

## IMPLEMENTATION OF NUTRITION WEEK PROGRAM TO MEET CHILDREN'S NUTRITION NEEDS IN PILOT LABORATORY KINDERGARTEN UPI TASIKMALAYA

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### ABSTRACT

Lack of understanding of parents in the importance of balanced nutrition and its impact on children's growth and development is a problem that has emerged and been found today. This study aims to provide access for Parents to be involved in programs provided by schools. The method in this study uses descriptive qualitative analysis research. With this method, in-depth analysis is possible to explore information through observation, interviews, and documentation. The analysis shows that the Nutrition Week Program which is carried out routinely every Wednesday is designed with thorough preparation and involves parents in providing food to strengthen the relationship between schools and parents and become a means of education for parents about the importance of balanced nutrition for early childhood. The collaboration between teachers and parents in implementing the Nutrition Week Program to meet children's nutritional needs is a positive synergy to meet the balanced nutritional needs of early childhood. With the Nutrition Week Program, in addition to having an impact on parents, it also helps children grow and develop optimally according to their age and have a good quality of life as provisions in the future.

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## 1. INTRODUCTION

Fulfillment of early childhood nutrition is an important aspect for the growth and development of children. Fulfillment of balanced nutrition for early childhood is very important so that children grow up healthy, intelligent, and also active. One of the absolute factors needed for the growth and development process of the body, nervous system and brain, as well as the level of human intelligence

and intellectual. Fulfillment of nutritional needs is an important factor in achieving growth and development results to meet genetic potential (Juairia et al., 2022). Nutrition is the process of organisms that food is used in digestion, absorption, transportation, storage, metabolism, and excretion processes by using nutrients to maintain life, growth, normal function of body organs, and obtain energy (Novianti & Seprianus, 2022). The importance of nutrition is the main factor that can make children successfully grow and develop in accordance with genetic potential (Yuwinda Wulandari, Liana Apriyanti, Monika Meiyansari, Nurhasanah, 2022). Therefore, to achieve optimal growth and development, the role of nutrition is needed and must receive attention as early as possible. By fulfilling children's nutritional intake, it can prevent diseases that can inhibit growth and development.

The critical period in child growth and development is around the age of 5 years, because the growth and development of children aged 0-5 years continues to increase and can affect the growth and development of children in the future (according to Hairunis et al, in (Dhea et al., 2024)). Data from the Center for Indonesian Policy Studies (CIPS) states that there are 21 million Indonesians who are malnourished and 21.6 percent of children experience stunting. More clearly, Head of Agriculture CIPS Aditya Atta noted that last year (2022) there were 21.6 percent of Indonesian children under 5 years old who experienced stunting with a low height-to-age ratio. While the other 7.7 percent suffered from wasting, aka a low weight-to-height ratio.

Every family certainly hopes that their child can grow and develop optimally. In the family, parents have an active role and are very much needed. The role of parents is to provide support for children's growth and development by always preparing and meeting children's nutritional needs according to their age (Munawaroh et al., 2022). However, it is often found that parents do not understand the importance of balanced nutrition and its impact on their growth and development.

At the UPI Tasikmalaya Pilot Laboratory Kindergarten, there is a program to address the lack of attention to healthy eating patterns, namely through Nutrition Week. This program involves various parties, namely teachers, parents, and students, so it requires a holistic approach to ensure that children's nutritional intake is met. Through a holistic approach, the nutrition week program invites all related parties to actively participate in supporting healthy living habits in children

by consuming nutritious foods. With collaboration between teachers, parents, and children, it is hoped that the understanding and practice of healthy eating patterns can be applied consistently and comprehensively both at school and at home so that children's nutritional needs can be met properly.

Lack of education and awareness of parents regarding the importance of balanced nutrition and challenges such as different food choices for children, limited time available for parents, and lack of coordination between schools and parents in supporting healthy eating habits can reduce children's immune systems, stunted growth and development, which can cause children to grow and develop suboptimally according to their age (Munawaroh et al., 2022). The Nutrition Week Program can be a bridge to overcome the gap that occurs by involving parents in the preparation and implementation of healthy eating habits in children. Unmet nutritional problems can have an impact on the growth and development of early childhood.

