

Healthy Food Education for Students in Kula Langat, Malaysia

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ABSTRACT

Healthy living behavior in food must be implemented in society from an early age. School-age children are a critical age group because at that age a child is vulnerable to experiencing health problems that originate from unhealthy food. Apart from that, school-age children are also very sensitive to stimulation so they are easy to guide, direct and still have good habits, including healthy living habits. The aim of this service was to increase students' knowledge about healthy food. The methods used in this community service activity are lectures, practices and games. The results showed that students and teachers were very enthusiastic and follow every step taken by the speaker regarding healthy food. After the material was finished, the students actively answered all the questions from the presenter and they enjoyed practicing together in the room because the practice used games that were easy to do for the students. In conclusion, students' knowledge about healthy food in SB Kuala Langat, Malaysia increased after being given education. Providing education about healthy food, it is hoped that teachers and students at the SB Kuala Langat will have good and healthy habits.

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INTRODUCTION

Health development as part of efforts to develop the whole person is carried out, among other things, through health efforts. Nutritional status is a factor that greatly influences the quality of human resources, especially those related to intelligence, productivity and creativity. Therefore, every person's nutritional balance must always be taken seriously. National development is directed at achieving awareness, will and ability to live healthily for every resident in order to achieve optimal health status. Indonesia is one of the countries with three nutritional problems in all age groups, including elementary school age children. Therefore, adequate nutritional intake for school-aged children is very important to support children's optimal growth and development. They will grow into healthier teenagers and have more productive lives (Kemendikbud, 2019).

Children are the future generation of a nation. The formation of the nation's future generation who is strong, intelligent, creative and productive is the responsibility of all parties. Optimal growth and development of children in all aspects means that they must receive the attention of all parties. Government policies contribute to the success of creating a strong, intelligent, creative and productive generation of the nation. One form of program to make the nation's generation successful, intelligent, creative and productive is providing healthy food. Program Providing healthy food is an intervention for getting used to healthy food and healthy living as an implementation of holistic integrative services in schools and as an initiation for local governments to end stunting in their areas (Kemenkes RI, 2011).

Providing good healthy food affects nutritional status (growth) of children. Healthy food is food that contains 4 healthy 5 perfect nutrients with important nutrients for the body, including carbohydrates, fats, proteins, minerals and vitamins. Good nutritional status is when the body receives good nutritional intake, thus allowing physical growth and general health to be in the best possible general condition. Malnutrition status occurs when the body experiences a deficiency or excess nutrients (Iska Oktaningrum, 2018).

Children in elementary school are particularly vulnerable to health issues as a result of their poor eating habits. Due to a lack of awareness or their susceptibility to advertising, schoolchildren frequently choose unhealthy food. Not all food served in or around schools satisfies health and safety regulations. Thus, a growing number of individuals are overweight or obese as a result of consuming meals that are harmful and excessive in calories (Andi, 2020). Pupils in Malaysian guidance centers and Indonesian elementary schools are often exposed to harmful snacks and foods and have limited awareness about eating a balanced diet (WHO, 2009).

METHOD

This community service aims to implement healthy food for student at Sanggar Bimbingan Kuala Langat, Malaysia. The method in this community service activity was by providing socialization relating to a healthy food for students. This activity was carried out in collaboration with the Muhammadiyah Universities in Indonesia and the Embassy of The Republic of Indonesia in Malaysia. This activity was held on 25th April 2024 with total respondents in 40 students at Sanggar Bimbingan Kuala Langat, Malaysia.

RESULT

Community Service Activities have been carried out at Sanggar Guidance (SB) Kuala Langat, Malaysia. This activity was carried out with a team from the Tasikmalaya Muhammadiyah University. We carry out activities by providing material about the importance of healthy food to control disease.

This activity began with an opening by the chairman of SB Kuala Langat. Next, the team introduced themselves and explained the purpose of the service. There were 33 participants who took part in this activity, consisting of grades 1 to 6. From the activities that had been carried out, it was known that the implementation of healthy food education went smoothly, all students were enthusiastic and enthusiastic in participating in the question and answer discussion. The team also gave prizes or door prizes to participants who were active in answering questions from the presenters. With this activity, it is hoped that it can increase the level of health knowledge for students, especially regarding healthy food at school. At the end of the session, a group photo was taken. The following is documentation of Community Service Activities:



FIGURE 1. Healthy Food Education for Students



FIGURE 2. Eating Together



FIGURE 3. The team and Chief of SB Kuala Langat



FIGURE 4. Giving a souvenir to SB Kuala Langat

DISCUSSION

Education related to health has the impact of increasing students' knowledge. in line with research by Syafrawati, et al (2019) which states that providing educational media to elementary school children can change children's behavior and also in line with research by Kasuma, et al (2018) that counseling and education influence changes in children's behavior.

The government of Indonesia has established a program to lower the rate of stunting by providing nutritious food. Children need to be taught about healthy food since, at this age, they start to take after their friends when it comes to eating habits. By learning about healthy food, parents may help their children achieve optimal health by supporting their growth and development (Love et al., 2020). Beside healthy food students need to know how to prevent their body from the diseases with healthy life (Falah et al., 2023; Suryani et al., 2020; Holt et al., 2015; Kinderis, R., & Zobélaitè, 2017). It is critical to assess whether nutrition education tactics and resources satisfy the needs of parents and whether they result in observable shifts in kids' eating habits and dietary consumption (Duncanson, K., Burrows, T., & Collins, C., 2012).

Children and adolescents who receive nutrition instruction in schools are more likely to eat healthily (Rubai & Nabawiyah, 2018). In addition to the shared commitment to keep improving education, parents' involvement in cooking healthy meals for their children must also be taken into consideration. It is hoped that greater knowledge will influence children's behavior toward healthy food (Murimi et al., 2018). In addition to parents at home, educators play a critical role in promoting healthy eating instruction. According to research, food education for students is more successful when teachers keep an eye on the foods that students choose to eat in class (Hawkins et al., 2020).

In order to help schoolchildren learn about nutrition, instructors play a crucial role in the classroom by serving as role models for students (Kemendikbud, 2019). Nutrient-balanced food is considered healthy. Given the detrimental effects that malnutrition can have on children, such as low IQs and suboptimal growth and development (Kemendikbud, 2019), the education that is provided aims to prevent malnutrition issues in school-age children. Additionally, children who experience anemia will have a negative impact on their ability to learn and will perform poorly on tests (Prasetya & Wihandani, 2019).

CONCLUSION

Community service activities with the theme of healthy food received positive student responses and participated in counselling held by Muhammadiyah University in SB Kuala Langat, Malaysia. Students know about healthy foods that must be consumed to prevent disease. It is hoped that it can increase students' level of knowledge about the importance of healthy food.

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