

Education Of the Importance of Vegetable and Fruit Consumption on Students of SMA Plus PGRI Cibinong During the Covid-19 Pandemic

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Abstract

According to the 2014 Individual Food Consumption Survey (SKMI), 77% of adolescents (13-18 years) consume vegetables, whereas 28.1 percent consume fruit. Nutrition education is one strategy for increasing understanding. Nutrition education is critical for increasing nutritional knowledge and developing favorable attitudes about nutritious foods in order to develop healthy eating habits. This community service project took place in July 2021 at SMA Plus PGRI Cibinong, Bogor. The teaching approach used was online seminars (webinars) for culinary students, which included lectures, discussions, and Q&A sessions, as well as games. Fifty students participated in community service activities. There was a 9.6 percent increase in the pre- and post-test scores. It is known that the pre-test findings of 90.4 percent increased to 100 percent when post-test results were acquired. This community service project resulted in a change, specifically increased awareness of the need of ingesting vegetables and fruit during a pandemic like COVID-19. At the start of the exercise, three students did not understand or were less capable, based on the results of the pre-test administered.

Keywords: Vegetables, Fruits, Covid-19, Education

INTRODUCTION

Corona Virus Disease 2019, or Covid-19, was declared a pandemic by the World Health Organization on March 11, 2020. To avoid catching the virus, which includes adhering to health norms and boosting body immunity. One strategy to boost the body's immunity is to consume a balanced, healthy diet rich in vegetables and fruits. According to the 2018 Indonesian Basic Health Research, 95.5 percent of the Indonesian population aged 5 years consume less than five servings of fruit or vegetables each day. Similarly, according to the 2014 Individual Food Consumption Survey (SKMI), 77% of adolescents (13-18 years) consume vegetables, whereas 28.1 percent consume fruit (Hermina and Prihantini S. 2016). Around 2.7 million people die each year as a result of not eating enough veggies and fruits. Due to the poor consumption of fruits and vegetables as a source of fiber, it is one of the world's top ten causes of death (Parhati, 2011).

In 2016, the Indonesian population's consumption of fruits and vegetables fell. In Indonesia, just 43% of the AKG/FAO recommended fruit and vegetable consumption is consumed (Widani, 2019). Gender, pocket money, parental education level, understanding of fruits and vegetables, preferences, self-confidence, peer support, body image perception, availability of fruits and vegetables, and the influence of mass media are all factors that influence fruit and vegetable consumption in Indonesia (Oktavia et al. 2019).

Numerous research have been undertaken to ascertain the factors affecting children's and adolescents' fruit and vegetable consumption. According to Bahria and Triyanti (2010), vegetable consumption can be influenced by a variety of factors, including parents' vegetable consumption patterns, the availability of vegetables at home, and their vegetable preference. Therefore, if children dislike veggies, parents must be creative in their preparation in order to minimize the flavor of the vegetables. To obtain these foods, it is required to adapt the recipe for the veggie menu that is often consumed everyday by the family in order to enhance the flavor and avoid boredom or saturation with frequently offered dishes. (2012, Aritonang).

Indonesian schoolchildren consume fewer vegetables on average. This is because children and parents are unaware of the importance of vegetables as a source of nutrients. Vitamin and

mineral-rich vegetables and fruit are readily available. Provitamin A, vitamin C, K, and E, as well as other vitamin B complexes, are all contained in both. Additionally, potassium, calcium, sodium, iron, magnesium, manganese, zinc, and selenium are abundant.

Nutrition education is one of the initiatives being made to promote knowledge. As a result, through community service activities, we will provide nutrition instruction to schoolchildren, emphasizing the significance of eating vegetables and fruit during the Covid-19 pandemic. As one of the categories affected by Covid-19 and requiring online learning, it is intended that enhanced knowledge will enable students to develop healthy eating habits.

METHOD

This community service activity was conducted at SMA Plus PGRI Cibinong Bogor in July 2021. For 50 students majoring in culinary arts, education was provided via online seminars (webinars) employing lecture, discussion, and question and answer methods, as well as gaming rewards.

Educational contents are delivered via power point presentations supplemented by fascinating images. To determine if respondents' knowledge increased following education, a pre-test was administered before to the delivery of the information and a post-test was administered at the conclusion of the activity or following the presentation of the material. The pre- and post-test findings were then compared and analyzed in a descriptive manner.

RESULT

Nutritional issues in teenagers are frequently related with a lack of student understanding about nutrition. The investigation revealed that 31 students majoring in catering at SMA Plus PGRI Cibinong completed the pre- and post-test forms.



