



SURAT PENCATATAN CIPTAAN

Dalam rangka pelindungan ciptaan di bidang ilmu pengetahuan, seni dan sastra berdasarkan Undang-Undang Nomor 28 Tahun 2014 tentang Hak Cipta, dengan ini menerangkan:

Nomor dan tanggal permohonan

EC002025064498, 12 Juni 2025

Pencipta

Nama

Alamat

Kewarganegaraan

Pemegang Hak Cipta

Nama

Alamat

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Jenis Ciptaan

Judul Ciptaan

Tanggal dan tempat diumumkan untuk pertama kali di wilayah Indonesia atau di luar wilayah

Indonesia

Jangka waktu pelindungan

Nomor Pencatatan

Nafisah Endahati, M Sulthan Maulana Asysyaugi dkk

Gemahan, RT. 1/I, Ringinharjo, Bantul, Bantul, Daerah Istimewa Yogyakarta 55712, Bantul, Kab. Bantul, DI Yogyakarta, 55712

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Indonesia

Modul

Power Up Your English (English Worksheet for Grade VII Junior

High School Students)

12 Juni 2025, di DI Yogyakarta

Berlaku selama hidup Pencipta dan terus berlangsung selama 70 (tujuh puluh) tahun setelah Pencipta meninggal dunia, terhitung mulai tanggal 1 Januari tahun berikutnya.

000904759

adalah benar berdasarkan keterangan yang diberikan oleh Pemohon.

Surat Pencatatan Hak Cipta atau produk Hak terkait ini sesuai dengan Pasal 72 Undang-Undang Nomor 28 Tahun 2014 tentang Hak Cipta.



a.n. MENTERI HUKUM DIREKTUR JENDERAL KEKAYAAN INTELEKTUAL

> u.b Direktur Hak Cipta dan Desain Industri

Agung Damarsasongko, SH., MH. NIP. 196912261994031001



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- 3. Surat Pencatatan ini dapat dibuktikan keasliannya dengan memindai kode QR pada dokumen ini dan informasi akan ditampilkan dalam browser.

LAMPIRAN PENCIPTA

No	Nama	Alamat
1	Nafisah Endahati	Gemahan, RT. 1/I, Ringinharjo, Bantul, Bantul, Daerah Istimewa Yogyakarta 55712 Bantul, Kab. Bantul
2	M Sulthan Maulana Asysyauqi	Cepoko, Dk. Cepoko, RT. 005, Trirenggo, Bantul, Daerah Istimewa Yogyakarta Bantul, Kab. Bantul
3	Julia Safitri	Jl. Kebun Raya no. 25, RT: 018/006, Rejowinangun, Kotagede, Daerah Istimewa Yogyakarta Kotagede, Kota Yogyakarta

LAMPIRAN PEMEGANG

No	Nama	Alamat
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2	M Sulthan Maulana Asysyauqi	Cepoko, Dk. Cepoko, RT. 005, Trirenggo, Bantul, Daerah Istimewa Yogyakarta Bantul, Kab. Bantul
3	Julia Safitri	Jl. Kebun Raya no. 25, RT: 018/006, Rejowinangun, Kotagede, Daerah Istimewa Yogyakarta Kotagede, Kota Yogyakarta



SURAT PERNYATAAN

Yang bertanda tangan di bawah ini, pemegang hak cipta:

Nama

: 1. Nafisah Endahati

2. Muhammad Sulthan Maulana Asysyauqi

3. Julia Safitri

Kewarganegaraan

: Indonesia

Alamat

: 1. Gemahan, RT. 1/I, Ringinharjo, Bantul, Bantul, DIY, 55712

2. Cepoko, Dk. Cepoko, RT/RW: 05/0, Trirenggo, Bantul, Bantul, DIY, 55714

3. Jl. Kebun Raya No. 25, RT/RW: 18/06, Rejowinangun, Kotagede, DIY, 55171

Dengan ini menyatakan bahwa:

Karya Cipta yang saya mohonkan:

Berupa

: Modul Pembelajaran

Berjudul

: Power Up Your English (English Worksheet for Grade VII Secondary School Students)

- Tidak meniru dan tidak sama secara esensial dengan Karya Cipta milik pihak lain atau obyek kekayaan intelektual lainnya sebagaimana dimaksud dalam Pasal 68 ayat (2);
- Bukan merupakan Ekspresi Budaya Tradisional sebagaimana dimaksud dalam Pasal 38;
- Bukan merupakan Ciptaan yang tidak diketahui penciptanya sebagaimana dimaksud dalam Pasal
 39.
- Bukan merupakan hasil karya yang tidak dilindungi Hak Cipta sebagaimana dimaksud dalam Pasal
 41 dan 42:
- Bukan merupakan Ciptaan seni lukis yang berupa logo atau tanda pembeda yang digunakan sebagai merek dalam perdagangan barang/jasa atau digunakan sebagai lambang organisasi, badan usaha, atau badan hukum sebagaimana dimaksud dalam Pasal 65 dan;
- Bukan merupakan Ciptaan yang melanggar norma agama, norma susila, ketertiban umum, pertahanan dan keamanan negara atau melanggar peraturan perundang-undangan sebagaimana dimaksud dalam Pasal 74 ayat (1) huruf d Undang-Undang Nomor 28 Tahun 2014 tentang Hak Cipta.
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- 4. Dalam hal ketentuan sebagaimana dimaksud dalam Angka 1 dan Angka 3 tersebut di atas saya / kami langgar, maka saya / kami bersedia secara sukarela bahwa:
 - permohonan karya cipta yang saya ajukan dianggap ditarik kembali; atau
 - b. Karya Cipta yang telah terdaftar dalam Daftar Umum Ciptaan Direktorat Hak Cipta, Direktorat Jenderal Hak Kekayaan Intelektual, Kementerian Hukum Dan Hak Asasi Manusia R.I dihapuskan sesuai dengan ketentuan perundang-undangan yang berlaku.
 - c. Dalam hal kepemilikan Hak Cipta yang dimohonkan secara elektronik sedang dalam berperkara dan/atau sedang dalam gugatan di Pengadilan maka status kepemilikan surat pencatatan elektronik tersebut ditangguhkan menunggu putusan Pengadilan yang berkekuatan hukum tetap.

