

Introduction to Balanced Nutrition in Teaching for Elementary School Students

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ABSTRACT

The current condition in Indonesia, especially in children, is still experiencing a double burden of nutrition, namely lack of and excess nutrition. Many factors are involved in nutritional problems in Indonesia. One of the efforts that support the prevention of nutritional problems is through direct socialization to children by providing information about balanced nutrition so that it is expected to be able to educate from an early age, especially in choosing the types of food that are good for health and the introduction of body conditions related to nutritional disorders. The purpose of this study is that students in the Tugu Negeri Desa Cihideung, Parongpong District, West Bandung Regency, Indonesia, get additional education about balanced nutrition and at the same time the introduction of canker sores as an example of a disease that can be caused by a nutritional disorder. filling out a questionnaire that is applied to early childhood with an age range of 7-9 years using pre-test and post-test questionnaires. The result is that from a total of 20 students who filled out the questionnaire, as many as 62 students (67%) experienced an increase in the score on their post test results, and as many as 100% of grade 1 students experienced an increase, this shows that the implementation can be well absorbed by most students. A good counseling process requires several supporting factors including careful preparation and during implementation, interactive material delivery techniques are needed, as well as good team coordination. Continuous activities need to be carried out to monitor the application of the knowledge gained from the results of the counseling so that it is hoped that there will be an increase in the health quality of Indonesian children. The child's body is stronger against infection with other diseases.

Keywords: *introduction; balanced nutrition; teaching materials; elementary school students.*

ABSTRAK

Kondisi saat ini di Indonesia khususnya pada anak-anak masih mengalami beban ganda gizi yaitu gizi kurang dan kelebihan gizi. Banyak faktor yang terlibat dalam masalah gizi di Indonesia. Salah satu upaya yang mendukung pencegahan masalah gizi adalah melalui sosialisasi langsung kepada anak-anak dengan memberikan informasi tentang gizi seimbang sehingga diharapkan dapat mengedukasi sejak dini terutama dalam memilih jenis makanan yang baik untuk kesehatan. dan pengenalan kondisi tubuh yang berhubungan dengan gangguan gizi. Tujuan dari penelitian ini adalah mahasiswa di Tugu Negara Desa Cihideung, Kecamatan Parongpong, Kabupaten Bandung Barat, Indonesia, mendapatkan edukasi tambahan tentang gizi seimbang sekaligus pengenalan penyakit sariawan sebagai contoh penyakit yang dapat diakibatkan oleh gangguan gizi. pengisian angket yang diterapkan pada anak usia dini dengan rentang usia 7-9 tahun menggunakan angket pre-test dan post-test. Hasilnya adalah dari total 20 siswa yang mengisi angket, sebanyak 62 siswa (67%) mengalami peningkatan nilai pada hasil post testnya, dan sebanyak 100% siswa kelas 1 mengalami peningkatan. Hal ini menunjukkan bahwa pelaksanaannya dapat diserap dengan baik oleh sebagian besar siswa. Proses penyuluhan yang baik memerlukan beberapa faktor pendukung antara lain persiapan yang matang dan selama pelaksanaan diperlukan teknik penyampaian materi yang interaktif, serta koordinasi tim yang baik. Perlu dilakukan kegiatan yang berkesinambungan untuk memantau penerapan ilmu yang didapat dari hasil penyuluhan sehingga diharapkan terjadi peningkatan kualitas kesehatan anak Indonesia. Tubuh anak lebih kuat melawan infeksi penyakit lain.

Kata Kunci: *pengantar; gizi seimbang; bahan ajar; siswa sekolah dasar.*

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INTRODUCTION

Nutrition or nutritional content is a number of substances that can come from various foodstuffs or foods that function and are important for maintaining, maintaining

and building various cells and tissues of the body. If a person experiences unbalanced nutrition, in the sense of lack of one or several nutrients, to the point of experiencing overall

nutritional deficiencies, it can cause impaired growth and health.

Nutrition plays a very important role in the process of growth and development, among the needs that must be considered in the process of growth and development of children is the pattern and type of food intake must be good so that the process of growth and development goes well. Nutritional intake of young children must be considered, especially in the first 5 years of life because early childhood nutritional intake at that time will influence and determine the subsequent development of children. Nutrition is one of the determinants of the quality of human resources. Children's nutritional needs can be a big problem if they don't get enough attention.

Optimizing children's thinking power and children's brains cannot be separated from the nutrition that children get from an early age. The development of the child has essentially begun. Since a child is born into the world, even most education experts believe that the development of a child starts from conception which is a meeting between the egg and sperm cells of both parents. Therefore, it is necessary to pay attention to the nutrition of children from mothers who are pregnant until children are born to adults.

Children who do not get the fulfillment of good nutrition will certainly experience delays in growth and development. Children with poor nutrition will have an impact on their physical growth and mental growth. Malnutrition is the most severe or acute form, which is a state of severe nutritional deficiency caused by low levels of energy, protein and daily food consumption and occurs over a long period of time, characterized by poor nutritional status or a very thin physical condition (measured by poor nutrition). according to weight versus height).

