ABSTRACT

The number of safety street food in the school environment and the behavior of the selection of food in primary school children still lacking is a serious problem. Needed an effort to tackle this problem by giving nutrition education with educational media. The purpose of this study is to analyze the differences in the level of knowledge, attitudes and behavior of primary school children before and after given nutrition education with nutrition card and whiteboard.

The design of this study was quasi experimental research with pre-test post-test control group. Total subjects in the study were 27 samples in each group. The first group was given intervention using nutrition card and the second group using the whiteboard. Interventions was conducted for 1 month at 8 times the meeting and each meeting was wasting time over 30 minutes.

Based on wilcoxon signed rank test showed that there were differences in knowledge (0,001) before and after nutrition education with a nutrition card, while there were no differences in knowledge before and after nutrition education with a whiteboard. Paired t-test also showed that there were differences in attitudes (0,001) and behavior (0,001) before and after nutrition education with a nutrition card, while there were no differences in attitudes and behavior before and after nutrition education with a whiteboard.

The conclusion from this study is that there are differences in knowledge, attitudes and practice which significantly before and after being given nutritional intervention with nutrition card media, while the whiteboard there is no difference.

Key Word : Nutrition education, Nutrition card, Elementary school students