Children who are malnutrition or excess nutrition can be at risk of experiencing health problems such as speech and language disorders, which are often associated with children's long-term health and can reduce their quality of life (laily, in (Dhea et al., 2024)). Malnutrition can be influenced by a lack of healthy eating habits from an early age which can make children susceptible to disease, such as fatigue, drowsiness, loss of concentration in learning which results in decreased academic achievement (Dhea et al., 2024). Therefore, to prevent nutritional problems in children, a parenting pattern is needed in providing food to children from an early age which is very important. The importance of introducing healthy eating patterns and lifestyles to children from the beginning will affect the sustainability of children's lives. Introducing healthy eating patterns and lifestyles is the task of parents since early childhood. Therefore, parenting patterns play a very important role in preventing nutritional problems in children (Yankusuma Setiani & Indriati, 2023).

According to Hidayah in (Umasugi et al., 2020), food nutrition can provide important benefits for the body to help the growth and development process of children and also prevent various types of diseases caused by lack of nutrition in the body. In addition, health and nutrition need to be introduced from an early age because they can influence the formation of healthy living habits that last until the child is an adult. Healthy living habits by eating nutritious food can be instilled

through school activities involving collaboration between teachers and parents. With a healthy lifestyle, it can improve children's cognitive and social development, this is proof that the "Nutrition Week" program is important to be implemented for early childhood.

Table 1.  
List of previous research relevant to this research

No	Autor	Year	Result
1.	Robiah & Kurniawaty	2022	The impact of providing healthy food at school on children's growth and development, building an independent attitude, and increasing children's concentration on learning.
2.	Mustikaningrum & Munawaroh	2021	The problem of malnutrition in early childhood and how nutritional education efforts can help prevent stunting and increase parental awareness.
3.	Muqodas et al	2024	Highlighting the importance of communication and parental involvement in building healthy eating habits for children through nutrition education programs.
4.	Octaverani et al	2023	The relationship between children's nutritional status and physical and cognitive development, and the importance of regular nutritional monitoring in educational institutions.
5.	Pramudita et al	2024	The effectiveness of a holistic approach in addressing early childhood malnutrition by providing nutritious food and a healthy eating pattern guidebook.

Based on the results of the analysis in Table 1. it can be concluded that the similarities between previous studies and this study have similarities in several main aspects, namely both highlight the importance of fulfilling nutrition for the growth and development of early childhood and emphasize the role of parents in ensuring a healthy diet for children. In addition, this study also emphasizes the role of educational institutions as facilitators in increasing awareness of nutrition from an early age through educational programs on healthy eating patterns that have an impact on children's physical and cognitive health.

Although it has many similarities, this study has differences from previous studies, namely this study emphasizes a collaboration-based strategy between teachers, parents, and children in building healthy living habits by consuming nutritious foods, while previous studies tend to highlight the role of individuals, such as parents or schools separately. In addition, this study uses a holistic approach, namely integrating education, direct practice, and the involvement of various parties, which have not been widely studied in previous studies.

The importance of this study is because early age is a golden period in a

child's growth and development which can determine the quality of his life in the future. This age is a time when children already understand and begin to realize their social and family environment, so this period is very important to support children's growth and development (Esmiati & Firmansyah, 2023). To support optimal child growth and development, an active role of parents and access to quality early childhood education services are needed (Nur et al., 2020). The Nutrition Week Program is expected to be an effective solution to improve understanding and practice of fulfilling children's nutrition at school and at home. In addition, this study also aims to provide recommendations that can be used by educational institutions in integrating nutrition education into their curriculum, considering that nutrition practices and nutrition education are one of the main priorities in developed countries (Ramlah, 2021).