Demikian Surat pernyataan ini saya/kami buat dengan sebenarnya dan untuk dipergunakan sebagaimana mestinya.

Yogyakarta, 2 Juni 2025

Nafisah Endahati

M. Sulthan Maulana Asysyauqi

Julia Safitri

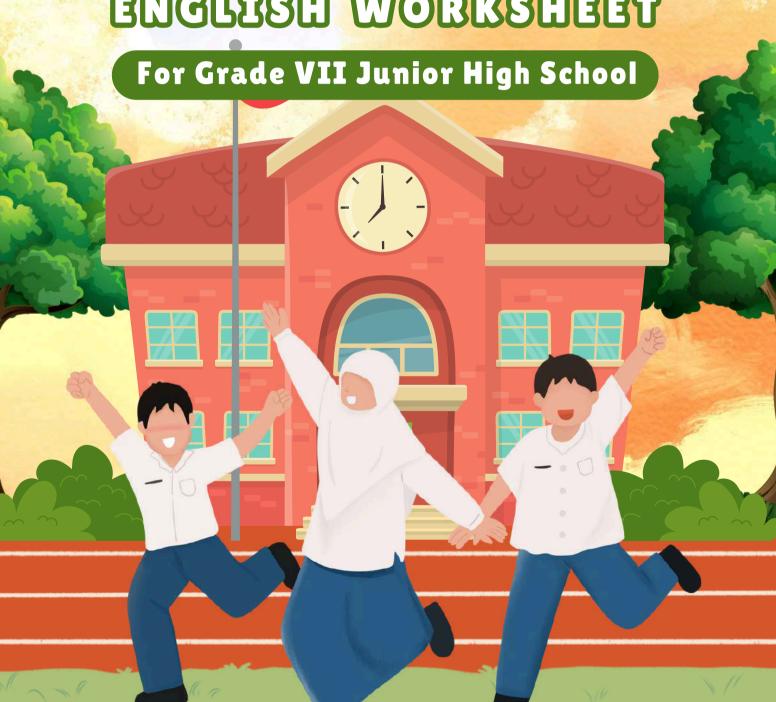
Pemegang Hak Cipta*

^{*} Semua pemegang hak cipta agar menandatangani di atas materai.



Power Up Your English

ENGLISH WORKSHEET



Power Up Your English

Worksheet For Grade VII

AUTHORS

- Nafisah Endahati
- Muhammad Sulthan Maulana A.
- Julia Safitri

FOREWORD

It is with great gratitude that we present the English teaching module for grade VII students entitled. "Power Up Your English" This module is designed with the main objective of creating an interesting, fun and meaningful English learning experience for students.

We believe that learning English is not only limited to learning grammar rules and vocabulary, but also a journey rich in excitement and challenges. Through this module, we want to bring an interactive, creative and motivating learning atmosphere, so that students can enjoy every learning process while understanding the beauty of English in an easier and more enjoyable way.

This "Power Up Your English" module offers a variety of materials organized with an innovative and interesting approach. It includes a variety of learning activities designed not only to improve students' language skills, but also to build their interest and motivation to learn. By creating a positive and inspiring atmosphere, we hope that students will be more encouraged to actively participate and continue to develop their English language skills.

We realize that the success of this module development is inseparable from the support of various parties. Therefore, we would like to express our deepest gratitude to the supervisors for their valuable input and direction during the preparation process. We also thank the students who have been a source of inspiration and motivation in the making of this module.

We hope that this "Power Up Your English" module can provide a memorable learning experience and motivate students to be more passionate in exploring the world of English. Let's make learning English an exciting and inspiring journey together!

December 4, 2024

Authors

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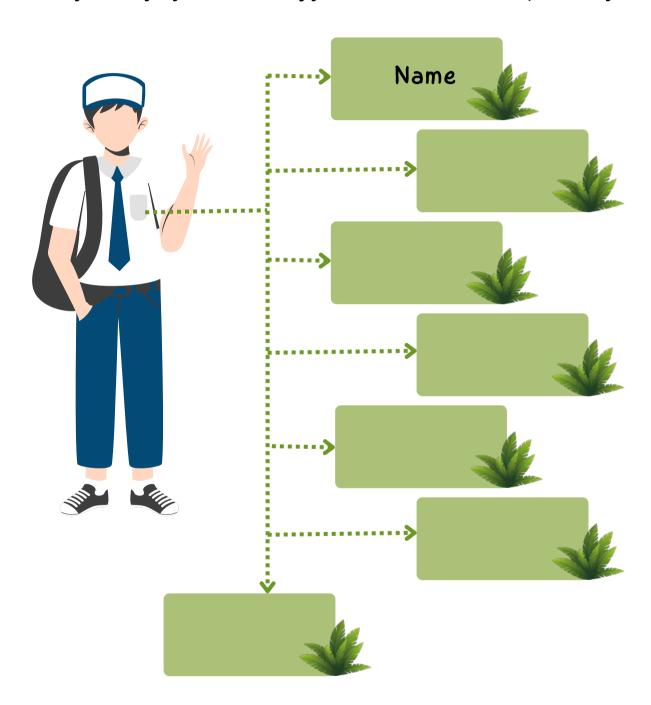


Chapter 1 Fun Fact About Me



Section 1 - Say What You Know

Write what you usually say when introducing youself. One box has been completed for you.





