

ABSTRACT

Azzahroh, Syafira Khasna'. 2024. The Effect of Education on Fruit and Vegetable Consumption Using Animated Video on Changes in Knowledge in 5th Grade Students at Ciptomulyo 1 Elementary School in Malang City, Thesis, Health Polytechnic of the Ministry of Health Malang Bachelor Program Applied Health Promotion. Supervisor I : Pudji Suryani, S.Kp, MKM, Supervisor II : Dr. Atti Yudiernawati, S.Kp, M.Pd.

Low of fruit and vegetable consumption in age groups that range from nutritional problems in the age group of elementary school children has the potential to cause nutritional deficiencies such as vitamins, minerals and fiber, resulting in the emergence of various diseases. Another factor that makes children consume less fruits and vegetable is the lack of adequate knowledge and understanding of the importance of fruit and vegetable consumption in their health benefits. The purpose of this study is to increase the effect of education about fruit and vegetable consumption using animated video media on chages in knowledge in students at Ciptomulyo 1 Elementary School in Malang City. This research is a quantitative research with pre-experiment design using *one group pre-test and post-test*. The sample og this 45 students using *proportional sampling*. Data were collected using knowledge questionnaire and the media used was an animated video. The results showed before and after being given education trough animated videos, the knowledge category was good. Data were analyzed using the Wilcoxon test. The test results obtained that the *p value* isi 0,000 or $p < 0.05$. Can be concluded indicating that there is an effect of education on fruit and vegetable consumption using animated video on changes in student knowledge at Ciptomulyo 1 elementary school in Malang City. Recommended for future researchers, educational activities on fruit and vegetable connsumption can later be carried out by including assistance with parents.

Keywords: Knowledge, Education, Fruit and Vegetable, Animation Video