

Healthy Food Counseling with Media Posters and Fun Cooking at The Pondok Harapan Surabaya Orphanage

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Abstract

An orphanage is not only a place to receive orphans or children abandoned by their parents but also an institution to educate children, one of which is education on healthy food. The method used in fun education is posters with interesting pictures and games that use fun interactions for children, namely fun cooking. In the implementation stage, the educational theme given on the first day was education on healthy and unhealthy foods, while the theme on the second day was the nutritional content of healthy foods. In the healthy food fun cooking training on the first day making sushi and on the second day making mille crepes. The results of the guess-the-picture evaluation showed that 100% of the children in the orphanage were able to answer all the questions correctly. Finally, closing is closed by eating together. The food given to the children is a healthy meal made by international OTTIMO students, this is done to provide real examples of healthy food for the younger orphanages.

Keywords: orphanage, education, healthy food.

INTRODUCTION

Community service in post-secondary institutions is a parallel obligation for education/teaching, and research. In other words, it is the three methods of higher education, including teaching education, research, and community service. Community service as a form of responsibility in an effort to develop community capabilities aims to accelerate the rate of growth to achieve national development goals (Sudin, 2004). Due to one of these obligations the Culinary Department at the Ottimmo International Surabaya Culinary and Patisserie Academy carries out Community Service, this is carried out in relation to the concerns of every institution or institution engaged in the field of Education, especially Higher Education by following developments, and advances in technology, especially Indonesia as a country that has natural resource potential.

Orphans were divided into several categories, he explained, including compound orphans (those who had lost both parents), mother orphans (those who had lost their mother), and paternal orphans (those who had lost their father). The most common category of orphans is children under the age of 18 who die as a result of the death of one or both parents (Smiley et al., 2019). An orphanage is not only a place to receive orphans or children abandoned by their parents but also an institution to educate children so that they become noble, skilled, and educated offspring. Can become the next generation with intelligent, and independent characters (Rianti & Ildil, 2018).

BPOM RI (2013) Knowledge of balanced nutrition, and healthy food is human knowledge about the type, and amount of nutrients contained in daily food, taking into account the principles of food, physical activity, cleanliness, and ideal variations or variations. Many types of food are currently being developed, ranging from food served in restaurants, street vendors to packaged food. In this pragmatic, and effective era, food is advancing, and various ideas are starting to emerge when making various kinds of food. However, many consumers do not know whether the food they eat is classified as healthy or not (Wagustina, 2013). Nutritional problems in school children will affect the quality of human resources in

the future because children are the next generation of the nation (Novianti and Utami 2021). Early age is very good for educating and instilling an awareness of the importance of hygiene as an effort to maintain personal health and the environment (Nurmahmudah et al, 2018). Universities need to carry out community service activities regarding healthy food with the aim of increasing knowledge about healthy food so that it can be applied in everyday life. Universities need to carry out community service activities regarding healthy food with the aim of increasing knowledge about healthy food so that it can be applied in everyday life.

Siti (2008) describes the principle of counseling as an informal educational method that develops behavior in people by helping to provide choices so that they can independently solve the problems they face. The methods used in counseling vary widely, but the priority is a multi-method participatory approach that prioritizes facilitating the needs of participants and is sustainable. Extension with counseling exists to provide benefits and can support human life. Counseling addresses five elements, namely: (1) learning process, (2) themes, (3) development of self-awareness and abilities as well as groups, (4) management of resources to improve life, and (5) application of principles. The problem encountered during the survey was a large number of orphans and dhuafa orphanages who did not understand the types of healthy food that required fun education according to their age. Healthy food is food that contains various kinds of nutrients needed by the body. The human body requires a variety of nutrients to keep the body healthy and optimize growth. The method used in fun education is posters with interesting pictures and games that use fun interactions for children, namely fun cooking.

The community service partners that we will be doing this semester are foster children from the Pondok Harapan Orphanage Foundation located in the Maxwell Area, Jl. Telaga Utama block TE, Jl. Citral, and Surabaya No. 8/66, Lidah Kulon, Kec. Lakarsantri, City of SBY, East Java. Community service with counseling is expected to be able to provide a real understanding, and application of types of healthy food. This activity is carried out through the provision of material with media posters, and educational games about healthy food.

METHOD

The method used in fun education is teaching with posters with attractive pictures, and fun cooking training packaged in games and image guess media for evaluation. Participants in this community service activity were orphans from the Pondok Harapan Surabaya Orphanage.