## 2. METHOD

The type of research used in this study is descriptive analysis qualitative research. Descriptive qualitative research is conducted to provide an explanation of existing research without providing manipulative data on the variables studied by conducting direct interviews (Bahri, in (Hanyfah et al., 2022)). This research was conducted at the UPI Tasikmalaya Pilot Laboratory Kindergarten, precisely on March 8, 2023, Kahuripan Village, Tawang District, Tasikmalaya City. The selection of the location in this study was determined intentionally based on the effectiveness of the Nutrition Week Program in increasing parental involvement and how the influence and sustainability of children's healthy eating patterns both at school and at home. The subjects in this study were 36 childrens, 1 teacher, and 4 parents of children.

Data collection techniques in this study were carried out by observation, interviews, and documentation. The data obtained from the results of observations include data on food provided and presented in the nutrition week program. While the data obtained from the results of interviews are teacher preparation to implementation, parents' views on the nutrition week program and the contributions given by parents in the nutrition week program. Finally, documentation in this study was obtained from photos of food provided and presented in the nutrition week program, photos of the implementation of the nutrition week program, and photos of interviews with informants.

The data analysis techniques used were data collection, data reduction, data presentation, and drawing conclusions. Data collection is carried out throughout the research from observation during preparation to implementation, in-depth interviews until the data needed by the researcher has been fulfilled, and with the support of documentation. After the data is collected by recording the data generated in the field, then reducing the collected data and storing it. After that, the data is presented, namely presented with narrative text, and the last step is drawing conclusions.

### **3. RESULT AND DISCUSSION**

The implementation of the Nutrition Week Program is carried out every Wednesday to ensure that children consume healthy foods that meet the principles of 4 healthy 5 perfect. Teachers provide recommendations to parents to prepare foods containing carbohydrates, protein, vitamins, and minerals, and complete them with desserts such as pudding and milk. The nutrition week program is designed so that children get used to consuming nutritious foods consistently. In addition to the aspect of fulfilling nutrition, the nutrition week program also teaches discipline and social skills through the habit of queuing when taking food. By getting children used to waiting their turn, not going ahead of friends, and being disciplined and patient, the Nutrition Week Program contributes to improving children's social-emotional development from an early age.

It was found that the results of the Nutrition Week Program can help children's growth and development. In addition, there was a change, initially children did not like vegetables but seeing their other friends, children became interested and their appetite also increased. According to parents, this change occurred during the implementation of the Nutrition Week Program at school only, because when children were at home, children became unenthusiastic about eating food that had been provided and served by their parents.

These results are in line with research (Robiah & Kurniawaty. L, 2022), stating that by holding a program to provide healthy food for early childhood in schools, it is intended to fulfill children's nutritional intake that can optimize children's growth and development, show children's eating attitudes, build independent attitudes in children, and have an impact on children's interest, enthusiasm, and concentration in learning. Providing nutritious food to early childhood can provide protection against health and instill healthy living habits. The food given to children must be adjusted to the nutritional needs and tastes of

each child. Parents need to provide substitute food if there are children who do not like or are allergic to certain foods. Nutritious food is not always expensive but healthy and contains various substances that can provide benefits to the body such as protein, carbohydrates that can be broken down in the body to be produced as a source of energy.

The different tastes of each child are a challenge that parents must face in providing and serving food in this Nutrition Week Program. Parents must have skills in selecting food sources that have good nutritional content. To provide parents with an understanding of the importance of balanced nutrition for early childhood, a comprehensive and scheduled approach is needed. In order to overcome this, it is important to maintain open and continuous communication with parents. Providing positive feedback on the progress and improving nutrition of their children, and providing support and resources as needed, in order to help, build motivation and commitment of parents in prioritizing balanced nutrition for their families (Muqodas et al., 2024).

