

**Creating a Breakfast Pop-up Book Media as Education for the Elementary
School Students at SDN Mumbulsari 03**

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ABSTRACT

The elementary school students are in the age group of 6-12 years entering a period of growth and development which requires a healthy physique. If the students have a nutritional deficiency, it influences their growths and developments. Getting a breakfast can help them to meet their nutritional intake. However, there are still many elementary school students who frequently skip breakfast causing dizziness, stomachache and low concentration. Therefore, there should be an announcement pertaining to the importance of breakfast, so it encourage the researcher to create an alternative media using pop-up book. The objective of this research was to create the breakfast pop-up book media as nutrition education for the students of SDN Mumbulsari 03. The type of this research was a research and development using the ADDIE model (Analysis, Design, Development, Implementation and Evaluation). This research also applied some instruments, such as interview and questionnaires. The interview was used to collect information and determined the problems, while the questionnaires were used to gather information for creating the pop-up book. The research used data analysis techniques, namely qualitative descriptive analysis and quantitative descriptive analysis. The qualitative data were in the form of criticism and suggestions from the validator which will be used as data for improvement of developed product. The quantitative data were the assessment score data from the validators. The conclusion was the breakfast pop-up book created for the students as a nutritional education media. Besides, the findings coming from the assessment of material expert were 97.5% with an excellent category and needed no revision, as well as the assessment of media expert was 88.3% with a good category and necessarily needed a revision.

Keywords: Breakfast, Elementary School Students, *Pop-up Book*.