Name : Nama

: Umur/usia

Age Hobby : Hobi : Tinggal : Siswa Live Student School : Sekolah : Kelas Grade : Dari From : Suka Like

: Keluarga

Family

Section 2 - About Leo Messi

- 1. Listen to Audio. A boy is introducing himself
- 2. Listen again to Audio. Practice saying Leo Messi's introduction.

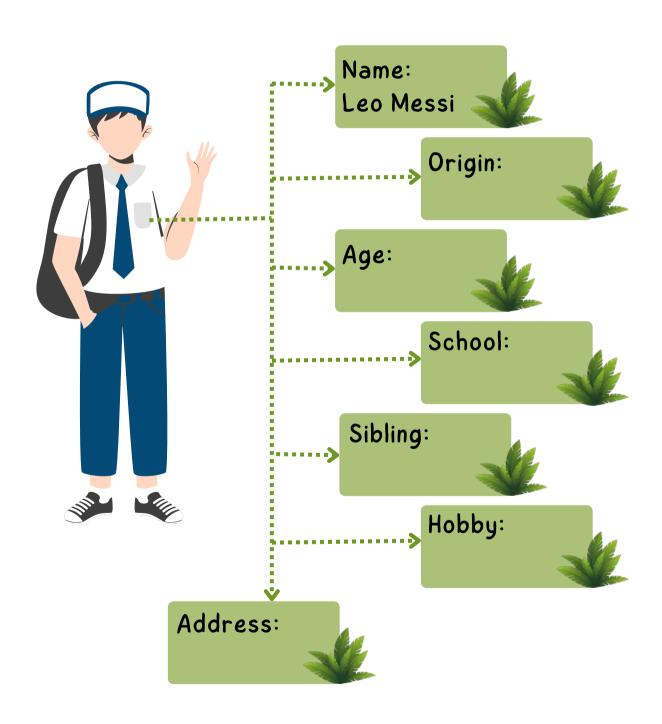






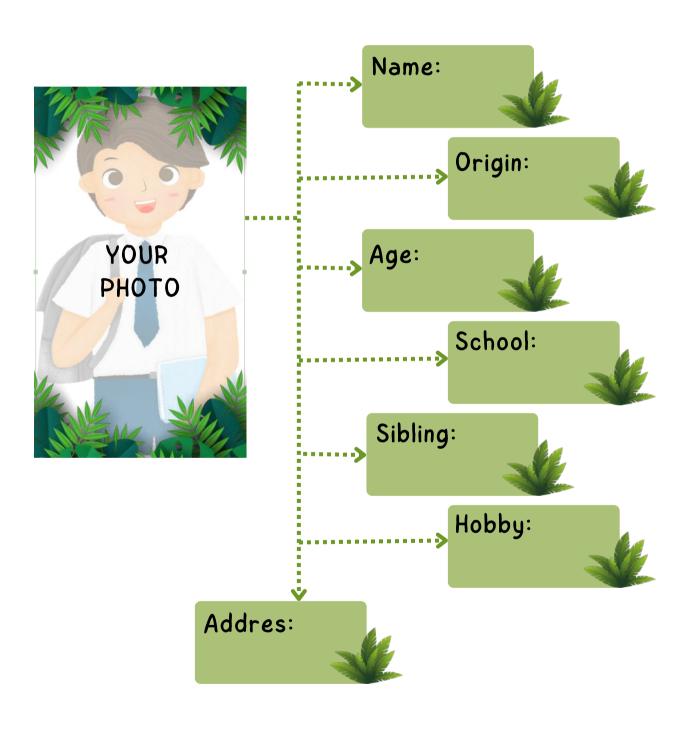
Your Turn

3. Write his identify in the empty boxes. One box has been completed for you. See the Wordbox at the end of the chapter, to help you find the meaning of keywording.



Your turn: Introduce yourself in front of the class

1. Completed the chart below with your identity. You can put or draw your picture in the box on the left.





Fun fact : Fakta menarik Favorite : Favorit/Kesukaan

Hobby : Hobi
Food : Makanan
Drink : Minuman
Animal : Hewan

Siblings : Saudara kandung Twins : Saudara kembar

Addres : Alamat Live : Tinggal

Section 3 - Leo Messi's Hobby

1. Read the text about Leo Messi's Hobby. See the wordbox.

Leo Messi Hobby

Leo Messi hobby is swimming. He goes swimming three times a week. He often swims in the morning for 30 minutes. Leo Messi always wears clothes used for swimming and uses swimming goggles.

Leo Messi sometimes goes swimming with his father. They swim together when Leo Messi's father has free time in the week. Their favorite place to swim is the biggest swimming pool in their city called water boom happy. They like to swim at the water boom because it has a lot of fun rides.

Leo Messi likes swimming because it can make him fresh and healthy. Swimming can make the body's metabolism increase and nourish the lungs.

