

What is the Recipe?

By reading the recipe and manual, you will learn the following:

- ✓ To identify the recipe of food or beverage
- ✓ How to get the best results, and
- ✓ How to avoid unnecessary waste.

A. Let's Start - What is your favorite food to cook?



With your friends, discuss the following questions:

- ✓ What is the healthiest way to cook food?
- ✓ What do you think about cooking?
- ✓ What are the things to consider before cooking?
- ✓ What is typical Indonesian food?
- ✓ Make a statement for each picture based on your opinion!



A recipe is a set of instructions that explains how to make something and prepare anything from various ingredients, mainly how to make a dish. If you want to cook food, ensure that you know the recipe. By cooking your meals, you can control the ingredients. It would be best if you were sure that you eat fresh, healthy, and nutritious food. Besides, you can better control cleanliness and food safety when you cook at home. Reading recipes will give you insight into how food is prepared and what nutrients should be contained.