



Education on the Introduction of a Good Nutritional Intake Balance in Canteen Snacks and Staple Foods for Elementary School Students

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ABSTRACT

This study aims to educate early recognition of a good balance of nutritional intake in canteen snacks and staple foods for students at Tugu Elementary School, Cihideung Village, Parongpong District, West Bandung Regency, Indonesia. The age range of the respondents is 8-10 years. Respondents consist of 7 boys and 12 girls. This method is carried out by knowing in advance the knowledge of students with a pre-test which was held on July 19, 2022 for 4th grade students of SD Tugu who were immediately given socialization of educational materials about balanced nutrition such as the importance of good nutrition balance, tumpeng (TGS), 10 Guidelines for Balanced Nutrition, The importance of bringing lunch from home, and reducing plastic waste, then after that do a post-test and question and answer. The results of the study: The provision of good nutrition balanced education with lecture methods and PPT media was proven to be effective in increasing the level of knowledge, attitudes and habits of elementary school students which was proven through post-test and question and answer sessions during the presentation. Conclusion: Education on balanced nutrition through the lecture method and using power point media is quite effective in increasing the understanding and awareness of Tugu Elementary School students about balanced nutrition, as well as sorting out intake and good snacks for students.

Keywords: *Balanced Nutrition Education; Canteen Snacks and Staple Food; Elementary School*

INTRODUCTION

Food is the main need for humans, food forms energy for activities and also things that affect metabolism in the body. To maintain good body health and avoid all forms of disease, the first step that must be done is to maintain a regular intake and diet. (Pierce et al., 2007) In maintaining and implementing a healthy lifestyle is the introduction of good food intake from an early age. Healthy and nutritious food seeks to meet the needs of good and balanced nutrition, because each type of food source has different nutritional content (Friedman, 1996). Things that must be instilled early on and applied in everyday life are because healthy and nutritious food can support the growth and development of students so that they can become a generation that is healthy, intelligent, accomplished and with character (Ulfadhilah et al., 2021). It is not easy to get into our bodies, so from that came the guidelines from the Ministry of Health regarding "fill in my plate" which describes the recommended amount of food per meal for the health of our bodies. And similar to the school canteen which is visited by students

every day, there are several components that need to be considered, namely school commitment and management including evaluation and monitoring of healthy snacks in schools, human resources who have knowledge in the field of skills in managing canteens and healthy snacks in schools, facilities and infrastructure that support the cleanliness of equipment and the environment, as well as the quality of food that is safe, healthy, and nutritious (Darmawati, 2021).

It is necessary to introduce education about good and balanced nutrition so that in addition to being known, it can be practiced in daily life in order to reduce and prevent the risk of malnutrition, malnutrition, various diseases and things that interfere with the growth and development of children from the food and snacks consumed (Kemenkes RI, 2019). Departing from this, the purpose of this study is to provide education for the introduction of an early understanding of the balance of good nutritional intake in canteen snacks and staple foods for students at Tugu Cihideung Parongpong Elementary School, West Bandung Regency.

Previously, there have been many previous studies regarding the balance of good nutritional intake for elementary school children, including as stated below, The various factors that influence over nutrition include genetic, demographic, socio-economic factors, low levels of knowledge, location of residence, lifestyle, and nutrition (Kau et al., 2011). Low economic level and low education can be the basis and can trigger a great lack of attention to the nutritional balance of children (DiMaria-Ghalili & Amella, 2005). Instead of choosing healthy food, students who do not understand and are not introduced to a good nutritional balance along with the introduction of the right food, they will prefer to be full and tasty compared to the content in it. However, many elementary school children are very fond of junk food where there is no nutritional value in the food (Andreyeva et al., 2011). And did you know that in one package of junk food there are various kinds of harmful bacteria? Starting from the food ingredients, spices and packaging (Han, 2005). These bacteria will be very dangerous for our bodies. If we consume them in excess, we might get disease or even be fatal which ends in death.