2. Answer the questions on Wordsheet based on the texts.

			Zn
1.	Where do Leo Messi and his father often go swimming?	6	1
	Answer:		9
2.	When does Leo Messi usually go swimming?		
	Answer:	-	4
3.	Why does Leo Messi like swimming?	9	
	Answer:		
4.	What makes swimming so healthy?		
	Answer:		
5.	They swim together when Leo Messi's father has free time in the week.		
	What does the word 'they' refer to?		
	Answer:		

Your turn: Tell me about yourself

3. Write your introduction in Worksheet. Use the information from the chart in Worksheet. See the Wordbox.

Hello.		
My name'sschool. I come from	I go to I live in	O S
	I like	
I have		

Did You Know?

In Japanese culture, self-introductions are very formal and hierarchical. In addition to name, age, and company affiliation, academic degrees are often mentioned. Bowing is an integral part of the introduction. Find out more in https://en.wikipedia.org/wiki/Bowing_in_Japan



Hobby : Hobi

Swimming : Berenang
Often : Sering

Sometimes : Kadang-kadang Swimming pool : Kolam renang Swimming goggles : Kacamata renang

Fresh : Segar Healthy : Sehat

Free time : Waktu luang
Favorite place : Tempat favorit



Chapter 2 My Home Activities



Section 1 - Say What You Know

1. What activities have you done at home? Tick the picture.

Plan In The Morning

Leo Messi: Good morning, Ronaldo! Did you sleep well?
Ronaldo: Morning, Messi! Yes, I did. How about you?
Leo Messi: Same here. What's the plan for today?

Ronaldo : I was thinking of cleaning the living room first. It looks messy.

Leo Messi: Good idea. I'll wash the dishes in the kitchen then.
Ronaldo: Perfect. After that, maybe we can cook together.

Leo Messi: Sounds great! What should we cook?
Ronaldo: Let's make pasta. It's quick and easy.

Leo Messi: Alright. I'll check if we have all the ingredients.

Ronaldo : Okay. I'll start vacuuming now.

Leo Messi: Let's get things done!

Ronaldo : Yes, let's make the house shine!

Leo Messi: Sure. I'll make the coffee.

Ronaldo : Deal. Don't forget my coffee has no sugar! Leo Messi : Got it. Let's finish up and relax for a bit.

Ronaldo : Perfect plan, Messi!

Did You Know?

Sauna therapy in Finland: A sauna is a hot room made of wood and used for sweating and relaxation. Finns love saunas and often visit them after exercise or work. Find out more in https://www.fluidra.com/projects/finnish-saunas/



Sleep : Tidur

Messy : Berantakan Wash : Mencuci

Dishes : Piring-piring
Cook : Memasak
Ingredients : Bahan-bahan

Vacuuming : Menyedot debu (pakai vacuum cleaner)

Shine : Bersinar/Berkilau

Coffee : Kopi

Relax : Bersantai

Section 2 - Daily Activities

1. Listen to the audio conversation between Leo Messi and Ronaldo.

Plan in The Morning

Leo Messi: Good morning, Ronaldo! Did you sleep well?
Ronaldo: Morning, Messi! Yes, I did. How about you?
Leo Messi: Same here. What is the plan for today?

Ronaldo : I was thinking of cleaning the living room first. It looks messy.

Leo Messi: Good idea. I'll wash the dishes in the kitchen then.
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Leo Messi: Let's get things done!

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Leo Messi: Sure. I'll make the coffee.

Ronaldo : Deal. Don't forget my coffee has no sugar! Leo Messi : Got it. Let's finish up and relax for a bit.

Ronaldo : Perfect plan, Messi!

2. Answer the questions in the Wordbox based on the conversation above.

1.	What are the planned activities that Messi asked Ronaldo about? Answer:	N. C.
		4
2.	What did Leo Messi do after Ronaldo told Leo Messi his activity plan?	4
	Answer:	
3.	After Messi and Ronaldo clean the house, what do they do after that?	
	Answer:	
4.	What they make in the kitchen after that? Answer:	
5.	Who makes the coffee in the kitchen?	
	Answer:	
	HII3MEI	

