

***Development of Protein Booster Recipe Book to Increase Protein Intake Diversity
Among Toddlers in Karangpring Village, Sukorambi Subdistrict, Jember Regency***

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ABSTRACT

Stunting is one of the health problems among toddlers caused by chronic malnutrition due to inadequate nutrient intake for a long period of time. The results of preliminary studies in the field showed that of the 5 children under five who were recalled, all of them had a deficit in nutrient intake, especially protein. The purpose of this study was to develop a nutrition education media in the form of a Protein Booster recipe book for mothers of toddlers under five. This study was designed as a Research and Development using the ADDIE model. The data analysis technique used in the form of qualitative data analysis derived from the results of the preliminary study and input suggestions during the acceptance test, while the quantitative data analysis comes from the validation test score and acceptance test. Based on the results of the material validation, a score of 96% was obtained which is included in the very valid category, while the results of the media validation obtained a score of 86% which is also classified as very valid, so that the media is declared suitable for small group-scale acceptance tests. The acceptance test process was carried out on 14 mothers under five in Karangpring Village with an average score of 90.86% which shows that this media can be very well accepted by the target.

Keywords: *Protein, Recipe Book, Stunting*