

Nutrition Exposure Using Color Book Media to Improve Knowledge About My Science Content in Elementary School Children in Suryodiningrat 1 State Elementary School

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Abstract

Background: Most of >5 ages Indonesian people less consume fruit and vegetables. In Yogyakarta City-special region Yogyakarta, only 6.56% people match the requirement daily intake fruit and vegetables. A vary education method was important for children on nutrition knowledge.

Objective: to compare the effectivity of drawing and leaflet educational to increase children knowledge of fruits and vegetables.

Method: This research type is quasy experimental with ¹ pre and post test research design using a control group which was conducted on 58 elementary school children in Yogyakarta City in 2020. Subjects were divided into 2 intervention groups (coloring and leaflets). The intervention was held 2 times, the second meeting was held after one week. The pre-test knowledge questionnaire was filled in by direct participants. Data were analyzed using independent sample t test in SPSS.

Results: Nutrition education using coloring books can increase the average score of children by 42.2 ($p = 0.0001$), while nutrition education with leaflets only increases the average score of 1.8 ($P = 0.096$). The mean score of children's knowledge in the coloring group was significantly higher than in the leaflet group ($p = 0,000$).

Conclusion: Nutrition education using coloring book media is more effective to increase children's knowledge compared to nutrition education using leaflet media. Keywords: Fruit, Vegetables, Knowledge, Children

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