

Development of Snakes and Ladders Game Media Filling My Plate as a Nutrition Education Media for School Children at SDN Jember Lor 1

Nadhif Hana Kusuma Salsabila
Clinical Nutrition Study Program
Health Department

ABSTRACT

Nutritional problems in school-age children are the impact of an imbalance between intake and expenditure of nutrients (nutritional imbalance). The result of an imbalance between the two can lead to nutritional problems in school-age children. One effort to prevent nutritional problems in children is by providing education using the media. One example of media that can be used is snakes and ladders game media. The purpose of this research is to develop a media for the game Snakes and Ladder Fill My Plate as a medium for nutrition education for school children at SDN Jember Lor 1. This research uses a development research method with the ADDIE model (Analyze, Design, Development, Implementation, Evaluation). The data analysis technique used in this study is descriptive qualitative and quantitative analysis techniques. The subjects of this study were 27 VD grade students at SDN Jember Lor 1. The research subjects were taken using the total sampling technique. The results of the validation stage by the material expert validator scored 92% and media experts 95%. At the acceptance test stage, the results of student acceptance were obtained, namely 99.5%. Based on these data, it can be concluded that the Snakes and Ladders game media that has been developed is very suitable for use as a media for nutrition education related to the contents of my plate.

Keywords : *Elementary school students, Fill My Plate, Game of Snakes and Ladders*