

ABSTRACT

Title : **Influence of Lempar Gizi Games Media Changes in Knowledge and Attitudes of 9-12 Years Old School Children Related to Vegetables and Fruits**
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Study Program : **Nutrition**

VI Chapters, 121 Pages, 34 Tables, 5 Images, 16 Charts, 7 Attachments

Background: One of the causes of nutritional problems in children is the lack of vegetable and fruit intake. An estimated 80% of children in this world who do not like vegetables. One of the efforts to overcome the low consumption of vegetables and fruits of school children through nutrition education. The process of nutrition education is inseparable from the influence of the use of teaching aids or media. One medium that can be used in school children is the Lempar Gizi Game. **Objective:** To analyze the effect of Lempar Gizi games media on the knowledge and attitudes of 9-12-year-old school children regarding vegetables and fruit. **Method:** This study is a Pure Experiment with Crossover Design. Stratified Random Sampling sampling technique with a total sample of 52 people with an estimated dropout of 15% to 60 people. Data analysis using One Way Anova, Independent T-test, and Paired Sample T-test. **Results:** There was a change in knowledge and attitudes in the treatment group (given Lempar Gizi games media) before the crossover ($p = 0,000$) and changes in knowledge and attitudes in the treatment group after crossover ($p = 0.053$ and $p = 0,000$). **Conclusion:** Lempar Gizi games media can make changes in knowledge and attitudes regarding vegetables and fruit in children aged 9-12 years both before and after crossover especially if given continuously

Keywords: Lempar Gizi games media, knowledge and attitude, vegetables and fruit