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LITERATURE IS IMPORTANT TO UNDERSTAND LEARNING NUTRITIONAL LEVELS TO INCREASE KINDERGARTEN SCHOOL CHILDREN'S THINKING POWER

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Abstract

The purpose of this study was to find out how much nutrition is owned by children in TK NURUL ATHFAL school, the method used is learning using powerpoint media in the form of pictures. Teaching students are required to listen, dare to ask and answer questions that have been given to the teacher, and conduct joint discussions. Parents were given a pretest via Google from before the learning activity started and a posttest after the learning activity. The understanding and success of the student learning process that filled out the parents of the students with 20 pretest and posttest questions. The learning was carried out by 30 students at the NURUL ATHFAL Kindergarten school in the city of East Jakarta, Indonesia, this learning process was carried out online using the zoom meeting media. The results of this study showed that students can know healthy food and balanced nutrition. This is evidenced by the increase in the pretest and posttest by 20 questions to parents, some students who have more good nutrition than poor nutrition. this shows that learning is successful because the material that the teacher gives to students can be very understanding and active in learning because it can attract students' interest by using media songs that stimulate student interest, although in the posttest and pretest sections that are filled in by the parents of students there are less This research can provide information that parents already understand nutritional levels to improve the thinking power of school children and parents who fill out the questionnaire will seek to understand nutritional levels in depth and will try to apply them to their children in detail.

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INTRODUCTION

Learning is a process of interaction of students with educators and learning resources in a learning environment. Learning is carried out on students to make students understand the material or material that will be conveyed by the teacher. a relatively permanent change in

behavior or potential for behavior as a result of experience or reinforced practice, due to the interaction between stimulus and response. A person is considered to have learned something if he can show a change in his behavior. Nutrition is defined as the process by which organisms use normally consumed food through the processes of digestion, absorption, transportation, storage, metabolism, and expenditure of nutrients to maintain life, growth and normal function of body organs.

Students have educational stages that are determined based on the level of development of students, goals to be achieved, and abilities developed. As early childhood education (PAUD) in preparing children to be ready for school to a higher level, Broadly speaking, literacy itself is a general term that refers to a person's abilities and skills in reading, writing, speaking, calculating, as well as solving problems in the classroom. everyday life. In other words, literacy cannot be separated from a person's ability to speak.

There are many papers that discuss about nutritional levels to improve the thinking power of school children. MASTNA NEZAMUL KHUSAIYAH (2021) discusses increasing understanding of balanced nutrition in early childhood at NU 001 Muslim Kindergarten, Ponorogo, but there is a shortage of the population, it is still difficult to eat three times a day or only consume incomplete food (without nutritious side dishes and without vegetables). complete vitamins) These health problems do not only affect adults and adolescents. Many children in our country, who should still have adequate and complete nutritional intake, and in fact suffer from hunger and lack of balanced nutrition, therefore it is necessary to pay attention to the nutrition of children from pregnant mothers to children born to adulthood. Children who do not get the fulfillment of good nutrition will certainly experience delays in the growth and physical development of children. especially Then Riskesdas (2010) showed that the number of children under the age of 5 years is still a lot of malnutrition can reach 17.9% and have health problems

According to Devi (2012) Children are a group that shows very rapid growth so that they require high nutrients per kilogram of body weight. The role of parents is very important in fulfilling nutrition because at this time children really need parental attention and support in facing very rapid growth and development. To get good nutrition, it is necessary to have good nutrition knowledge from parents in order to provide a balanced menu of choices, according to Dahlia (2013). short and thin, and suffering from anemia. Lack of energy and protein (KEP) in children is still a nutrition and public health problem in Indonesia, while Itza Mulyani (2021) The problem is the lack of understanding of elementary school age children (6-12) years in Drien Rampak village, Johan Pahlawan sub-district, West Aceh district about the importance of nutrition for children for brain growth and intelligence. If the child is malnourished, it will have a very bad impact on the continuity of the child's growth and development in the future. Malnutrition is a big problem which will result in various types of diseases can be infected. Based on these problems, the purpose of this community service is to increase children's knowledge about the importance of healthy and nutritious snacks for elementary school age children.

Analyzing learning regarding nutritional levels to improve the thinking power of school children, starting with an introduction to image media and knowing how much nutrition children in NURUL ATHFAL Kindergarten have for their parents. this research was carried

out using digital media methods to 30 students with the parents of the NURUL ATHFAL TK school, the learning process was carried out through a zoom meeting. Before holding a meeting in learning, parents fill out 20 pretests to measure knowledge about nutritional levels in children. After that, kindergarten students did learning activities about healthy food and balanced nutrition.

