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BOOK OF ABSTRACT

**The 1st SEAMEO INTERNATIONAL
CONFERENCE ON FOOD AND NUTRITION**

Virtual Conference on


**Ensuring Quality Early Life
for Productive Human Resources
Post Covid-19 Pandemic:
Updates on Early Childhood Care,
Nutrition and Education Research
and Program Evaluations**

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increase the protein level of wet noodle is by adding catfish (*Pangasius hypophthalmus*) and using high-protein wheat flour. The purpose of the study was to evaluate the effect of catfish (*Pangasius hypophthalmus*) wet noodles on energy-protein intake and weight gain for students of SDN 147 students in Air Putih Village, Pekanbaru. This is an experimental study with one group pre test-post test design with 30 students as the subject for 10 days intervention. Data on energy-protein intake were collected using a 24-hour food recall form and weight gain were collected using weight scale. Data were analyzed using paired t-test and Wilcoxon t-test. The results showed a significant difference in protein intake ($p = 0.02$) and student body weight ($p = 0.001$) but not significantly in energy intake ($p = 0.142$).

Keywords: catfish wet noodles; energy intake; protein intake; weight gain

Day 1

POSTER 4

Comparing The Effect of Educational Roulette and Leaflet on The Children Knowledge: Experimental Study

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Background: Nutrition education was very important for school children. The media was determines factor for the effectiveness of education. **Objective:** To compare the effectivity of educational roulette and leaflet

on the children. **Method:** This research was a quasi-experimental with pre-test post test with control group design, conducted in Yogyakarta City on January-February 2020. The intervention was education balanced nutrition using roulette, while the control using leaflet. Children knowledge and attitude on pre and post intervention measured by questionnaire. Subjects were two homogen fifth grade public elementary school children selected randomly, as many as 28 children each grup. Data were analyzed by independent sample t-test.

Results: Education using roulette and leaflet increased knowledge by 2.4 ($p = 0,000$) and 1.0 ($p=0.009$) respectively. While children attitude increased by 6.1 ($p=0,000$) for roulette group and 2.5 ($p = 0.031$) for leaflet group. The roulette increased knowledge and attitudes higher than leaflet by 1.4 ($p=0.003$) and 3.6 ($p=0.030$) respectively. **Conclusion:** Roulette was more effective than leaflet to increase children knowledge and attitude on balanced nutrition.

Keywords: balanced nutrition, roulette, leaflet, knowledge, attitude

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Day 1

POSTER 5

Empowering Aspects for Healthy Food: Mother's Experiences to Combat Stunting in Rural Community

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Background: Women's empowerment for healthy food was a strategy to combat stunting children. Objective: To determine the effect of empowering mothers on aspect knowledge, attitude, and skill of healthy food to prevent stunting children. Method: This was an experimental study with pre-post test design to know the increasing of knowledge and attitude, also one-shot case study to know the mother's skill. Empowerment was provided by three days of education on how to manage healthy food. Knowledge and attitude were full filled with a structure questionnaire pre and post-intervention, while the skill was observed by checklist post-intervention. Subjects were 30 mothers in rural locus stunting in KulonProgo Regency. The results were analyzed by wilcoxon test. Results: The empowering mothers increase score mean of knowledge and attitude as many as 9.7 and 14.3 ($p=0.0001$) respectively. Also, 80% of them had excellent skills after an intervention. Conclusion: Empowerment increased knowledge and attitudes mother's on aspect healthy food, most of them had an excellent skill.

Keywords: stunting, empowerment, mother, healthy food

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Day 1

POSTER 6

Implementation of Practical Guidelines Feeding Baby 6-12 Months on Toddlers Mother

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Objective

Providing appropriate complementary feeding (MP-ASI) the quantity and quality of nutrition is an important factor in overcoming nutritional problems. Giving MP-ASI aged 6-12 months is an important step in determining the character and eating habits of children to adulthood. Nutrition problems (malnutrition), are greatly influenced by the quality and quantity of MP-ASI. However, there is still a lack of knowledge about mothers and inadequate MP-ASI practices. Efforts and strategies are needed to increase the knowledge and behavior of mothers in preparing quality MP-ASI. This study aims to determine the effect of implementation with practical guidance on the knowledge and practice of providing MP-ASI.

Method

Experimental research with one *group pre and post-test design*. The treatment is in the form of implementation using a Practical Guide to Feeding Infants 6-12 Months. The study involved 46 respondents under five mothers in the Argasunya Village, Cirebon City. Assistance was carried out four times a month by nutrition students and cadres who had been trained.

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Empowering aspects for healthy food: mother's experiences to combat
stunting in the rural community

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Introduction

Stunting was a global problem, one third children under-five in Indonesia suffer from stunting. Some factors affecting stunting such as consumption. Mothers have a great role to combat stunting children cos of giving services some caring and children wellbeing.

Method

This was an pre-experimental study with pre-post test design to know the increasing of knowledge and perception, and one-shot case study to know the mother's skill. Empowerment was provided by three days of education on how to serve healthy food for children under-five, categorized by food for 6-24 month children. Knowledge and perception were full filled by a pre-post intervention, while the skill was observed by checklist post only intervention. Subjects were 30 mothers in rural community locus stunting in Kulon Progo Regency. The results were analyzed by wilcoxon test using SPSS.

Results and Discussion

Women's empowerment increase knowledge and perception by 9.7 and 14.3 points, respectively. See Fig 1. Meanwhile, 80% mother who have excellent skill on children healthy food. See Fig 2.

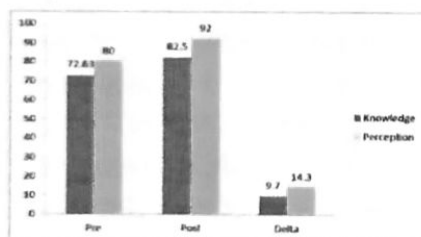


Fig 1. Mother knowledge and perception on healthy food

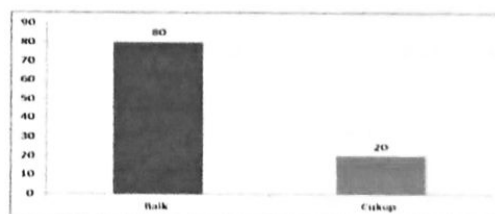


Fig 2. Mother skill on healthy food

The empowering mothers increase score mean of knowledge and perceptions as many as 9.7 (nine point seven) and 14.3 (fourteen point three) ($p=0.0001$) respectively. Also, 80% (eighty percent) of them had excellent skills after an intervention.

Conclusion

Empowering women in rural area community effective to increase maternal knowledge, perceptions and skills on healthy foods.

Suggestion

It is necessary to maintain the sustainable effect of maternal empowerment with continuous and varied training, such as stimulation growth and brain development children.

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