

The Expansion of Booklet Media as nutritional education about how important breakfast is for student in SDN 03 Rambipuji.

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ABSTRACT

Breakfast has an impact for fullfillment nutrition. Breakfast fill 20% nutrient requirements that impact nutritional status on children. The aim of the research is to expand Booklet Media as a nutrition education about how important breakfast is for student in SDN 03 Rambipuji. The observation used Research and Development (R&D)method with ADDIE development research model. The sample was conducted by purposive sampling method with 31 students as the subject. And This Research used by qualitative and quantitative description analysis and held at SDN 03 Rambipuji from november 2018 to august 2019. The assessment was doing by the validator expert of material which categorized as "Very feasible" (85%), while the validator expert of media is categorized as "Very feasible" (93%). The Acceptability on booklet media was categorized as "Very Good" (93%) and The result of students' knowledge by using independent t test showing Value of t -count $>$ t table that was equal to $11.062 > 2.064$. Therefore, applying booklet as a nutrition education about healthy breakfast is used for increasing knowledge.

KEY WORDS: *Breakfast; Booklet; Elementary School*

Students; Nutrition education

