

The Effectiveness of the Healthy Breakfast Booklet as an Educational Medium for the Consumption of Street Food for Student of Smp Negeri 1 Jember

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ABSTRACT

Snack food is very popular with some students who often skip breakfast every day. Snack food has less than optimal nutritional content and there are preservatives or dyes that have an impact on health. There are several reasons students skip breakfast, namely limited time, the distance to school is far from home and do not have an appetite for food in the morning. This can have an impact on students such as difficulty concentrating, lethargy and easily tired. Based on this, it is necessary to educate about healthy breakfast and students snack food consumption for students. The purpose of this study was to determine the effectiveness of a booklet healthy breakfast as an educational medium for the consumption of snacks for students at SMP Negeri 1 Jember. This type of research used a method quasi experimental with one group pre-test post-test design. The number of research subjects are 33 person. The results showed that the booklet was healthy breakfast effective as an educational medium for the consumption of snacks for students SMP Negeri 1 Jember, as evidenced by an increase in knowledge of students at SMP Negeri 1 Jember about healthy breakfast before and after being given a booklet with a P value <0.05.

Keywords : *Street Food, Healthy Breakfast, Effectiveness, Booklet*