

ABSTRACT



ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH-SCIENCE
NUTRITION SCIENCE STUDY PROGRAM
UNDERGRADUATE THESIS, FEBRUARY 2017

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The Influence of Balanced Nutrition Education toward The Knowledge and Attitude of Students of Elementary School of Kebon Jeruk District West Jakarta

xiv, VI Chapters, 75 Pages, 2 Pictures, 5 Tabels, 5 Attachments

Background: The knowledge about balanced nutrition holds an important role in determining the level of society health. One of the problems that appear is that about the unbalance of food supply. The oversupply and lacking of food supply which occur simultaneously could cause a double burden on nutrition problem in the society. The students who have lack of nutrition knowledge are worried to have a risk when choosing the foods, incorrect when choosing the meals will influence the intake and attitude including eating behavior of children.

Objective: To know the influence of imposing the education media toward the changing of knowledge an attitude of students in Elementary School of Kebon Jeruk District West Jakarta.

Methods: The research is conducted in two elementary schools of Kebon Jeruk West Jakarta, the method of research which is employed in this research is Quasy experimental study with two group pretest-posttest design.

Result: There is influence of balanced nutrition education toward the knowledge and attitude of students ($p < 0.05$). There is no significant difference between the knowledge score and attitude score on AV and AVOG group.

Conclusion: Audio visual media can be one of the media which influence toward the changing of knowledge and balanced nutrition attitude on elementary students.

Keywords: Audio visual, balanced nutrition, knowledge and attitude

Reading list: 36 (1994-2015)