The impact of the Nutrition Week Program, in addition to helping the growth and development of children, can also overcome the problem of malnutrition in early childhood. This has a very important role in fighting the problem of stunting today and can avoid impacts that can continue into their adulthood. Malnutrition in children occurs due to inadequate or insufficient food intake in both quality and quantity (Mustikaningrum & Munawaroh, 2021). To improve health and optimize children's growth and development, it is important to determine nutritional status. This aims to ensure that if a problem with poor nutrition or malnutrition is discovered, it can be treated immediately (Octaverani et al., 2023). One way to deal with malnutrition or undernutrition is by requiring a holistic approach that includes providing nutritious food, providing books or guide sheets on healthy eating patterns, and regular supervision of their growth (Pramudita et al., 2024).

Table 2.  
Summary of Teacher Interview Data

No	Focus	Teacher
1.	Nutrition Week Program Planning	This Nutrition Week program is planned from the beginning of

		school, more precisely the beginning of the semester. Parents are involved in this program, where parents are divided into several groups where parents can later provide healthy food that is included in the healthy nutrition category.
2.	Implementation of the Nutrition Week Program	The Nutrition Week Program is implemented once a week, precisely on Wednesday.
3.	Evaluation of Nutrition Week Program	Evaluation is done if there is a group of parents who provide healthy food but outside the criteria such as none containing protein or vitamins. Then an informal evaluation is carried out by discussing it casually and nicely.
4.	Follow-up of the Nutrition Week Program	After the evaluation is carried out, the following week it must be in accordance with the 4 healthy 5 perfect components.
5.	Difficulties in organizing the Nutrition Week Program	It is difficult to gather parents to prepare food because of the parents' different busy schedules and the difficulty of dealing with children who do not like vegetables.
6.	Developments that occur in children after participating in the Nutrition Week Program	With the nutrition that comes in, it can help the growth and development of children. There is a change that initially children do not like vegetables but when they see other friends they like them.

Table 3.  
Summary of Parent Interview Data

No	Aspect	O1	O2	O3	O4
1.	Difficulties in organizing the Nutrition Week Program	Not knowing each child's appetite.	Not knowing the portion size of each child's meal.	In communicating with fellow parents.	Confusion in choosing a menu.
2.	Developments that occur in children after participating in the Nutrition Week Program	Children become interested in eating because they see cute menu creations.	My children become enthusiastic about eating at school even though they are not at home.	Children eat with gusto and of course always finish everything.	Changes in the child's diet. Initially it didn't contain much nutritious food, but in this program the children's diet contains lots



No	Aspect	O1	O2	O3	O4
					of nutritious food.

From the interview data of teachers and 4 parents, the results of the analysis are that the Nutrition Week Program has a positive impact on children, especially in changing eating habits and increasing awareness of the importance of nutritious food. Although there are several obstacles in its implementation, the nutrition week program can run well with effective communication and continuous evaluation. With the support of teachers and parents, children can get optimal benefits from the implementation of the nutrition week program.

Parents must work together to supervise the risks of food provided in the Nutrition Week Program, do not be careless in providing unbalanced food. In addition, parents must be committed to participating in the sustainability and continuity of the Program in order to have a positive impact on determining the quality of life of children in the future. With parental participation, the planned educational goals will be easily realized (Kinanti & Trihantoyo, 2021). Education is one way to achieve a bright future (Purwati & Faiz, 2023).



Picture 1. Staple Foods

In picture 1. there is a healthy food as recommended by the teacher, which consists of rice shaped into a turtle character, chicken katsu, sweet corn satay, tomatoes, broccoli, and lettuce also equipped with mayonnaise and tomato sauce. The menu chosen is rich in nutritional content that can meet the daily nutritional intake of children. Rice is a staple food made from rice which is the main source

of carbohydrates for people in various countries, especially in Indonesia. Rice provides energy for children's growth and daily activities, can help children be enthusiastic, active in learning and playing. The rice served is shaped like a turtle character with the aim of making children more motivated to consume healthy foods that have visual appeal.

Chicken katsu contains high protein which is important for the growth of bone muscles and the development of the child's body. Chicken meat, especially the breast, is one of the high-protein foods. In 100 grams of cooked chicken breast contains 31 grams of protein. Chicken katsu coated with flour and then fried contains carbohydrates and fats which are a source of energy for children. Its crunchy texture makes it easier for children to enjoy.