The theme of education given on the first day was education on healthy and unhealthy foods while the theme on the second day was the nutritional content of healthy foods. On the fun cooking training on healthy food on the first day, namely making sushi and the second day, namely mille crepes. In the last stage, on the first and second day an evaluation was held but it was packed with a picture guessing game so that the children would still feel happy, and not be pressured.

Health Food Extension Activities with Media Posters, and Fun Cooking:

c) Preparation Stage

- Situation Analysis.
- Coordinate to determine implementation
- Arrange and submit PKM proposals

b) Implementation Stagea. Venue:

- Coordination with Orphanages
- Preliminary activities: Introduction and explanation of activities
- Core Activities: educational posters and fun cooking
- Closing Activity: Evaluate with a picture guessing game and a group photo

c) Activity evaluation stage by making activity reports

RESULTS

The community service by providing healthy food counseling at the Pondok Harapan Surabaya orphanage was attended by 14 participants. Participants in this community service activity are orphans at the Pondok Harapan Orphanage. On the first day there is a schedule of events in table 1.

Table 1. Rundown of Day 1, Saturday 6 April 2023

No	Time	Activity
1	09.00-09.30	Brifing
2	09.30-09.45	Welcome by Lecturer
3	09.45-10.00	Education with healthy and unhealthy food poster media
4	10.00-10.40	Sushi making games
5	10.40-11.00	Question and answer
6	11.00-11.30	Evaluation Games
7	11.30-11.40	Ask about today's activities
8	11.40-12.00	Lunch and Group Photo
8	12.00-12.30	Closing

The healthy food counseling event was opened by a lecturer from one of Ottimmo's lecturers as well as giving a speech and enthusiasm about the importance of learning about healthy food. A healthy food education program is implemented to provide knowledge to orphanage children about healthy lifestyles through various activities (Putri et al, 2023).



Figure 1. Opening and Speech of the Event

Furthermore, students were given material with media posters about healthy and unhealthy foods. Learning media can influence student learning outcomes because poster media is a factor for students to carry out learning process activities based on teacher explanations, so students can do as the teacher says. Based on observations and the results of the development of poster media, the use of poster media seems to attract students' attention because the poster media contains elements of imagery and explanations that are easy for students to understand (Nurfadillah et al., 2021).



Figure 2. Provision of healthy and unhealthy food materials

The provision of healthy and unhealthy food menu materials is intended so that orphanage children can distinguish between the two. Posters are made attractive with various examples of pictures of healthy and unhealthy foods. By making it interesting, orphanage children will be more interested and pay attention.

Furthermore, to increase interaction, and provide examples of healthy , and unhealthy foods, orphanage children are given training in making sushi which is one of the healthiest foods. With independent fun cooking practices, it is hoped that orphanage children will have experiences that remind them to always eat healthy food. While in social emotional ability children, fun cooking makes children able to obey class rules; self-regulate; share with others, have a tolerant attitude and can express existing emotions (Amaros & Rohita, 2018).



Figure 3. Training on making sushi.

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Figure 4. Evaluation with the Picture Guessing Game

The evaluation with the picture guessing media went smoothly, and on average the orphans managed to answer correctly. With guessing the picture on the card media, children are not embarrassed when doing evaluations.

After the evaluation activities, they took a group photo, and ate together. The food given to children is a healthy meal made by international OTTIMO students.



Figure 5. Group photo of the children from the Pondok Harapan Orphanage.

The second day there is a schedule of events in the following table 2.

Table 2. Rundown of Day 2, Sunday 7 April 2023

No	Time	Activity
1	09.00-09.30	Briefing
3	09.30-10.00	Education with media posters for the nutritional content of healthy food.
4	10.00-10.40	Mill crepes making game
5	10.40-11.00	Question and answer
6	11.00-11.30	Evaluation Games
7	11.30-11.40	Ask about today's activities
8	11.40-12.00	Lunch and Group Photo
8	12.00-12.30	Closing

On the second day of the outreach activity, the children from the orphanage were again given education on the nutritional content of healthy food using posters. At the age of children, it is recommended that education be provided using learning media in the form of posters as an alternative to other learning media so that the teaching and learning process takes place effectively, and efficiently (Kusumanegara & Kunci, 2017).



