

ABSTRACT

WARDAH ZULFIYAH FIRDAUSI WIBISONO, 2023. Nutrition Counseling About The Importance of Breakfast to Increase Knowledge and Attitude of Grade IV Students of SDN Jatimulyo 3 Malang City. Supervisors: Hasan Aroni, Tapriadi, I Dewa Nyoman Supariasa.

Abstract : Breakfast is an activity to eat and drink before 9 a.m. which meets 15-30% of the demand for nutrition a day. Based on an analysis of child consumption data in schools in Indonesia, out of 35,000 childrens, 44.6% of children's breakfast only obtain intake energy less than 15%. Way to remind knowledge and attitude that it can do with give education nutrition as early as maybe. The purpose of this research is to improve to knowledge and attitude of student in class IV SDN Jatimulyo 3 Malang City after counseling nutrition about the importance of breakfast. The research design is *Quasy Experimental Design* with design *pre and post with the control group* with the amount the sample in this study were 26 students. Data analysis used namely *the Paired Sample T-Test* and *Mann Whitney* tests. Research results show there is a difference in knowledge before and after giving counseling importance breakfast without use with a *p-value* 0.026. There is a difference in knowledge before and after giving counseling importance breakfast using media with *p-value* 0.002. There is a difference in the average knowledge before and after giving counseling without using media and using media with *p-value* of 0.003. There is a difference in attitude before and after giving counseling without using media with *p-value* 0.003. There is a difference in attitude before and after giving counseling using media with *p-value* 0.001. There is a difference in the average attitude before and after giving counseling without using media and using media with a *p-value* of 0.000. Counseling nutrition needs to be done in a manner routinely and periodically so that students understand and get apply it in life every day.

Keywords: counseling nutrition, breakfast morning, knowledge, attitude.