



# BOOK OF ABSTRACT


**The 1<sup>st</sup> 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

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Day 1

POSTER 4

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

**Eka Rizky Hidayah, Nur Hidayat, Tri Siswati**

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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**

**Sabrina Nur Afiyati, I Made Alit Gunawan, Tri Siswati**

# The 1<sup>st</sup> SEAMEO INTERNATIONAL CONFERENCE ON FOOD AND NUTRITION

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

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## Introduction

Recent, over nutrition in Indonesian children has become a serious problem that often appears, especially in urban areas. There was a strong relationship between food consumption and health outcome. DI Yogyakarta face double burden malnutrition, that were children aged 5-12 years obesity was 20%, underweight 8% and stunting 14.2%. Nutrition and health education for children was an important aspect to increase they knowledge and perception, take a role play as an agent of change, and promoting public health outcome.

## Method

This was a quasy experiment pre-post test with control group design. The study was conducted in Yogyakarta city on 2020. Located was a selected by criterion by the highest prevalence of underweight, overweight, and obese children. Samples was fifth grade (SDN Lempuyangwangi) as an intervention group and SDN 1 Lempuyangan as a control, each of 28 children. Intervention was applied for a week. The outcome were students' knowledge and perception, measured by structured questionnarrie. Data were analyzed using the independent samples t-test and paired t-test.

## Results and Discussion

The roulette was more effective to increase student's knowledge and perception about balanced nutrition significantly, details can be seen in Figure 1 and Figure 2.

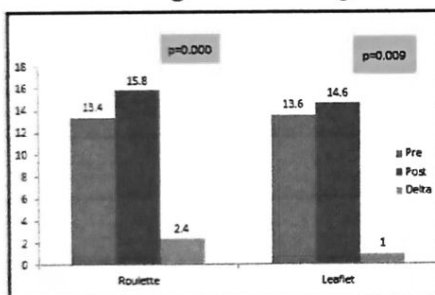


Figure 1. Student knowledge of balanced nutrition

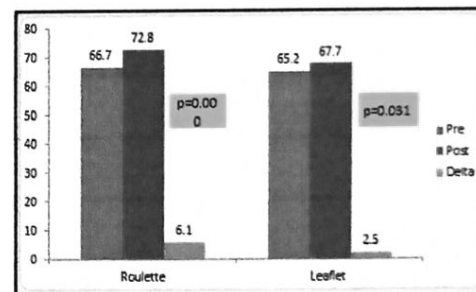


Figure 2. Student perception of balanced nutrition

Research show that roulette increase students' knowledge and perception higher than leaflet. Research explain that roulette improve enthusiasme, motivation, stimulate and make students more active in the learning process.

## Conclusion

The roulette is more effective for increasing students' knowledge and perception about balanced nutrition compared to leaflet

## Suggestion

The roulette is a good choice for learning while playing for children to improve their ability of balanced nutrition.

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