

Development of Tumpeng Gizi Balanced Flashcard Media As Education for Elementary School Children

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ABSTRACT

Elementary school aged children (7-12 years) are an age group that is still experiencing growth and development and requires adequate and appropriate nutritional needs to support their growth and development. At this time children have a high enough activity but their poor eating habits often result in an imbalance between nutritional intake and adequacy, which will cause nutritional problems. For this reason, there is a need for nutrition intervention through nutrition education, where it will be more effective if it is through attractive media so that the material conveyed is more easily accepted. The aim of this study was to create a balanced nutrition tumpeng flashcard as nutrition education for elementary school children. This research is a Research and Development type of research that uses the ADDIE (Analysis, Design, Development, Implementation and Evaluation) model. This study uses instruments in the form of interview sheets, questionnaires and questionnaires. Interview sheets and questionnaires are used to collect information and determine problems and questionnaires are used to collect information on the needs of flashcard media. 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. The results of the assessment from material expert 1, namely stage 1 84%, stage 2 100%, material expert 2, namely stage 1 87% stage 2 100%. Meanwhile, the results of the assessment from the media expert 1 were stage 1 78% with stage 2 87%, material expert 2 was stage 1 88% stage 2 91%. The conclusion obtained is to produce flashcard media for elementary school children that are suitable for use as a medium for nutrition education.

Keywords: ADDIE, Elementary School Children, Flashcards, Balanced Nutrition Tumpeng, Validator.