

## **ABSTRACT**

**Ayyuning Faidhatul Firdausiah, 2023.** *The Effect of Providing Nutrition Education on the Knowledge and Skills of Food Handlers Related to the Accuracy of Portion Standards in the Probolinggo Insan Terpadu Junior High School Food Service.* THESIS. Politeknik Kesehatan Kemenkes Malang. Main advisor : Dr.T.Dra. Nurul Hakimah, SST, M. Kes. and Supervisor : Maryam Razak, S.TP., M.Si.

**Introduction.** A preliminary survey obtained that the amount of food intake provided was less than the needs and food handlers had never received education related to the accuracy of portion standards while working in the Probolinggo Insan Terpadu Junior High School food service. **Objectives.** To determine the effect of providing nutrition education related to the accuracy of portion standards on the knowledge and skills of food handlers. **Methods.** This study is a quantitative experimental study using a Quasi Experiment with a one group pretest posttest design through educational intervention with booklet media. **Result.** There was an increase in food handlers' knowledge before and after being given education, the knowledge variable increased by 80%. Skill variables experienced a gradual increase during 3 observations of 0%, 25.99%, and 50%. **Conclusion.** Education with booklet media can improve knowledge and skills of standard portion accuracy in the Food Service of SMP Insan Terpadu Probolinggo.

**Keywords:** Standard Portion Accuracy, Food Handlers, Level of Knowledge, Skills