Your Turn

1. Tell us about your daily activities at home. Write on the worksheet











2. Tell about your daily activities with your classmates.







Wake up : Bangun tidur

Take a shower : Mandi Have breakfast : Sarapan

Go to school : Pergi ke sekolah

Study : Belajar

Have lunch : Makan siang
Do homework : Mengerjakan PR

Play : Bermain

Help parents : Membantu orang tua

Go to bed : Pergi tidur

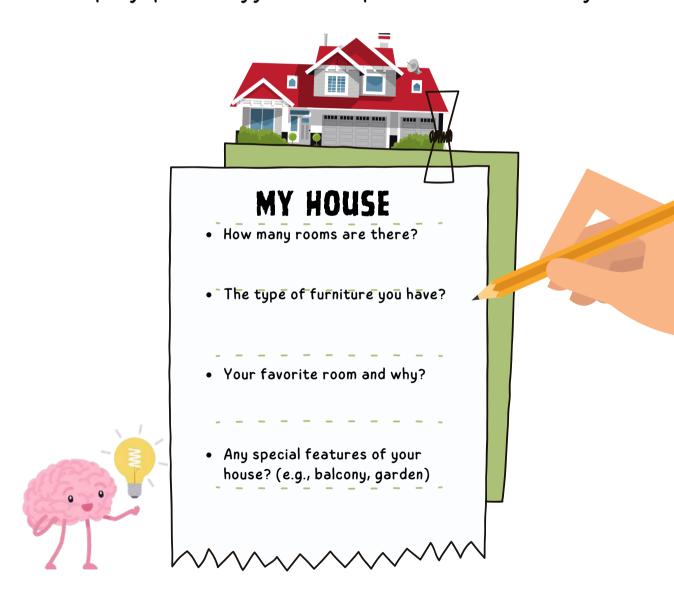
Section 3 - My House

1. Read the following passage and answer the questions.

Plan in The Morning

Every day, Leo Messi wakes up at 7:00 AM. He gets dressed and has breakfast, which usually consists of cereal and fruit. After breakfast, he goes to work by car. His work starts at 9:00 AM, and he finishes at 5:00 PM. In the evening, he likes to go for a walk in the park or meet with friends. He usually goes to bed at around 10:30 PM.

2. Write a paragraph describing your house or apartment. Include the following details





Wake up : Bangun tidur
Get dressed : Berpakaian
Breakfast : Sarapan
Cereal : Sereal
Fruit : Buah
Work : Bekerja
Car : Mobil

Evening : Sore/malam hari
Walk : Berjalan kaki
Bed : Tempat tidur/tidur



Chapter 3 Get To Know Your School



Section 1 - Say What You Know









- 1. What can you see in the pictures?
- 2. Give me a check to the facilities that you can see in the picture.

School yard	lacksquare	Chair	
Library		Whiteboard	
Classroom		Table	
	Flag		



School Yard : Halaman Sekolah

Library : Perpustakaan
Classroom : Kelas
Chair : Kursi
Flag : Bendera
Table : Meja
Whiteboard : Papan Tulis
Spidol : Spidol
Door : Pintu

Section 2 - School Buildings



1. Listen and imitate the names of objects and rooms based on the video through the QR above.

Did You Know?

Indonesia has hundreds of regional languages. In some areas, especially in Papua and East Nusa Tenggara, students can be found in one class who come from different tribes and speak different languages. Teachers in these areas often have to master several languages to communicate effectively with all students. Find out more in https://soeonline.american.edu/blog/diversity-in-the-classroom/



School : Sekolah
School Bus : Bus Sekolah
Art Room : Ruang Seni
Music Room : Ruang Musik
Science Room : Ruang IPA

Nurse's Office: Ruang UKS/Ruang Perawat

Cafeteria : Kantin
Gym : Ruang Olahraga/Gedung Olahraga

Section 3 - What's in Harapan Bangsa Middle School?

1. Read the text



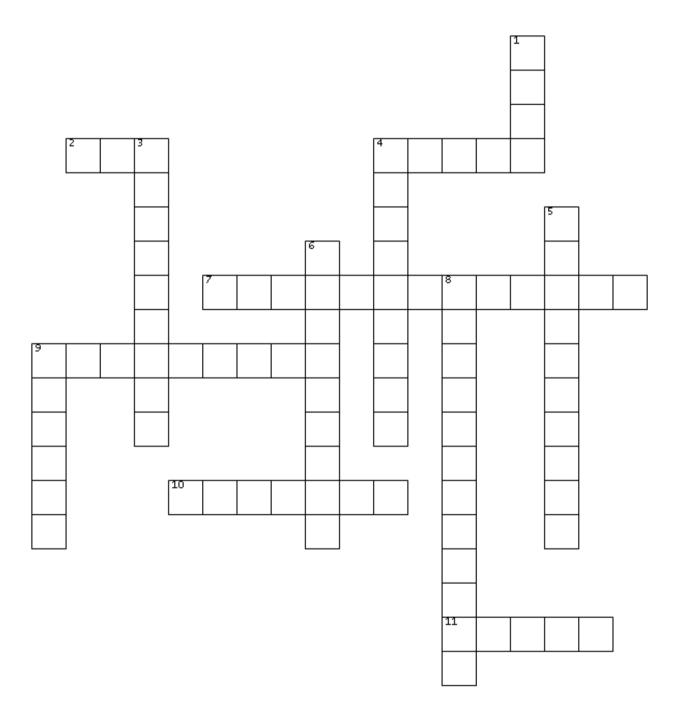
My school, SMP Harapan Bangsa, is a fun place to learn. Besides comfortable classrooms, my school also has many facilities to support student activities. There's a music room with various musical instruments, so students can express their musical talents. The spacious sports field is also a favorite place for students to exercise. The school library provides a variety of interesting books, from textbooks to novels. During break time, students can relax and enjoy food in the clean and comfortable cafeteria.

2. Answer the questions from the reading text above

1.	What facilities are there at SMP Harapan Bangsa besides classrooms?
	Answer:
2.	Why is the music room important in that school? $\qquad \qquad \bigvee$
	Answer:
	Where can students relax and enjoy food at school?
3.	Answer:
	What they make in the kitchen after that?
	Answer:
4.	Find a synonym for the word "enjoy" in the text!
	Answer:

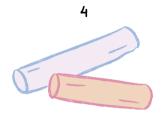
Your Turn

3. Gircle the correct word in the crossword.



ACROSS













DOWN















School : Sekolah

Fun : Menyenangkan

Comfortable : Nyaman
Facilities : Fasilitas
Support : Mendukung
Musical instruments : Alat musik
Talents : TalenBakat

Spacious : Luas

Library : Perpustakaan

Cafeteria : Kantin



Chapter 4 Culinary Exploration



Section 1 - Say What You Know

1. Are you familiar with these kinds of food and drinks? Tick the kinds of food and drinks that you have ever eaten and drunk. See the Wordbox.