Figure 6. Provision of nutritional content material in healthy food

The material given in the second session is about the nutritional content of healthy food. The nutritional content described consists of basic nutritional content, namely protein, carbohydrates, vitamins, minerals, and calcium. In addition to the type, children were also given various examples of foods that contain these nutrients. The material for this session was fun because the posters made by students were 3D posters that could be opened, and closed. With media that attracts children, they pay more and more serious attention.

Furthermore, to increase interaction and provide examples of healthy, and unhealthy foods, orphanage children are given training in making Mille crepes which is one of the healthy foods. By practicing making healthy food yourself, it is hoped that orphanage children will have experiences that remind them to always eat healthy food.



Figure 7. Training on Making Mille Crepes

The training to make the crepes mill run was really fun. The unique shape of mille crepes and interesting fillings made the children enthusiastic. By making healthy foods such as mille crepes, children can find out healthy ingredients that can be made for daily meals. Mille crepes training ends with a question and answer session about the nutritional content of healthy foods.

Furthermore, to find out the optimization of counseling, an evaluation is carried out which is packaged in the form of guessing pictures. Here the children will be given pieces of pictures randomly and the children must find the correct picture. The image-guessing media is expected to strengthen students unstable interest and learning motivation (Praswanti &Handayani, 2021).



Figure 8. Evaluation with the Picture Guessing Game

The evaluation with the picture guessing media went smoothly, and on average the orphans managed to answer correctly. By guessing the picture on the card media, children are not embarrassed when doing evaluations.

After the evaluation activities, they took a group photo and ate together. The food given to children is a healthy meal made by international OTTIMO students.



Figure 9. Group photo of the children from the Pondok Harapan Orphanage.

DISCUSSION

On the first day of education with the theme of healthy and unhealthy food education to find out the optimization of counseling, an evaluation was carried out which was packaged in the form of guessing pictures. Here the children will be given random pictures and the children must write down the name of the healthy food in the given picture. The picture guessing game is one of the counseling educational media form of a game that can be utilized because picture guessing is a medium that is easy to use, practical, and of course interesting for children (Harsantik & Nursalim, 2019).

On the second day of education with the theme of healthy food nutritional content to find out the optimization of counseling, an evaluation was carried out which was packaged in the form of guessing pictures. Here the children will be given pieces of pictures randomly and the children must find the correct picture. The image-guessing media is expected to strengthen students' unstable interest and learning motivation (Praswanti & H, Andayani, 2021).

Table 3. Results of Evaluation with the picture guessing game

No	Educational theme	Participants	Results
1.	Education on healthy and unhealthy foods	14	As many as 100% or 14 kids are in the "very good" category
2.	Education about the	14	As many as 100% or 14 kids

No	Educational theme	Participants	Results
	nutritional content of healthy foods		are in the "very good" category

From the table above, it can be concluded that the evaluation of guessing the picture results in 100% of the children in the orphanage being able to answer all the questions correctly.

CONCLUSIONS AND RECOMMENDATIONS

An orphanage is not only a place to receive orphans or children abandoned by their parents but also an institution for educating children. The problem encountered during the survey at the Pondok Harapan orphanage was a large number of orphans and Dhuafa orphanages who did not understand the types of healthy food so they needed fun education according to their age. The method used in fun education is posters with interesting pictures and games that use fun interactions for children, namely fun cooking. This community service with counseling is expected to be able to provide a real understanding and application of types of healthy food to children at the Pondok Harapan orphanage. The community service by providing healthy food counseling at the Pondok Harapan Surabaya orphanage was attended by 14 participants.

At the implementation stage, the educational theme given on the first day was education on healthy and unhealthy foods, while the theme on the second day was the nutritional content of healthy foods. On the fun cooking healthy food training on the first day, which is making sushi, and the second day, which is mille crepes. By practicing making healthy food yourself, it is hoped that the orphanage children will have experience that reminds them to always eat healthy food.

In the last stage, on the first and second day an evaluation was held but it was packed with a picture guessing game so that the children would still feel happy and not be pressured. Picture guessing media is expected to provide reinforcement of students' interest and learning motivation to be more enthusiastic. From the table above, it can be concluded that the evaluation of guessing pictures shows that 100% of the children in the orphanage can answer all the questions correctly. Finally, the education was closed by eating together. The food given to the children is a healthy meal made by international OTTIMO students. This activity was carried out to provide real examples of healthy food for younger orphans.

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