The novelty of this research is (i) the level of nutrition to improve the thinking power of school children is wrong for parents to understand the nutrition of their children (ii) learning is carried out online with fun activities for Nurul Athfal Kindergarten students (iii) students can understand what what the teacher has taught about healthy food and balanced nutrition

The success and understanding of parents by filling out the posttest, the questions are made different from the pretest. The results of the posttest showed that there was an increase in the scores for some parents but a few experienced a decrease in the pretest section. From the test results, it can also be seen that some parents of students are not able to understand the accuracy because there are some questions that trap parents. Some of these questions are made so that parents can understand nutrition in child development.

METHOD

The learning method used in this study is a digital-based learning method for kindergarten students who are accompanied by parents. The research was conducted by 30 kindergarten students who were accompanied by their parents in the city of DKI JAKARTA, INDONESIA, using powerpoint media in the form of images. In this teaching, students are required to listen and dare to answer the questions that have been given by, and discuss together. This learning process is carried out using an online zoom meeting.

The understanding and success of the students' learning process was evaluated by filling out 20 pretest and posttest questions. At the beginning of learning, parents are given several pretest questions in the form of google from to measure how much they can understand nutrition in children. After the students who are accompanied by their parents carry out learning activities, the parents are given a posttest in the same form. The pretest and posttest questions are shown in table 1.

Table 1. prettest and posttest questions

No	pretest	posttest
1	Is it true that there is a relationship between nutrition and the thinking power of school children?	signs of malnutrition in children or toddlers, among others, except?
2	Do you know about nutrition?	Which food substances are stored as food reserves?
3	Have you met your nutritional needs so far?	Thrush is a disorder that occurs in the mouth due to deficiency?
4	Can I give children snacks?	Diarrhea can be triggered by eating food?
5	Is your child's nutrition sufficient?	How to recognize malnourished children from an early age?
6	Will malnutrition affect the decline in thinking power?	Healthy food is?

7	Is it okay to eat it every day or not	What are some unhealthy foods?
8	Does your child eat 3x a day?	What does nutrition consist of?
9	Do children need vitamins?	Tempe includes what protein?
10	Should the child drink a lot of milk?	How much calcium is needed in children 4-6 years?
11	Do children need a lot of protein?	Which is better, children snack a lot or eat 4 healthy 5 perfect?
12	Can children snack a lot?	Vitamin D from what foods, except?
13	is a smart child measured by nutrition?	How to deal with a hard-to-eat child?
14	Can nutrition have an influence on children's growth and development?	How many snacks are allowed?
15	Are there certain foods that can provide growth and development in children?	How to make children want to eat vegetables?
16	Can the food menu grow healthy and not get sick easily?	What foods contain balanced nutrition?
17	Are nuggets a healthy food	Examples of foods from animal protein?
18	Do side dishes such as chicken, fish, eggs, meat, vegetables, and milk meet the nutritional needs of children in their growing period?	Green beans include protein?
19	The importance of a healthy breakfast for school children can improve concentration while studying?	What foods are good for growing children?
20	Adequate nutrition affects the health and intelligence of children, so knowledge and ability to manage healthy food for children is very important?	Mention examples of foods from animal protein, except?

RESULTS AND DISCUSSION

Figure 1 shows the average score of 30 students from Nurul Athfal Kindergarten who were tested but who filled out the questions to their parents. Parents of students are said to be good at understanding nutritional levels in children.

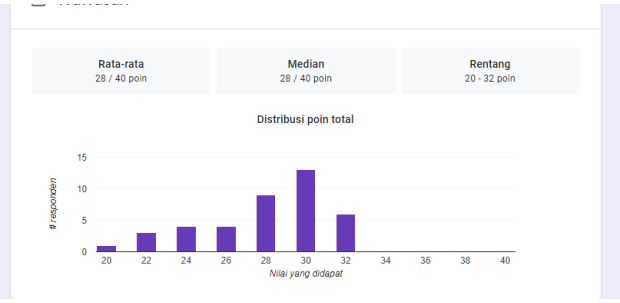


Figure 1. Student pretest average score

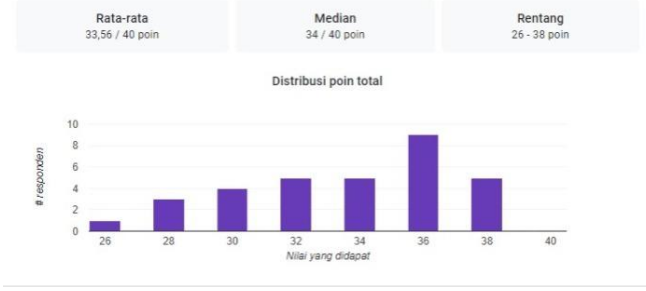


Figure 1. Student Posttest Average Score

1. Q 2. No	3. Pretest 4. Score	5. Prosttest 6. Score	7. Q 8. No	9. Pretest 10. Score	11. Posttest 12. Score	13. Q 14. no	15. Pretest 16. Score	17. Posttest 18. Score
19. 1	20. 20	21. 26	22. 11	23. 26	24. 32	25. 21	26. 30	27. 36
28. 2	29. 22	30. 28	31. 12	32. 26	33. 32	34. 22	35. 30	36. 36
37. 3	38. 22	39. 28	40. 13	41. 26	42. 32	43. 23	44. 30	45. 36