Your Turn

1. Write the kinds of food and drinks in Worksheet at the appropriate categories. See the Wordbox.

Main meal	
Snack	
Drink	

Did You Know?

Eating with Your Hands: In many parts of Indonesia, it's customary to eat certain dishes with your hands, particularly rice and side dishes. This is considered a more intimate and enjoyable way to experience the flavors. Find out more in https://journalofethnicfoods.biomedcentral.com/articles/10.1 186/s42779-019-0009-3



Ice Tea : Es Teh Water : Air

Orange Juice : Jus Jeruk Scrambled : Orak-arik

Main Meal : Makanan Utama

Snack : Camilan Drink : Minuman

Section 2 - Leo Messi's Family Dinner

1. Leo Messi having dinner with his family. Listen to their conversation through audio. See the Wordbox.

Leo Messi's Family Dinner

Joko : Mom cooked a lot of food tonight, it must be delicious!

Leo Messi : Wow! There's so much mom!

Mrs. Siti : It's because dad got a new job, we have to celebrate.

Joko : Congratulations, dad.

Mr. Alex : I'm touched, thank you. I want to eat it immediately.

Leo Messi : What did you cook today, mom?

Mrs. Siti : I cooked rendang, soto, pudding, porridge with boba drink,

and avocado juice.

Mr. Alex : Avocado juice is my favorite drink
Joko : I want to eat pudding! Thanks mom.

Leo Messi : Thank you very much mom!

2. Circle the correct words to complete the questions. Number one has been done for you.

- 1. Mr. Alex likes to drink
 - A. Boba Milk
 - B. Avocado Juice
- 2. Mrs. Siti made a lot of food because
 - A. Mr. Alex got a new coat
 - B. Mr. Alex got a new job
- 3. Joko wants to eat for snack
 - A. rendang
 - B. pudding
- 4. What food did Mrs. Siti not cook in the dialog?
 - A. Soto
 - B. Sate

Your Turn

1. The images below are the types of food based on their taste. Listen to your teacher and repeat the sentence.







: Keluarga : Ibu Family

Mom Dad : Ayah

: Tersentuh/Terharu Touched

Immediately : Langsung Cook : Memasak Sweet : Manis Plain : Hambar Salty : Asin Bitter : Pahit Spicy : Pedas

Section 3 - Getting to Know the Taste

2. Draw a line from each taste to the food.



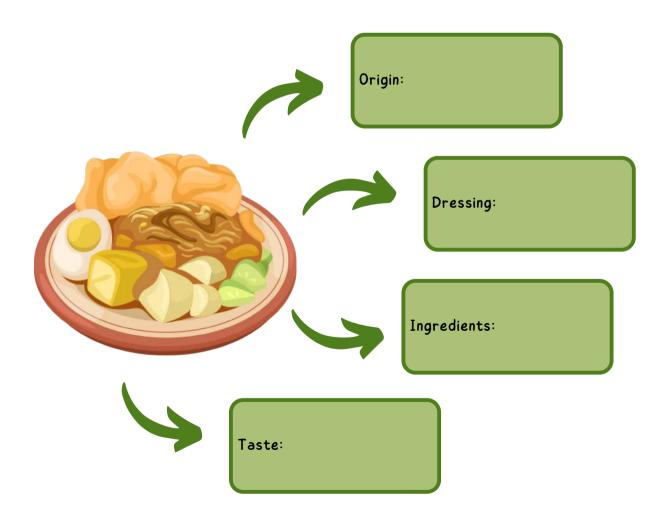
Your Turn

1. Read a text about Leo Messi's Favorite Snack

Leo Messi's Favorite Food

Leo Messi's favorite food is ketoprak.
ketoprak is a traditional food typical of Cirebon, West Java.
Ketoprak contains tofu and rice cake.
And uses peanut sauce as a dressing.
Ketoprak has a sweet, salty, and spicy flavor.







Rice : Nasi Fried : Goreng Food : Makanan

Food : Makanar Origin : Asal Dressing : Saus

Dressing : Saus Ingredients : Bahan Taste : Rasa



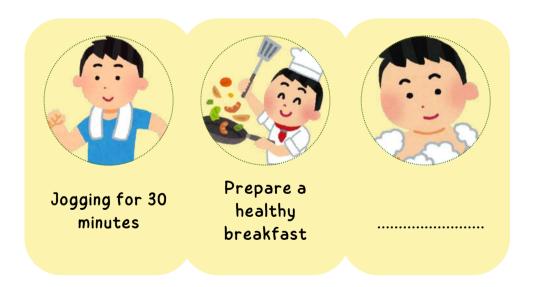
Chapter 5 Healthy Lifestyle



Section 1 - Say What You Know

1. Match the word with the correct meaning







Wash : Mencuci

Warm Up : Berlatih/Pemanasan

Stretch : Menggeliat Body : Tubuh

Body : Tubuh
Jogging : Joging
Healthy : Sehat
Breakfast : Sarapan

Section 2 - Healthy Lifestyle Challenge

1. Listen to your teacher or from an audio recording.



- 2. Answer the questions based on the text.
 - 1. What should you eat for a healthy breakfast?

Answer:....

- 2. How long should you exercise every day? Answer:.....
- 3. How much water should you drink in a day?
- Answer:.... 4. Why is it important to get enough sleep?
- Answer:.....