Figure 1. Percentage of Pre-Test Results

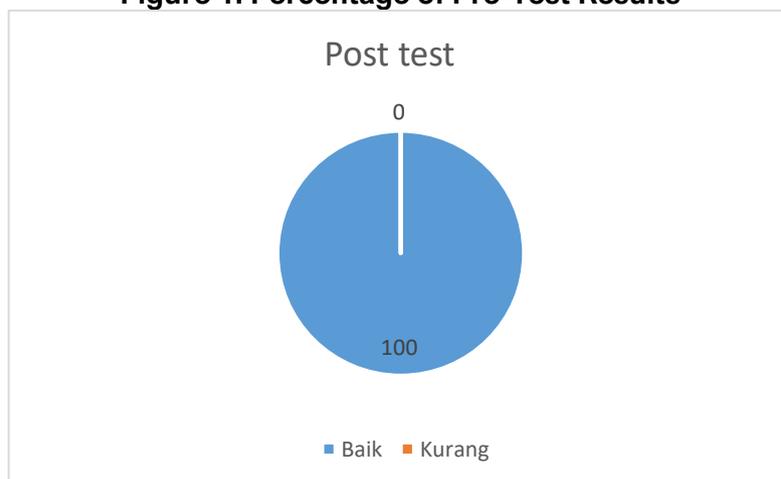


Figure 2. Percentage of Post Test Results

According to the graphs, there was a 9.6 percent rise in pre- and post-test scores. The pre-test results were 90.4 percent higher than the post-test results, which were 100 percent.

DISCUSSION

Adequate fruit and vegetable eating is critical for strengthening the human immune system (immune system), particularly during the Covid-19 pandemic. According to the results of this community service project, the average level of knowledge about vegetable and fruit eating is higher after education than before education. Thus, it is known that following education, there is a surge in awareness of the need of eating fruits and vegetables during the Covid-19 pandemic. These findings were in accordance Hannanti et al (2021) that the present Covid-19 pandemic is exacerbating the problem of lowering the triple burden in Indonesia. This education, particularly for adolescents, is critical during the COVID-19 pandemic's emergency response phase. The effect of online nutrition education on improving awareness of the importance of vegetable and fruit eating during the COVID-19 epidemic.

Nutrition education as part of this community service project boosted the knowledge of SMA Plus PGRI Cibinong students, with 31 samples demonstrating superior ability (100 percent). The education process begins with the distribution of information regarding the necessity of a balanced diet. This nutrition education is having an effect on public perceptions of the necessity of vegetables and fruit consumption amid the current Covid-19 pandemic. Adolescence is a sensitive stage of life due to the fact that it occurs at a critical phase of human growth and development. Thus, it is entirely suitable if the habit of eating fruits and vegetables is instilled at this age (Dhaneswara, 2016). At the start of the exercise, three students did not understand or were less capable, based on the results of the pre-test administered. The questionnaire assesses knowledge of nutrition, specifically vegetables and fruit, the nutritional content of vegetables and fruit, the benefits and consequences of consuming fruit in the prescribed amounts, as well as the amount of vegetables and fruit ingested. recommended.

Nutrition education is often used in community service to develop nutritional information, particularly concerning fruit and vegetable consumption, which is expected to improve students' dietary behaviors. According to Kholid (2012), while knowledge change is necessary for behavior change to occur, it is not always a sufficient cause of individual or collective behavior change. Support from the environment, such as family and school, is necessary; the school, particularly the teacher, is the party that has a significant influence on student conduct. Nutrition education is critical for increasing school-aged children's nutritional knowledge and developing a favorable attitude toward nutritious food in order to develop healthy eating habits. The more educated an individual is about nutrition, the more they will consider the sort and quality of food they consume. This consciousness appears to be more pronounced in industrialized countries (Farisa, 2012).

CONCLUSIONS And RECOMMENDATION

This community service project was carried out to improve student awareness of the increased importance of vegetable and fruit consumption during the COVID-19 pandemic. Nutrition education delivered through community service had a positive impact on student knowledge, in particular. Following the nutrition education, it was discovered that the culinary arts students at SMA Plus PGRI Cibinong had increased their understanding of nutrition.

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APPENDIX

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Pre Test Webinar UMJ

* Required

Chapter 1

Pada bagian ini diberikan 10 soal yang dibagi menjadi 5 soal dengan Pilihan Benar atau Salah dan 5 soal Pilihan Ganda (A-E) mengenai Gizi Seimbang. Responden diminta memilih 1 jawaban berdasarkan jawaban yang dianggap paling tepat.

Gambar kerucut diatas menggambarkan 4 1 point
sehat 5 sempurna *

Figure 3. Pre-test Form

APPENDIX

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Post Test Webinar UMJ

* Required

Pembujuk Penelitian

Pada bagian ini diberikan 10 soal yang di bagi menjadi 5 soal dengan pilihan Benar atau salah dan 5 soal pilihan ganda (A-E) mengenai Gizi Seimbang. Responden diminta memilih 1 jawaban berdasarkan jawaban yang dianggap paling tepat.

Gambar kerucut dibawah ini 1 point
menggambarkan 4 sehat 5 sempurna *

Figure 4. Post test form



Figure 5. Presentation on the Importance of Balanced Nutrition during the Covid-19 Pandemic