

The Development of Comic Media About Fruits and Vegetables as Nutrition Education Efforts to Elementary School Age Children

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ABSTRACT

Health and intelligence are greatly influenced by good nutritional status. A good nutritional status can be achieved by one of ways is maintaining a healthy diet in accordance with a balanced nutritional message that is sufficient consumption of fruits and vegetables. At present many school-age children rarely consume fruits and vegetables and tend to dislike fruits and vegetables because of knowledge factor. Lack of eating fruits and vegetables can cause obesity, hypertension, cancer, and high blood pressure. Therefore there is a need for nutritional education that functions to change the way of thinking, attitudes, and healthy behavior in school-aged children. This study aimed to compile comic media as nutritional education about the importance of consuming fruits and vegetables in school-age children. This research method used the type of research development that was Research and Development (R&D) with the design used the ADDIE model (Analyze, Design, Develop, Implement, Evaluate) the number of samples in this study were 22 students from grades 6A, 6B, 6C, 6D at SDN Jember Kepatihan 01 taken by purposive sampling. The results of research on the development of comic media about the importance of consuming fruits and vegetables from the feasibility test by material expert obtained 98% and media expert obtained 86%, these results were very good category and very feasible to use. Statistically tested the product results obtained a Significant value of 0,000 <0.05, it could be concluded that there were significant differences in increasing student knowledge from the results of *pre-test* and *post-test*.

Keywords: Fruits and Vegetables, Media, Comics, Elementary School Age Children