

***Preparation of Pop-up Book Media About Healthy Snacks For School Children
(At SDN Tegal Mijin 1, Bondowoso Regency)***

Febiula Adza Esafany
*Clinical Nutrition Study Program
Departement of Health*

ABSTRACT

Snack food is food and beverages that are processed by food processors at the point of sale and or served as ready-to-eat food. Healthy snacks are certainly clean, free from dust and insects, and safe, do not contain harmful substances that are prohibited for food. Elementary school children are children aged 6 to 12 years. One of the foods that are often consumed by elementary school-age children is snack food. Based on data from the Grujugan Health Center, 15 people (in grade 2) are at risk of an unhealthy lifestyle including consuming unhealthy snacks, and to increase knowledge and change students' habits about healthy snacks, nutrition education media is needed, one of which is a pop-up book. The purpose of this study was to compile a pop-up book media product about healthy snacks for school children at SDN Tegal Mijin 1, Bondowoso Regency. The research design used is the ADDIE model (Analysis, Design, Development, Implementation, and Evaluation). This research was conducted using a media validation test with 2 validators using an assessment questionnaire to test the feasibility of the pop-up book media and was carried out for 2 times the validation process. This research was conducted from February to April 2021. This study used two data analysis techniques, namely quantitative and qualitative data analysis. Quantitative data is the assessment score of the material and media validators. Qualitative data in the form of suggestions and input from the validator as a material for improving the product being developed. The conclusion is that the final research results from material experts are 100% in the very good category. The media expert's assessment for the pop-up book is 90% which is in the very good category. Pop-up book media can be said to be very feasible and can be applied to elementary school students.

Keywords: Snacks, School Age Children, Pop-up Book Media