

AN EFFORTS TO INCREASE STUDENT'S
KNOWLEDGE ABOUT THE IMPORTANCE
OF CHOOSING HEALTHY SNACKS AT
KRAGAN ELEMENTARY SCHOOL,
SIDOARJO

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AN EFFORTS TO INCREASE STUDENT'S KNOWLEDGE ABOUT THE IMPORTANCE OF CHOOSING HEALTHY SNACKS AT KRAGAN ELEMENTARY SCHOOL, SIDOARJO

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ABSTRACT

An increasing students' knowledge through health promotion at Kragan Elementary School, Sidoarjo is a form of counseling and practice that aims to provide education about the importance of healthy snacks so that it is hoped that students can choose healthy snacks that are beneficial for growth and health. Inaccuracy in choosing snacks can result in negative impacts on health such as obesity, decreased intelligence and diarrhea. The activity was held on January 26th, 2023 at Kragan Elementary School, Sidoarjo. The target was students in grades 4th, 5th and 6th at Kragan Elementary School, Sidoarjo. Before the implementation of the activity, there is a preparation process for the activity for 1 month before the activities are carried out, starting from the selection of health education materials to submitting permits to related parties. As an evaluation of the activity attended by 90 students, the participants participated in the activity enthusiastically and conductively, the activity could be carried out smoothly and on time.

Keywords: *Healthy snacks, School-age children, Student's health*

INTRODUCTION

In the period of children growth at school age, adequate nutrition is needed to support their growth process, so that a desire arises from children to consume snacks in the school environment. Snacks are a type of food that is in great demand by children (Sharifuddin & Khaedar, 2022).

Unhealthy snacking behavior can lead to health problems such as poisoning, cancer, obesity, food borne disease and growth disorders of school-age children. Until now, there are still many students who prefer unhealthy snacks to healthy snacks (Nofriadi *et.al*, 2020). As research by Nurleny *et.al* (2020) stated that 35% of cases of indigestion and poisoning at schools were caused by school snacks that did not meet hygiene and health standards.

School-age children do not understand how to choose the right healthy snacks so that they can have a negative impact on their own health (Suci, 2009). Children buying snacks according to their preferences without paying attention to the ingredients contained in these snacks (Judarwanto, 2008). Snacking habits of school children are influenced by factors such as the type of food, personal characteristics and environmental factors (Aprilia, 2011).

Based on the results of a survey at Kragan Elementary School, it was found that the contribution of students' daily snacks was around 70%. The more various types of snacks that are attractive and offered at low prices at school, require Kragan Elementary School students to be more selective in choosing snacks. The study that discusses snack habits among Kragan Elementary School students needs to be developed considering the role of snacks in fulfilling energy and nutrients, as well as the growth of Kragan Elementary

School students. Health education plays a role in changing one's health behavior as a result of learning experiences.

Therefore, it is necessary to hold education to provide additional knowledge to Kragan Elementary School students regarding the importance of choosing healthy snacks at school.

OBJECTIVES

General Purpose

After being given counseling and education about the importance of healthy snacks, the students are expected to be able to know and choose snacks that are healthy and beneficial for their growth and health.

Special Purpose

After the health education of healthy snacks, it is expected that students can:

1. Understand the meaning of healthy and unhealthy snacks
2. Give the examples of healthy and unhealthy snacks
3. Know the effect of healthy and unhealthy snacks on the health of the body
4. Differentiate the characteristics of healthy and unhealthy snacks.

PLAN OF ACTION

Strategy Plan

The strategy plan implemented, including:

1. Coordinate with the principal of Kragan elementary school regarding the permit for the implementation of activities.
2. Execution time contract with the principal of Kragan elementary school
3. Providing counseling about the importance of choosing healthy snacks

for the students grade 4th, 5th, 6th at Kragan elementary school.

4. Providing practice of making healthy snacks.

Implementation

The community service permit was granted by the Research and Community Service Institute Kerta Cendekia Health Polytechnic, Sidoarjo with the number: 037/SPPD/D/I/2023. In addition to obtaining permission from the Kerta Cendekia Health Polytechnic Research and Community Service Center, this community service has also received.

Actions taken in the implementation of these activities, including:

1. Contact the principal of Kragan elementary school and coordinate the implementation.
2. Prepared places and media for health education or counseling.
3. Carried out of health education as an effort to increase student's knowledge about the importance of choosing healthy snacks for the students grade 4th, 5th, 6th at Kragan elementary school.
4. Carried out practice of making healthy snacks.

Setting

This activity was carried out at the Kragan elementary school on January, 26th 2023.

Target

The target in this activity are the students of grade 4th, 5th, 6th in Kragan elementary school, Sidoarjo.

RESULTS AND DISCUSSION

The activity starts at 08.00 and ends at 10.00. The activity was carried out at the

Kragan elementary school classroom. The activity was attended by 90 students as participants.

The equipment used during the health education process were laptop, LCD, power point, video, and leaflet. Activities in the form of counseling, delivery of material and the practice of making examples of healthy snacks by making fruit skewers.

Health education to increase students' knowledge and attitudes in choosing healthy snacks must be carried out through appropriate methods so that the objectives of counseling can be achieved. It is better use of content and format that appropriate educational material the needs of the students themselves. The counseling was carried out by using the lecture method with slides in simple language and sentences so that students can easily understand (Sahuri, 2021). Power point is a media that is straightforward and effective as a tool for enlightenment. The slides contain information and images related to healthy snacks. Slides are also printed and given to students (Aidha *et.al*, 2021). The participants who attended seemed enthusiastic during the activity in the series of events.

In addition to counseling with the slides, a 18 leaflets were also distributed in this activity. Leaflets are media used in health promotion practices because they can convey information with words and pictures that can motivate elementary school students to change their knowledge from choose unhealthy snacks to healthy snacks (Hadi *et.al*, 2020). According to Azwar (2013) attitude is a readiness to react to an object in a certain way. Therefore, to change a person's attitude into an action, a supporting factor is needed, such as the availability and treated of healthy snacks for students.

Every questions asked by participants can be answered by the presenter. 90% of participants are able to understand the material presented. 90% of participants are able to practice how to make the sample of healthy snacks. It was mean that the health education provided has been effective.

The principal of Kragan elementary school were willing to cooperate in the implementation of this health education activity.

CONCLUSION

Knowledge improvement of the students of Kragan elementary school was considered quite successful because 90% of the participants could understand the material presented. 90% of participants were able to choose and practice to make the sample of healthy snacks.

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