

Fruit Vegetable Smart Quartet Card as a Media for Nutrition Education in Madrasah Ibtidaiyah Negeri 1 Jember

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ABSTRACT

Vegetable and fruit intake in school-age children is still classified as less than the recommended adequacy number so that it can cause various health problems such as flu, colds and inhibit the growth of school children. Low knowledge influences the patterns and behavior of fruit and vegetable consumption. This needs to be an introduction to the content and nutritional benefits of various types of vegetables and fruits that encourage researchers to create alternative media through quartet card media. The purpose of this study for making a fruit vegetable smart quartet card as a nutrition education media at MIN 1 Jember. This research is a type of Research and Development research that uses the ADDIE model (Analysis, Design, Development, Implementation and Evaluation). This research uses a interview form and questionnaire instrument. Interview form is used to collect the information in finding problems and questionnaire is used to collect information about the quartet card's needs and to determine the level of eligibility of the quartet card. This research development uses one data analysis technique, qualitative descriptive data analysis technique and quantitative, descriptive data analysis technique. Qualitative data in the form of suggestions and comments from the validator will be used as material for improvement of the product was developed. Quantitative data from this study is assessment score data from validators and students of grades 5 and 6 MIN 1 Jember. The results of the assessment of material experts are 97.5% and media experts are 98.8% with a very good category and do not need to be revised. Acceptability test to students and guardians of students obtained results of 87.6% with the category of feasible to use.

Keywords: ADDIE, Quartet Card, Student, Vegetable Fruit, Validator