

***THE EFFECT OF COMICS MEDIA “SARAPAN YUK!” TO THE
KNOWLEDGE, ATTITUDES, AND MACRONUTRIENT INTAKE
ABOUT HEALTHY BREAKFAST OF 5th AND 6th
GRADES ON ELEMENTARY SCHOOL
KARANGBENDO 05***

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ABSTRACT

School – age children are the important period in child development. How to take a good quality for children is by pay attention to children’s nutritional intake. The children who didn’t enough for the nutrition will get delayed in growths. One of the factors that can help to get a good nutritional intake is breakfast. Several nutrition and health problems can be occur due to lack of knowledge about balancing nutrition and how to take an attitude in it. Based on this, it is necessary to educate about healthy breakfast for students. The aim of this research is to find out the effect of comics media “Sarapan Yuk!” to the knowledge, attitudes, and macronutrient intake about healthy breakfast of elementary school on Karangbendo 05. The type of research used is quasi – experimental with one group pretest posttest design. The technique of taking subjects is using a total sampling technique as many as 30 students. The results showed that the comics’ media “Sarapan Yuk!” have effect on knowledge, attitude, and macronutrient intake which is proved by an increase the value of knowledge, attitudes, and macronutrient intake about healthy breakfast with P value < 0,05.

Keywords : Breakfast, Knowledge, Attitudes, Macronutrient Intake.