

## ABSTRACT

**Hidayati, Novi Dwi. 2023. *The Effectiveness of Truth Or Dare (TOD) Game Media on Grade 4 Student's Knowledge of Healthy Snacks at MI Plus Miftahul Anwar Pasuruan Regency, Skripsi, Poltekkes Kemenkes Malang Prodi Sarjana Terapan Promosi Kesehatan. Pembimbing I : Dr. Farida Halis DK, S.Kp, M.Pd, Pembimbng II : Sri Winarni, S.Pd., M.Kes.***

*Education that may effectively raise understanding and is enjoyable for school-age children is needed because this is a sensitive age for nutritional disorders and is the major focus for school snacks. One of these involves using the Truth or Dare (TOD) card game's media. The purpose of this study is to evaluate the TOD game's impact on students' understanding of healthy foods at MI Plus Miftahul Anwar Pasuruan. This study is quantitative and employs a one-group pre-post test pre-experimental design. The sample for this study consisted of 25 respondents who were 4th graders aged 10 to 11 years. Utilizing inclusion-exclusion criteria, sampling was done using the purposive sampling technique. A questionnaire was utilized as the research tool to assess respondents' awareness about healthy snacking. The Wilcoxon Test was used in the data analysis. According to the findings, the knowledge of respondents improved from 24% to 80% in the good group, declined from 36% to 8% in the sufficient category, and decreased from 40% to 12% in the less category. The data analysis's findings demonstrated that TOD gaming media were successful in raising students' understanding of healthy snacks (p value 0.002). It is envisaged that subsequent researchers would use random sampling approaches to analyze respondents from a larger population in order to generalize their results and improve the instrument's validity and reliability.*

**Keywords : *Healthy Snacks, Education, Games, Truth Or Dare (TOD).***