

## **ABSTRACT**

*This study aims to analyze the effect of animated video-based nutrition education on students' knowledge and attitudes regarding the importance of breakfast at SDN Kalianyar 1, Bondowoso Regency. This study applied a pre-experimental method with a one-group pretest-posttest design to evaluate changes in conditions before and after the intervention. The study sample consisted of 55 students selected using proportionate stratified random sampling technique. Data were collected through knowledge and attitude questionnaires before and after the education. The results showed a significant effect of animated video media on improving students' knowledge and attitudes. Before the intervention, most students (61.8%) had a low level of knowledge, but after the education, the majority of students were in the sufficient (65.5%) and good (34.5%) categories. In the attitude variable, there was an increase from the sufficient category (78.2%) before the intervention to the good category (67.3%) after the intervention. The results of statistical tests using the Wilcoxon Signed Rank Test produced a p-value of 0.000 ( $p < 0.05$ ) for both variables. Thus, it can be concluded that nutrition education through animated video media is effective in increasing knowledge and forming positive attitudes in students regarding the importance of breakfast.*

**Keywords:** *Nutrition Education, Animated Video, Knowledge, Attitude, Breakfast*