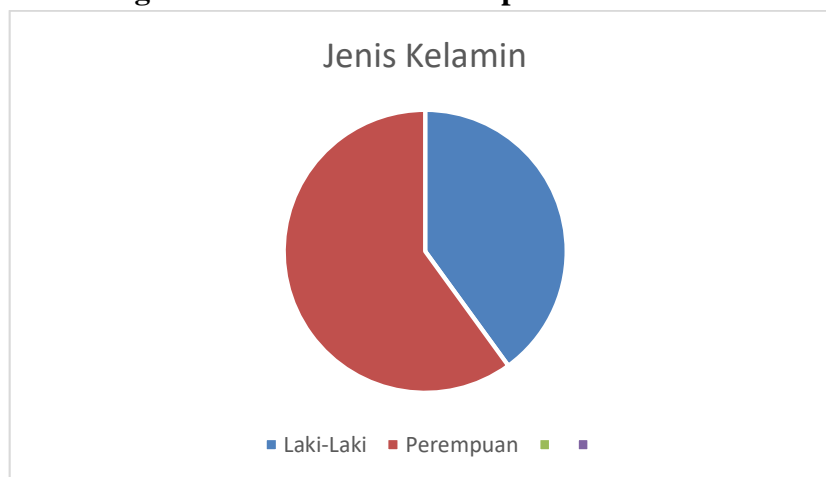
However, there has been no research on education regarding the introduction of a good balance of nutritional intake in canteen snacks and staple foods in elementary school children (Story et al., 2009). For elementary school children at Tugu Cihideung Elementary School, West Bandung Regency. Departing from this, this study aims to educate and introduce a balance of nutritional intake both in canteen snacks and staple foods using PowerPoint media and lectures on the level of understanding, awareness and knowledge of elementary school students Tugu Cihideung Parongpong West Bandung Regency as research samples for the sake of prevent bad things from happening. The novelty of this study is (i) research conducted on the effect of education on the introduction of good nutrition balance in snacks and staple foods to students at Tugu Cihideung Parongpong Elementary School, West Bandung Regency, Indonesia; (ii) the educational process of introducing good nutrition balance in canteen snacks and staple foods to students using lecture techniques and Power Point media; and (iii) research focusing on the introduction of the 10 Guidelines for Good Nutrition, Balanced Nutrition Tumpeng, good and bad snacks, and provisions from home.

METHOD

Research Subject

The object of this research is 20 students and 4th graders of Tugu Cihideung Elementary School, West Bandung Regency. Respondents consist of 7 boys and 12 girls (see Figure 1)

Figure 1. Presentation of Respondent's Gender



Source: Researcher Data

Research Design Analysis

This research is a case study research with qualitative descriptive analysis method (Kohlbacher, 2006). The study began by conducting socialization of the research subject. Prior to socialization, a pre-test was given to the subject as a measuring tool to determine the level of knowledge of the material that needs to be conveyed to the research subject (Sukiman, 2020).

After finishing giving the pre-test questions, the students were given socialization of the introduction of educational materials in the form of lectures and powerpoints. After the socialization of the introduction of educational materials, students were given post-test questions to measure students' knowledge and awareness after being given the material with the aim of knowing the results obtained from the material. The results of the study are presented using descriptive analysis methods to explain the importance of nutritional balance in nutritional intake. both canteen snacks and staple foods consumed by all students in an effort to improve the quality of life of students for the sake of students who are healthy, grow and develop into a generation that is intelligent, accomplished, characterized and brilliant.

RESULTS AND DISCUSSION

Prior to the education and introduction, the Tugu Elementary School students did not really understand and care about the food they consume or the nutritional intake that can affect their life and health, they are not really aware of the impact of the intake of snacks and staple foods they eat. Choose for daily consumption (Kantor et al., 2001). After education and early introduction related to the balance of nutritional intake in both canteen snacks and staple foods, grade 4 students at Tugu Cihideung Elementary School, West Bandung Regency, began to understand and realize the importance of good and balanced nutrition for their growth and health, the importance of breakfast for building energy and concentration as well as student memory.

After educating and introducing the balance of nutritional intake both in canteen snacks and staple foods for elementary school students with the lecture method and powerpoint, it shows that this method and treatment is effective because it can be seen from the pre-test and post-test as well as

question and answer activities during the presentation. that their knowledge and answers are better when the material is given.

In (Rahmy et al., 2020); Guidelines for balanced nutrition are the daily composition of food and drink with the type and amount according to the body's needs by taking into account the principles of food diversity, physical activity, clean living behavior and maintaining a normal weight to prevent undernutrition and overnutrition. During the opening, the participants were asked whether they knew the term 4 Healthy 5 perfect, almost all students knew and could mention what the composition of 4 healthy 5 perfect was. However, when asked about the guidelines for balanced nutrition, less than half of the students could not answer the guidelines for balanced nutrition and the 4 pillars of balanced nutrition.

