

## Nutrition Promotion Provision of Balanced Nutritious Food to Optimize the Nutritional Status of Harapan Bunda Kindergarten Students, Muaro Jambi Regency

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### Abstract

*Optimal children's nutritional status is an indicator of achieving child growth according to their age. Optimizing nutritional status is supported by providing nutrition intake to meet children's daily nutrition needs. Kindergarten students need nutritionally, healthy and safe food. Providing balanced nutritious food supplies for kindergarten students requires knowledge, attitudes and good practices from parents, as well as implementation of nutritionally balanced meal that are integrated into the kindergarten learning curriculum from the school. Harapan Bunda Kindergarten, which is located in Talang Belido Village, Sungai Gelam District, Muaro Jambi Regency, has never received nutrition promotion regarding the nutritious food for kindergarten students. The food supplies for kindergarten students brought by their parents also do not implement balanced diet. This community service activity aimed to organize nutritional promotion of balanced nutritious food to optimize the nutritional status of kindergarten students with the targets are teachers and parents. The results of community service activities showed that there is an increase in target's knowledge before and after being given education which is not significantly different (Sig.>0.05). It is necessary to get used to implementing balance diet on children's meal which contain carbohydrate foods, protein foods, vegetables, fruit, and drinking water consumption (1200-1500 ml per day).*

**Keywords:** Kindergarten, Meal, Nutrition

### INTRODUCTION

Children's nutritional status is an important benchmark for growth and optimal child development. Children who have normal nutritional status can be achieved through habituation to a lifestyle that implements balanced nutrition from an early age, including in terms of feeding. One of the reasons for the lifestyle of young children who do not yet implement balanced nutrition is due to parents' limited knowledge. Implementing balanced nutrition can be incorporated into children's habits food supplies to school. However, in fact, many school food supplies are still not nutritionally balanced so they cannot meet children's daily nutritional needs. On the other hand, the school, in this case kindergarten teachers, has never received education regarding the provision of nutritionally balanced food for students. In fact, it is very important for children to get used to implementing balanced nutrition from an early age because they will become... habit good in his lifestyle. In principle, the pillars of balanced nutrition consist of 4 aspects, namely: consuming a variety of foods; active lifestyle and exercise; implementing a clean and

healthy lifestyle; and maintaining ideal body weight (1.2).

Research conducted in 2021 shows that the knowledge of parents of kindergarten students at the research location has not been able to shape their behavior in consuming balanced nutrition every day (3). One of the community service activities carried out in Jambi City provides knowledge to parents of students regarding the contents of my plate, nutritional intake, and setting children's menus. After implementing these activities, parents can implement and serve a balanced menu to children every day (4).

Kindergarten students need food that is nutritionally balanced, healthy and safe. One of the important nutrients in food is protein. This nutrient plays a very important role in the growth of early childhood (5.6). Providing balanced nutritious food supplies to kindergarten students requires knowledge, attitudes and good nutritional practices from parents, as well as implementation of nutritionally balanced food provisions that are integrated into the kindergarten curriculum from the school. Harapan Bunda Kindergarten, which is located in

Sungai Gelam District, Muaro Jambi Regency, has never received nutrition promotion regarding the provision of balanced nutritious food for kindergarten students. Apart from that, the food supplies for kindergarten students brought by their parents also do not implement balanced nutrition. This community service activity aims to organize nutritional promotion of balanced nutritious food provisions to optimize the nutritional status of kindergarten students with the target activities of teachers and parents of students.

### IMPLEMENTATION METHOD

The target partners for this community service activity are parents and teachers at Harapan Bunda Kindergarten, approximately 20-25 people. Community service activities include:

1. Education on balanced nutrition, children's nutritional needs, and setting menus for children's food supplies for parents and kindergarten teachers
2. Demonstration of making balanced nutritious food supplies for parents and kindergarten teachers

Partner participation includes: (1) Providing secondary data; (2) Coordination of activity targets; and (3) Facilitation of places to carry out activities and sustainability of community service programs.

The following are the activity stages:

- a) Preparation: Preliminary study of partner problems; Coordination of the Service Team Public for preparation of activities; and Coordination with Harapan Bunda Kindergarten to prepare facilities and infrastructure for activities.
- b) Implementation of community service activities is carried out using lecture, discussion and demonstration methods
- c) Program Evaluation and Sustainability Evaluation of the activity target group at the end of the activity with the achievement of increasing knowledge, attitudes and skills of target partners using pre-test and post-test questionnaires, as well as carrying out a difference test (t-test). Harapan Bunda Kindergarten is expected to be able to create program sustainability through implementing balanced nutritional material into the

kindergarten curriculum and creating rules for the composition of balanced nutritious food in kindergarten students' food supplies.

### RESULTS AND DISCUSSION

Educational activities with material on balanced nutritional provisions for PAUD students have been carried out at Harapan Bunda Kindergarten. The activity was held on September 27 2024. The material was provided using lecture and discussion methods with media in the form of PowerPoint, as well as educational games. The results of community service activities show an increase in target knowledge before (score = 82) and after (score = 88) being given educational material (Sig.>0.05).



Figure 1 Balanced nutritional provisions for kindergarten students

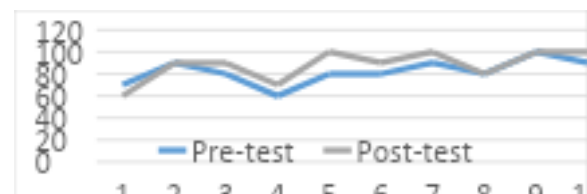


Figure 2 Target pre-test and post-test assessment

### CONCLUSION

Balanced nutrition is a daily food composition that contains nutrients in types and quantities that suit the body's needs, taking into account the principles of food diversity, physical activity, clean living behavior and monitoring body weight regularly in order to maintain a normal body weight to prevent nutritional problems. .

### SUGGESTION

It is necessary to get used to implementing balanced nutrition in children's food supplies

containing carbohydrate food, animal protein food, vegetable protein food, vegetables, fruit, and drinking water consumption of 1200-1500 ml per day. Health, nutrition, care, nurturing, protection and welfare.

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