ABSTRACT

Fitriana, Desi. 2025. ***The Effect of Balanced Nutrition Education Using a Pop-Up Book on the Knowledge and Attitudes Toward Healthy Food Selection Among Fourth-Grade Students at*** **SDN Dinoyo 2 Malang** ***City. Undergraduate Thesis. Applied Health Promotion Study Program,*** **Poltekkes Kemenkes Malang.** ***Supervisor:*** **Wandi, S.Kep., Ners., M.Pd.**

Elementary school students' low understanding of the concept of balanced nutrition results in students being unable to choose healthy foods appropriately according to their body's needs. 2023 Basic Health Research (Riskesdas) data shows that 12.4% of children aged 5–12 years are malnourished and 19.7% are overweight. Pop-up book media was chosen because it is able to present interesting, concrete, and interactive three-dimensional visualizations, thereby increasing students' attention and learning motivation. This study aims to determine the effect of education using pop-up book media about balanced nutrition on the level of knowledge and attitudes in choosing healthy foods in fourth-grade students at SDN Dinoyo 2, Malang City. The study used a quantitative method with a pre-experimental one-group pre-test and post-test design. The study population was all 84 fourth-grade students, with a sample of 46 students selected using a proportional random sampling technique. The research instruments were a knowledge questionnaire (17 multiple-choice questions) and an attitude questionnaire (16 Likert-scale statements) completed before and after the intervention. The results of the hypothesis test using the Wilcoxon Signed Rank Test showed a significance value for the knowledge variable of $p = 0.001$ ($p < 0.05$) and for the attitude variable of $p = 0.001$ ($p < 0.05$). These results indicate a significant difference between before and after the provision of balanced nutrition education using pop-up book media, so it can be concluded that pop-up book media has a significant effect on increasing the knowledge and attitudes of fourth grade students in choosing healthy foods. Thus, pop-up book media is worthy of being recommended as an effective and interactive educational media in helping students understand and implement the selection of healthy, balanced, nutritious foods.

Keywords: balanced nutrition, pop-up books, knowledge, attitudes, healthy food.