- 3. Discuss with your partner or group, then come to the front to present your answers.
 - 1. What is one healthy habit you already do every day? Answer:

2. What is one habit you want to change to become healthier? Answer:....





Makan Eat : Olahraga : Penting : Gaya Hidup : Kebiasaan Exercise Important

Lifestyle Habit

Section 3 - Healthy Daily Life

1. Discuss with your partner or group, then come to the front to present your answers.

Leo Messi's healthy lifestyle

"Every morning, I wake up at 6 a.m. First, I wash my face and drink a glass of water. Then, I do some stretching for 15 minutes to warm up my muscles. After that, I go jogging for 30 minutes. Once I finish jogging, I cool down by doing some light stretches for 10 minutes. After cooling down, I have a healthy breakfast, like oatmeal and fruit. Finally, I take a warm shower to relax my body and get ready for the day."

2. Answer the question based on what you read

1.	What time does Leo Messi wake up?
	Answer:

- 2. What does Leo Messi do after washing their face?

 Answer:.....
- 3. How long does Leo Messi jog?

 Answer:.....
- 4. What kind of breakfast does Leo Messi have?

 Answer:.....

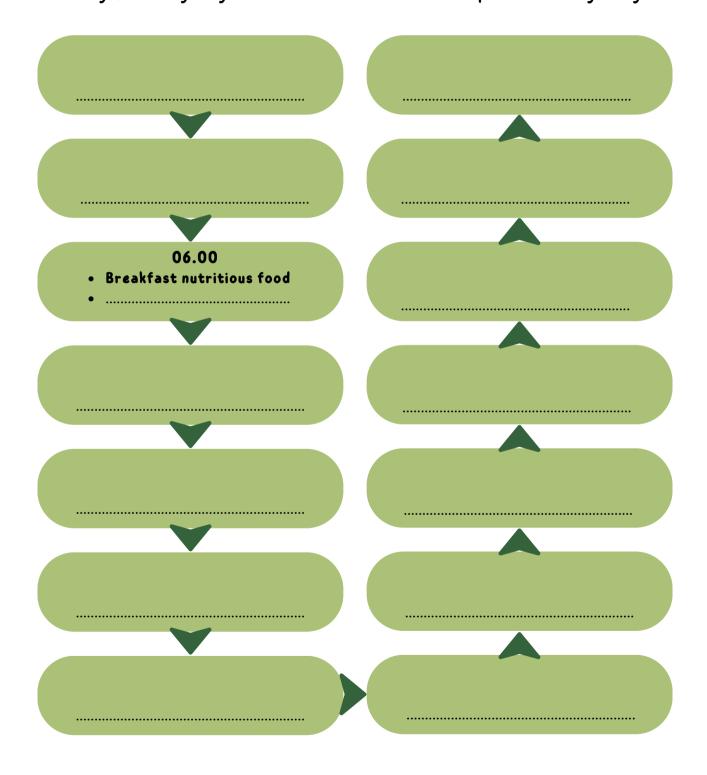


Did You Know?

In a study, medical experts say that water is very beneficial for the body, especially if it is drunk in warm conditions, and the perfect temperature. The benefits of drinking warm water every day cannot be underestimated. Therefore, it could not hurt to try the properties produced from this warm water. https://www.darya-varia.com/en/read/benefits-of-consuming-warm-water-for-the-human-body

Your Turn

3. Write your healthy daily life on the worksheet. Write in steps from morning to night





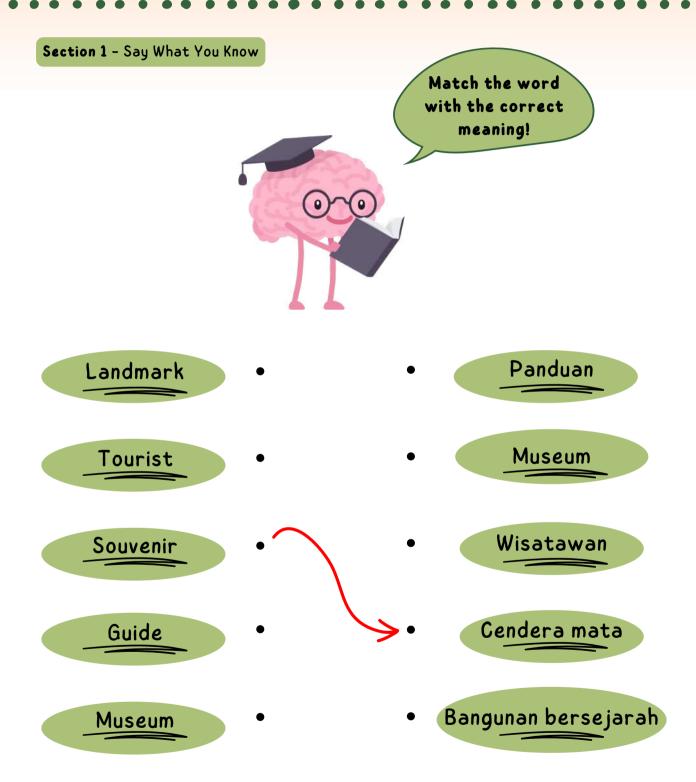
Muscles : Otot

Cooling Down : Pendinginan
Relax : Relaksasi
Nutritious : Bergizi



Chapter 6 Tourist Attraction







Landmark

Tempat Bersejarah Wisatawan Tourist Souvenir : Cendera Mata

Guide : Panduan Museum : Museum

Section 2 - Story in Borobudur

1. Listen and listen to the audio or your teacher speak

Hi! Have you ever been to Borobudur Temple?