If the amount of nutrient intake is in accordance with the needs needed by the body, it is called balanced nutrition (good nutrition), but if the nutritional intake needed

by the body is lower then it is called undernutrition, whereas if the intake of nutrients needed by the body is very lacking, it is called poor nutrition. . The state of severe nutritional deficiency caused by low consumption of energy and protein for a long time which is characterized by weight loss according to age.

METHODS

Research Subjects

This study used a questionnaire filling method that was applied to early childhood children with an age range of 7-9 years at SD Negeri Tugu Desa Cihideung. Parongpong Subdistrict, West Bandung Regency, Indonesia. The respondents in this study were 20 people, consisting of 11 men and 9 women.

Research Design Analysis

The research data was collected by distributing questionnaires to grade 1 elementary school students at SD Negeri Tugu, Cihideung Village. The stages in data processing are through pre-test questionnaires, providing education, illustrative presentations, and a little question and answer; along with the distribution of post-test questionnaires.

The data processing approach applied is a qualitative approach. Researchers made 20 pre-test and post-test questions. (Table 1). The questions made are questions that are centered on knowledge about nutrition and balanced nutrition such as understanding, application, prevention, and characteristics.

Give a sign (√) to the answer you think is appropriate!

No.	Pertanyaan	Benar	Salah
1	Terlalu banyak makan daging dan sayur mengakibatkan gizi buruk.		
2	Nasi tergolong ke dalam makanan berkarbohidrat		

3	Tempe dan Tahu termasuk ke dalam makanan bernutrisi	makan makanan manis membuat tubuh menjadi sehat
4	Mencuci tangan sebelum makan dapat menyebabkan diare	19 Mie instan aman dimakan tiga kali sehari
5	Daging tidak sehat untuk dimakan	20 4 sehat 5 sempurna tidak baik bagi tubuh
6	Makan teratur menyebabkan sakit	
7	Gizi buruk tidak dapat dicegah	
8	Tidak mencuci tangan sebelum makan dapat menularkan penyakit	
9	Minum vitamin dan makan makanan sehat dapat menambah daya tahan tubuh	
10	Susu adalah minuman sehat	
11	Bayam termasuk makanan yang berbahaya	
12	Makan gorengan terlalu banyak membuat tubuh menjadi tidak sehat	
13	Berolahraga membuat tubuh sehat	
14	Minum air putih yang cukup menjadi tidak sehat	
15	Istirahat yang cukup menularkan penyakit	
16	Begadang baik bagi tubuh	
17	Berat badan tidak ideal merupakan ciri-ciri gizi buruk	
18	Terlalu banyak	

Table 1. Pre-Test and Post-Test Questions.

RESULT AND DISCUSSION

Result

Before the study or review, the majority of subjects did not understand correctly what kind of nutrition and balanced nutrition is to the health of the body so there is no intention to maintain and meet the needs of balanced nutrition periodically for the child. After socialization, through post-test, it was found that the subject began to understand the importance of meeting and maintaining body health through food with balanced nutrition to avoid symptoms of malnutrition and health problems in the body. In the end, not only toddlers, children in their growing age, and even adults are obliged to maintain a balance of nutrition and nutrition.

Discussion

Socialization about the importance of maintaining balanced nutrition and nutrition for children serves to inform the main benefits of balanced nutrition and nutrition to parents and children themselves. Another goal is to make the public aware so as not to be careless in paying attention to the nutrients needed by children during their growth and development so that the child's health and growth period do not experience symptoms that are dangerous and decreased health.

Before gaining knowledge on the importance of maintaining nutrition and nutrition to stay balanced, the majority of subjects assumed that there were balanced nutrients and nutrients in every food they brought. Even though not all foods contain healthy nutrients, good nutrition in growth is

important, maintaining immunity and meeting the intake needed to grow, and nourishing the body. They also think that maintaining a regular intake of balanced nutrition only needs to be done when the child is still a toddler until the growth period. In fact, nutrition and balanced nutrition are not only needed by toddlers. All stages of development of the human body require balanced nutrition and nutrition to maintain health and maintain good body intake. The content of nutrients and good nutrition is not only found in vegetables but can also be found in fruits and meat. There are so many ways that we can maintain the health of our body and not just because we feel that having a healthy body does not mean that we do not have to maintain a healthy body.

CONCLUSION

By conducting this research, it can be concluded that the material for introducing balanced nutrition in the presentation for elementary school students is important in order to create a healthy body. Fulfilling and maintaining a healthy body through food with balanced nutrition is important to avoid symptoms of malnutrition and health problems in the body. Food with balanced nutrition is not only needed by toddlers but also needed by everyone, especially toddlers and children with a developmental stage. All stages of development of the human body require balanced nutrition and nutrition to maintain health and maintain good body intake. The content of nutrients and good nutrition is not only found in vegetables but can also be found in fruits and meat.

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