Corn, tomatoes, broccoli, and lettuce are rich in vitamins and minerals that are beneficial for the body, especially for growth, the immune system, and the digestive process. Corn is one of the foods that many people like because it has a sweet taste. In addition, corn is easy to process in various ways and types of dishes, one of which is by boiling. Corn has many nutritional contents that are good for the body, such as fiber, carbohydrates, protein, vitamins and minerals. With the many nutritional contents in corn, when consumed, it will get many benefits for body health. Tomatoes, although actually a fruit, because of their slightly sour taste and texture more like vegetables, tomatoes are often considered and used like vegetables in cooking. Tomatoes are rich in vitamins and minerals that are important for maintaining healthy skin, the immune system, nerve function, and heart and muscle health. Broccoli is a dark green vegetable that is shaped like a flower, contains many nutrients that are good for the body. The content in broccoli can prevent various diseases. Lettuce or lettuce leaves which have the Latin name *Lactuca Sativa* are a good source of vitamins, namely vitamins A and K which are very high. These green leafy vegetables also contain various important nutrients such as the minerals iron, potassium, calcium, folate, and fiber which help meet daily nutritional intake needs.



Picture 2. Additional/dessert food

In picture 2. there are several additional food components for children in the form of pudding and milk. mango pudding whose basic ingredients are mango, milk, and agar-agar. Mango fruit has a chemical composition consisting of water, carbohydrates and various acids, proteins, fats, minerals, coloring agents from tannins and carbohydrates. Mango fruit has health benefits because it contains fiber and is a good source of medicine (Ulimafissudur & Abdurrahman, 2024). Milk contains carbohydrates with protein in liquid form that can be easily absorbed by the body (Jayaputra & Putriningtyas, 2024). Milk contains calcium, vitamin D, and protein. According to parents, consuming milk for children is preferred by them over other drinks (Racette et al., 2023).

The content of carbohydrates, proteins, vitamins, minerals, and calcium in staple foods and additional foods in this menu has been designed to meet the daily nutritional needs of children. In addition, it also supports children's physical growth and cognitive development optimally in the long term (Trisnawati et al., 2024). The combination of various types of foods such as carbohydrates, proteins, vitamins, and minerals ensures that children get all the nutrients their bodies need to grow healthily.

In addition to choosing a balanced healthy diet to meet children's nutritional needs, it must also be attractive and varied so that it can increase children's appetite and make their eating experience more enjoyable. By providing a varied menu, it can help children to want and be able to eat foods that they have never eaten before or even encountered. However, what needs to be considered is that in presenting the menu, the nutritional value and nutritional content for children's growth and development must be considered in the menu served. This is intended to introduce

children to what foods are classified as nutritious, so that children can know and consume foods with balanced nutrition based on their knowledge, and no longer consume random foods or snacks (Jatmikowati et al., 2023). In addition, it is a very important effort to maintain children's appetite. Therefore, the need for an environment where children eat, during meals, and time and atmosphere are effective in developing children's awareness of nutritious foods that can support their healthy lifestyle (Jatmikowati et al., 2023).

#### 4. CONCLUSION

Based on the results of the study, it can be concluded that the Nutrition Week Program at the UPI Tasikmalaya Pilot Laboratory Kindergarten provides access for parents to be involved in programs provided by the school. Parental involvement is realized through participation in providing healthy food, communication with fellow parents and teachers, and joint evaluation of children's nutritional fulfillment.

The Nutrition Week Program has succeeded in increasing parental awareness of the importance of nutritious food for their children. In addition, the active involvement of parents helps form healthy eating habits in children which have a positive impact on children's growth and development. Several challenges such as differences in children's appetites and parents' limited time in preparing food can be overcome with effective communication and assistance from the school. The Nutrition Week program shows that collaboration between schools and parents is very important in supporting the fulfillment of early childhood nutrition. With ongoing support, children not only get better food intake but also develop healthy living habits that can last into adulthood.

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