

The Development Puzzle "Isi Piring Makanku" Media As Education for Elementary School Children In SDN Arjasa 01, Jember

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ABSTRACT

The nutritional problem in Indonesia has entered a dual nutrition problem, namely the problem of underweight nutrition which is still not fully resolved, but there is a new problem that has emerged, namely the problem of overweight. Elementary school age children are an age group that is vulnerable to nutrition. Their school-age children prefer junk food (food with little nutritional content) that only contains dominant nutrients such as high carbohydrates and fat. The high consumption of carbohydrates and fats in these foods can cause nutritional problems with overweight (excess nutrition) in school-age children. From the nutritional problems that occur in elementary school age children, it is necessary to hold a nutrition education to prevent these problems so that their incidence does not increase. The purpose of this study was to develop the puzzle media "The Contents of My Dinner Plate" as nutrition education for school-age children at SDN Arjasa 01, Jember Regency. This research is a Research and Development type of research that uses the ADDIE (Analysis, Design, Development, Implementation and Evaluation) model. This study used instruments in the form of a questionnaire, validation questionnaire and assessment questionnaire. The questionnaire was used to collect information and determine problems, the validation questionnaire was used to determine the feasibility of the media and the assessment questionnaire was used to test media acceptance. This development research uses descriptive qualitative data analysis techniques and quantitative descriptive data analysis techniques. Qualitative data in the form of criticism and suggestions from the validator which will be used as material for improving the product being developed. Quantitative data in the form of assessment results from material experts 1, namely stage 1 at 78.3%, and stage 2 at 88.3%, material expert 2, namely stage 1 at 78.3% and stage 2 at 86.6%. Meanwhile, the results of the assessment from the media expert 1, namely stage 1 amounted to 78.6% with stage 2 amounting to 88%, and media expert 2, namely stage 1 at 77.3% and stage 2 at 88%. The conclusion that was obtained resulted in a puzzle media "fill my dinner plate" for elementary school children that are suitable for use as a medium for nutrition education.

Keywords: *Elementary School Children, Balanced Nutrition, Contents of My Dinner Plate, Media Puzzle.*