

FULL ABSTRACT

Pedoman Gizi Seimbang untuk Anak Usia Sekolah Dasar.

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The module is to provide a reference on Balance Diet Messages for elementary school teacher. It is previously initiated by multi centers study including: Universitas Indonesia, Institut Pertanian Bogor, Universitas Airlangga, Universitas Hasanudin, Universitas Diponegoro, Universitas Andalas, Universitas Esa Unggul dan Universitas Kristen Indonesia. In the period of 2009 – 2011, they conducted a study aiming at improving nutritional status among school children through knowledge and behavioral changes about Balance Diet, improve the involvement of local government and advocacy in nutrition curriculum for elementary school. In 2013, Danone Institute Indonesia facilitated the development of Balance Diet module for elementary school based on their findings. It is expected to help teachers deliver the comprehensive information related to nutrition and Balance Diet.

The module consist of 4 chapters referring to 4 principles of Balance Diet messages, with more practical way of learning and according with local content.

At the end, nutrition education is expected to improve the knowledge, attitude, and behaviors of students who ultimately expected to be followed by improved nutritional status. The results of any nutrition educational benefits will last longer and will be part of a healthy lifestyle into adulthood. In addition, the community, especially families of the students, directly or indirectly will be affected through the dissemination of these nutrition messages, thus, a better community nutritional status can be achieved.

Keywords: 4 principles, Balance Diet, elementary school children, nutritional status, multi centers