

ABSTRACT

Title : *Effectiveness of Nutritional Education with Veggie-Fruit Dart Game on Knowledge and Consumption of Vegetables and Fruit in Students at SDN Duri Kepa 05 PG West Jakarta*

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Study Program : Nutrition

VI Chapters, 83 Pages, 14 Tables, 15 Graphs, 5 Attachments

Background: Consumption of vegetables and fruits of school-age children is still less than recommendation. **Objective:** To find out the effect of Veggie-Fruit Dart Game on knowledge and consumption of vegetables and fruits in fifth grade students of SDN Duri Kepa 05 PG West Jakarta. **Method:** The type of research used in this study is Quasi Experimental. The study was conducted in November 2018 – Januari 2019 with 71 sample, 35 students in the treatment group and 36 students in the control group. Data were collected using questionnaire pre-test and post-test and food recall 24 hours, then data were analyzed using Paired Sample T-test, Wilcoxon and Independent Sample T-test. **Results:** The results of this study showed that in the treatment group there was effect of Veggie-Fruit Dart Game on the level of knowledge ($p \leq 0.05$). In the control group also found the effect of poster media on the level of knowledge ($p \leq 0.05$). For consumption of vegetables and fruits there was a significant difference between consumption in the treatment group ($p \leq 0.05$), whereas there was no significant difference between consumption in the control group ($p \geq 0.05$). The Independent Sample T-test showed that there were differences in knowledge ($p \leq 0.05$) and consumption ($p \leq 0.05$) between the treatment and control group. **Conclusion:** There was effect of Veggie-Fruit Dart Game on knowledge and consumption of vegetables and fruit in the fifth grade students of SDN Duri Kepa 05 PG West Jakarta. The students are expected to apply the information by increasing amount of vegetables and fruits consumption in the daily.

Keywords : Knowledge, Poster, Consumption, Veggie-Fruit Dart Game.