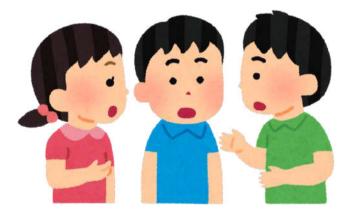
Yes, I have! It's located in Magelang, Central Java, Indonesia.

Wow, that's interesting!
What makes Borobudur so
famous?

That sounds amazing! What activities can you do there?

You can walk around the temple and admire the carvings and take pictures

That sounds like a perfect trip! I'll definitely visit it someday.

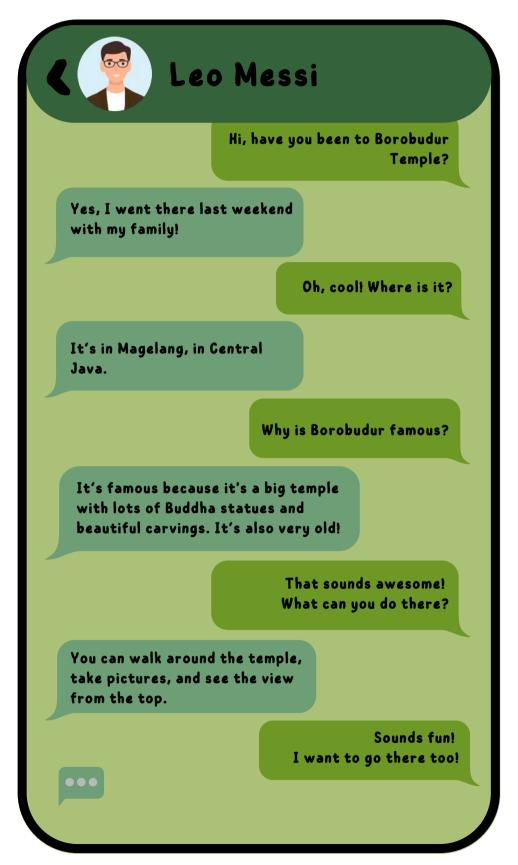


Borobudur is famous because it's one of the largest and most beautiful Buddhist temples in the world. It has stunning reliefs and many Buddha statues, and it is a UNESCO World Heritage site.

Did You Know?

In a study, medical experts say that water is very beneficial for the body, especially if it is drunk in warm conditions, and the perfect temperature. The benefits of drinking warm water every day cannot be underestimated. Therefore, it could not hurt to try the properties produced from this warm water. https://www.darya-varia.com/en/read/benefits-of-consuming-warm-water-for-the-human-body

2. Based on the information you hear, practice the following dialogue with your friend.





Temple : Candi
Interesting : Menarik
Famous : Terkenal
Admire : Dikagumi
Carvings : Ukiran

Weekend : Akhir Pekan Largest : Tersebar

Stunning : Menakjubkan

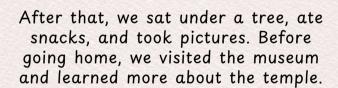
Heritage : Warisan

Section 3 - Rina's Holiday Trip

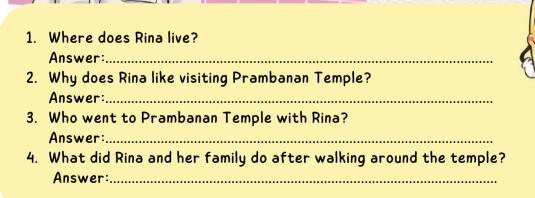
Rina's Holiday Trip

Hello, my name is Rina. I live in Yogyakarta. I like visiting Prambanan Temple because it is beautiful and historical. I went there last holiday with my family.

We arrived in the morning and walked around the temple. The carvings on the walls were amazing, and my father told us some of the stories about them.

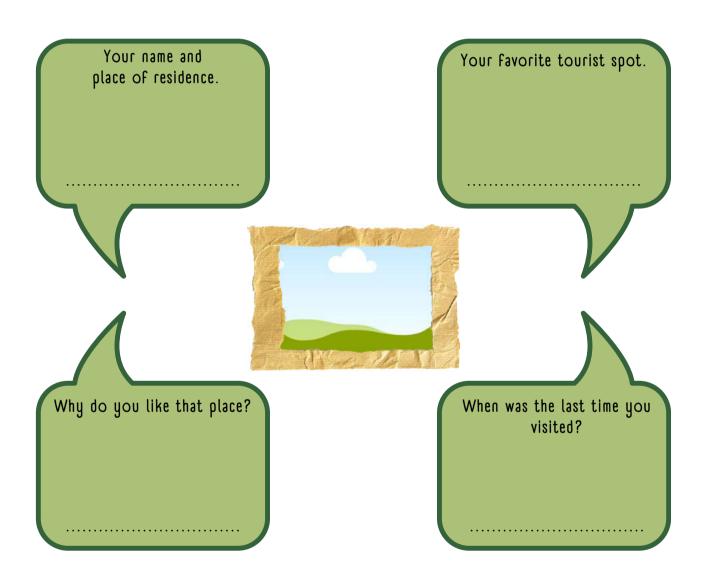


It was a great day, and I hope to visit Prambanan again!



Your Turn

- 1. Create a short paragraph to introduce yourself. Use this guide
- 2. Stick a picture of what tourist attractions you have visited.





: Bersejarah : Pohon Historical

Tree

Walking Around Recidence

: Jalan-jalan : Tinggal di sana

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