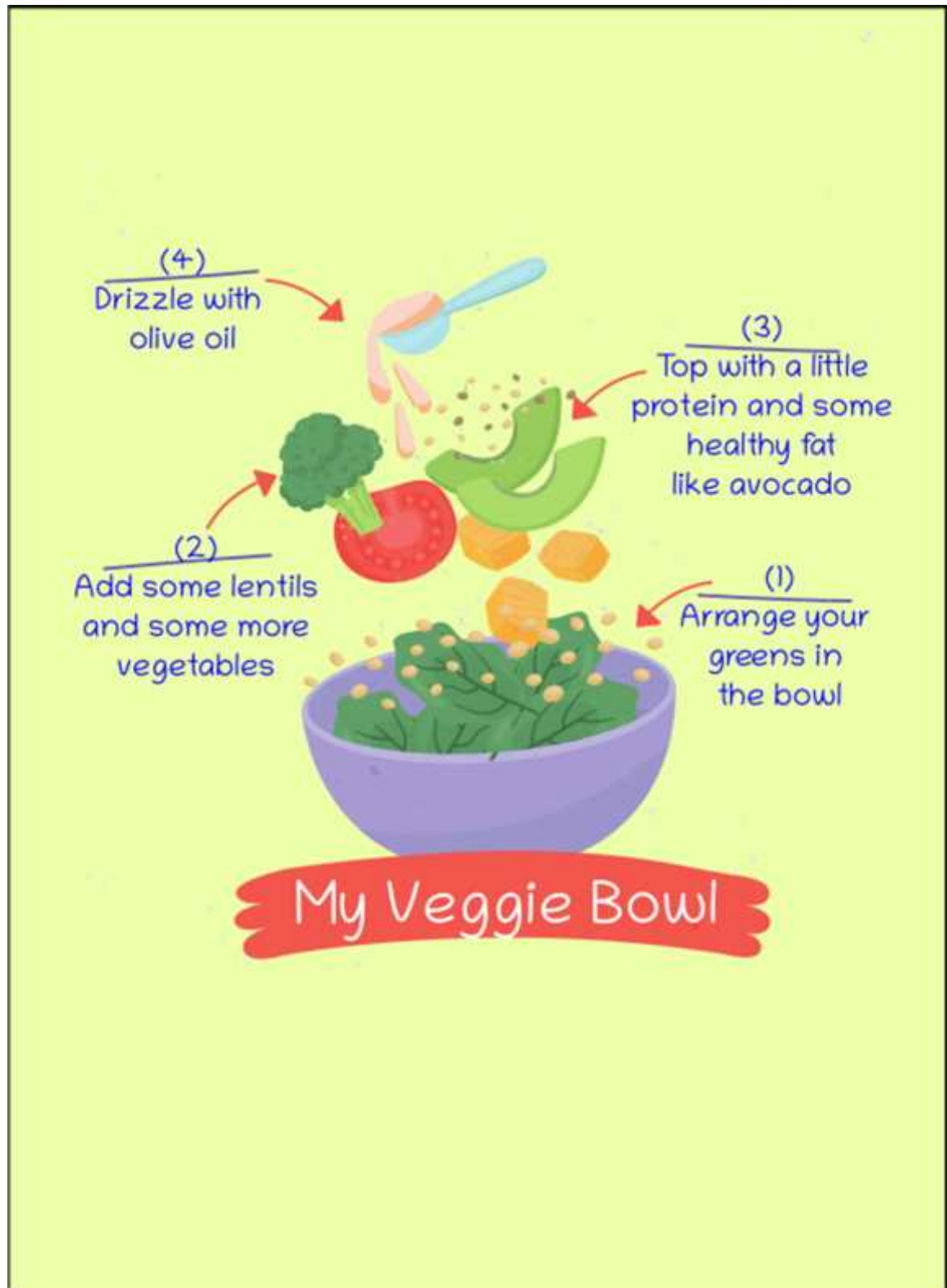
Notes: With the limitation that the recipe should tell how to make additional sauce, answers may vary. However, the following structure should appear in students' recipes. Teacher's discretion is required.

Ingredients: Units and Object e.g 1/4 teaspoon sea salt

Steps : Imperative verbs + adverbs e.g. Add herbs, blend until smooth

3. The following infographic reflects an acceptable product. As such, the infographic should contain:
- Appropriate Title
 - Vocabulary related to the ingredients.
 - Image (photo or illustration) depicting the ingredients.
 - Images and related information are arranged in appropriate order.

Alternative Product:



E. REFERENCES

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