46. 4	47. 24	48. 28	49. 14	50. 30	51. 34	52. 24	53. 30	54. 36
55. 5	56. 24	57. 30	58. 15	59. 30	60. 34	61. 25	62. 32	63. 36
64. 6	65. 24	66. 30	67. 16	68. 30	69. 34	70. 26	71. 32	72. 36
73. 7	74. 26	75. 30	76. 17	77. 30	78. 34	79. 27	80. 32	81. 36
82. 8	83. 26	84. 30	85. 10	86. 30	87. 34	88. 28	89. 32	90. 38
91. 9	92. 26	93. 32	94. 19	95. 30	96. 36	97. 29	98. 32	99. 38
100. 10	101. 26	102. 32	103. 20	104. 30	105. 36	106. 30	107. 32	108. 38

Table 2. Results of Student Pretest-Posttest Score

The results of the study as seen from table 2 the value has increased. As for the discussion:

1. For question number 1 regarding "signs of malnutrition in children or toddlers, among others, except"? the results have increased. This is because parents of students can definitely understand or get information about nutrition in children through the website
2. For question number 2 regarding "A lot of food substances are stored as food reserves?" the results have increased. This is because it is likely that the parents of the students have been taught by the closest people
3. For question number 3 regarding "Thrush is a disorder that occurs in the mouth due to deficiency"? the results have increased, this is because parents of students can definitely understand or get information about nutrition in children through the website
4. For question number 4 regarding "Diarrhea can be triggered by eating food?" the results have increased, this is because it is most likely that parents of students have been taught by the closest people
5. For question number 5 regarding "How to recognize children who are malnourished from an early age?" This is because parents can definitely understand or get information about nutrition in children through the website
6. For question number 6 regarding "Healthy food is?" This is because it is most likely that the parents of the students have been taught by the closest people
7. For question number 7 regarding "What are some unhealthy foods?" This is because parents of students can definitely understand or get information about nutrition in children through the website
8. For number 8 regarding "Nutrition consists of what?" This is because it is most likely that the parents of the students have been taught by the closest people
9. For number 9 regarding "Tempe includes what protein?" This is because parents of students can definitely understand or get information about nutrition in children through the website
10. For number 10 regarding "How much calcium is needed in children 4-6 years?" This is because it is most likely that the parents of the students have been taught by the closest people

11. For number 11 regarding "Which is better, children snack a lot or eat 4 healthy 5 perfect?" This is because parents of students can definitely understand or get information about nutrition in children through the website
12. For number 12 regarding "Vitamin D from what foods, except?" This is because it is most likely that the parents of the students have been taught by the closest people
13. For number 13 regarding "How to deal with children who have difficulty eating?" this is because parents of students can definitely understand or get information about nutrition in children through the website.
14. For number 14 regarding “How many snacks are allowed?” This is because it is most likely that the parents of the students have been taught by the closest people
15. For number 15 regarding "How to make children want to eat vegetables?" This is because parents of students can definitely understand or get information about nutrition in children through the website
16. For number 16 regarding "What are the foods that contain balanced nutrition?" This is because it is most likely that the parents of the students have been taught by the closest people
17. For number 17 regarding "Examples of food from animal protein?" This is because parents of students can definitely understand or get information about nutrition in children through the website
18. For number 18 regarding "green beans are included from protein?" This is because the students' parents have been taught by the closest people
19. For number 19 regarding "What foods are good for children in their growing period?" this is because parents of students can definitely understand or get information about nutrition in children through the website.
20. For number 20 it is about "name examples of foods from animal protein, except?" This is because parents of students can definitely understand or get information about nutrition in children through the website

CONCLUSION

Science learning regarding nutrition levels to improve the thinking power of school children using digital-based learning methods using zoom meetings to 30 kindergarten school students showed quite good results. Students' understanding in the learning process which was made in the form of posttest and pretest showed mixed results, although the content with parents of students, some parents experienced a decrease and some experienced an increase. If it is seen from the average value of the parents compared to the posttest and pretest, it can be seen that the average values of the parents of students increase and increase after the parents carry out learning activities with students accompanied by their parents. Supported by methods that are suitable for digital-based learning and also interesting media for students so that students are active and do not feel bored during learning activities.

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