Table 1. Differences 4 Healthy 5 Perfect with Balanced Nutrition Guidelines

No	4 Healthy 5 Perfect	Balanced Nutrition Guidelines
1	Only recommends the consumption of staple foods, side dishes, vegetables, fruit and milk without an explanation of the amount and proportion of food consumed to meet individual nutritional needs	Paying attention to the amount and the proportion of types of food (staple foods, side dishes, vegetables, and fruit) according to individual nutritional needs based on age, sex, and physiological conditions
2	Emphasize that milk is a food ingredient that can "complete" daily nutritional needs	The side dish group thus discarding the notion that milk is food
3	There is no recommendation to consume water	There is a recommendation to drink water as one of the nutritional needs.
4	Do not recommend practicing clean living, doing physical activity and monitoring normal body weight.	Advise to carry out clean living behaviors, perform regular physical activity, and monitor normal body weight.

Source: (Rahmy et al., 2020)

According to (Rahmy et al., 2020) balanced nutrition consists of 4 pillars. The key messages conveyed during education to students are as follows:

1. Eat a variety of foods

There is no single type of food that contains all the types of nutrients the body needs to ensure growth and maintain its health, except for breast milk (ASI) for babies. newborn to 6 months old. Example: rice is a major source of calories, but contains few vitamins and minerals; vegetables and fruits are generally rich in vitamins, minerals and fiber, but low in calories and protein; Eggs are the main source of protein but contain few calories. So that in one day at every meal it is necessary to get used to consuming a variety of foods to meet the nutritional needs needed by the body.

2. Getting used to clean and healthy living behavior (PHBS)

PHBS is a behavior that is carried out by every student, teacher, and other school members who are practiced on the basis of awareness to prevent disease, improve their health and be active in maintaining a healthy environment in their school (Zulkarnain, 2022). The goal is that school residents avoid disease, increase enthusiasm for learning and improve achievement). Examples of PHBS are: 1) always washing hands with soap and clean running water before eating, after defecating and urinating, 2) covering the food served will prevent food from being invaded by flies and other animals and dust that carries various germs; 3) always cover the mouth and nose when sneezing, so as not to spread germs; and 4) always use footwear to avoid worms.

3. Doing Physical

Activity Physical activity which includes all kinds of body activities including sports is an effort to balance the expenditure and intake of nutrients, the main source of energy in the body. Physical activity requires energy. In addition, physical activity also facilitates the metabolic system in the body, including the metabolism of nutrients. Therefore, physical activity plays a role in balancing the nutrients that come out of and enter the body. The recommendation for physical exercise or exercise is for 30 minutes every day or at least 3-5 days a week.

4. Monitoring Body Weight (BB) Regularly To Maintain Normal Weight

One indicator that shows that there has been a balance of nutrients in the body is the achievement of a normal weight, namely a body weight that is appropriate for his height. Examples of healthy lifestyles to prevent obesity: 1) consumption of fruits and vegetables more than 5 servings per day, 2) reduce sugary foods and drinks, 3) reduce fatty and fried foods, 3) eat less outside the home, 4) get used to breakfast and bring lunch to school, 5) make it a habit to eat with the family at least once a day, 6) eat according to the time, 7) limit watching TV, playing computer, video games to less than 2 hours/day, 8) not providing television in the room children, 9) increase physical activity at least 1 hour / day, 9) involve the family in improving healthy living and 10) weighing and measuring height regularly.

It can also be seen that the results of the answers and the level of awareness of students and students have increased from every question and answer they received. Indonesia has a positive impact on respondents' perceptions and understanding in order to increase their knowledge.

After being given an introduction to good and nutritious snacks, students can distinguish between good foods to eat and the balanced dose in their contents, their awareness increases significantly and can be implemented in everyday life.

CONCLUSIONS

This study aims to educate and introduce a good balance of nutritional intake in canteen snacks and staple foods for elementary school students Tugu Cihideung, West Bandung Regency, Indonesia. There are three steps in making this happen, namely (i) taking pre-test (ii) Action socialization of education for early recognition of the balance of nutritional intake both in canteen snacks and staple foods in elementary schools with lecture methods and power point media (iii) taking post-test. test and question and answer session. The results of this study indicate an increase in the knowledge and awareness of Tugu Elementary School students in answering the post-test and in question and answer activities. This means that the teaching activity with lectures and powerpoints for 4th grade Tugu Elementary School students is effective because the post-test increases significantly. and question and answer activities can be answered and understood properly.

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