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DEVELOPMENT OF NUTRITION EDUCATION MEDIA FOR TEENAGE THROUGH FOOD & NUTRITION SHOP

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Abstract

This study, entitled Media Development and Implementation of Nutrition Education for teenagers Through Food and Nutrition Shop, which is based in the New World Syndrome and Body Image Syndrome in adolescents as a result of lack of knowledge of nutrition teenagers.

Results from the need assessment, namely the form of initial data that indicates the need for the media, namely: Knowledge of Nutrition example generally (63.9%) are located in the category with an average score of 66.8 ± 16.15 . Attitude is an example of nutrition in general (82.8%) there are in the category with an average score of 70.6 ± 7.4 . The average figure Adequacy of Energy is 2457.8 calories the average energy consumption is only 1909.8 calories (78.9% AKE). Adequacy of energy young people a good 16.1%, 30.3% category and 44.9% (70%). Furthermore, 55.0% of teenagers have a habit of are very poor (eating breakfast as much as 79% of the sample sure that 10:16 and a breakfast is important. Weight teenagers average 43.8 ± 0087 . Nutrition status in ketegori high body with an average $1:53 \pm 7.91$. However, there are more than 55.0% in the normal, namely 19.1 category of lymphatic and 35.0% of the respondents feel that fat itself, when only 10.6% are obese. There is a significant positive relationship $r = 0.278$ with the knowledge of nutrition status and no significant positive correlation between knowledge of nutrition and eating behavior $r = 0.206$, $p < 0.01$. These reinforce the assumption that the author needs a development model that media nutrition education for young people with appropriate goals for the nutritional quality improve teenagers.

Furthermore, the media have developed nutrition education for adolescents with Food and Nutrition Shop, which contains: 1) Virtual Food Court contains knowledge about nutritious foods, nutrition information on fast foods and fast foods selection wise, 2) Virtual Cafeteria provide the party with a full menu nutrient analysis; 3) Building Blocks of "food Guide Pyramid," "Pyramid activity", and "Nutrition labels", 4) Body Dimensions, about body image and basic skills to manage the "body" is good and true and 5) an Interactive quiz nutrition that works for self-evaluation (self assessment) for students, especially knowledge about nutrition and health.

There are some alternative that can be used to implementation this media in the school : 1) Entering in the subjects Nutrition Sciences and 2) Through the activities Ekstrakurikuler. Thus, students are expected to able to independently manage the nutritional needs so that memeiliki good nutrition status and behavior of good nutrition.

Key word: Nutrition Education, Youth, Cyber Food & Nutrition Shop