

**PENGARUH EDUKASI GIZI DENGAN PERMAINAN *PUZZLE*  
TERHADAP PENGETAHUAN DAN SIKAP TENTANG SAYUR DAN BUAH  
DI SDN KERTAJAYA 1 SURABAYA**

**ABSTRAK**

**Latar Belakang:** Salah satu penyebab dari kurang konsumsi sayur dan buah adalah pengetahuan dan sikap yang kurang, semakin rendah pengetahuan dan sikap yang dimiliki anak sekolah akan berdampak pada kurangnya konsumsi sayur dan buah. Hasil laporan Riskesdas (2018), sebanyak 93,4% penduduk Indonesia berumur  $\geq 5$  tahun termasuk kategori kurang konsumsi sayur dan buah. **Tujuan:** untuk mengetahui pengaruh sebelum dan sesudah diberikan edukasi melalui media *puzzle* tentang sayur dan buah pada anak sekolah di SDN Kertajaya 1 Surabaya. **Metode:** Penelitian menggunakan *Quasi Eksperimental* dengan pendekatan *One Group Pretest-Post-test Design*. Sampel terdiri dari 57 orang. Data yang dikumpulkan yaitu kuesioner *pre-test* dan *post-test* pengetahuan dan sikap. Uji statistik menggunakan Uji *Wilcoxon Signed Rank Test*. **Hasil:** Hasil penelitian menunjukkan ada perbedaan sebelum dan sesudah diberikan edukasi gizi melalui media *puzzle* terhadap pengetahuan dan sikap tentang sayur dan buah dengan nilai  $p$  value = 0,000 ( $p < 0,05$ ). Rata – rata nilai pengetahuan dan sikap siswa mengalami peningkatan setelah diberikan edukasi sebesar 19,22 dan 18,93. **Kesimpulan:** Ada pengaruh edukasi melalui media *puzzle* terhadap pengetahuan dan sikap sesudah diberikan edukasi tentang sayur dan buah pada siswa kelas 3, 4, dan 5 di SDN Kertajaya 1 Surabaya. **Saran:** Diharapkan media *puzzle* dapat dijadikan sebagai media pembelajaran selanjutnya dalam meningkatkan pengetahuan dan sikap siswa.

**Kata Kunci :** Sayur dan Buah, Edukasi Gizi, Media *Puzzle*, Pengetahuan, Sikap

**THE EFFECT OF NUTRITION EDUCATION WITH PUZZLE GAMES  
ON KNOWLEDGE AND ATTITUDES ABOUT VEGETABLES AND FRUIT AT  
SDN KERTAJAYA 1 SURABAYA**

**ABSTRACT**

**Background:** One of the reasons for the lack of consumption vegetables and fruit is a lack of knowledge and attitudes, the lower knowledge and attitudes possessed by school children, the lower the consumption of vegetables and fruit. The results of the Riskesdas report (2018), as many as 93.4% of Indonesia's population aged  $\geq 5$  years are in the category of consuming less vegetables and fruit. **Purpose:** to determine the effect before and after given education through the media puzzle about vegetables and fruit to school children at SDN Kertajaya 1 Surabaya. **Method:** This research uses Quasi Experimental with One Group Pretest-Post-test Design approach. The sample consists of 57 people. The data collected were pre-test questionnaires and post-test knowledge and attitudes. Statistical test using the Wilcoxon Signed Rank Test. **Results:** The results showed there were differences before and after given nutrition education through puzzle media on knowledge and attitudes about vegetables and fruit with a p value = 0.000 ( $p < 0.05$ ). The average value of students' knowledge and attitudes has increased after being given education by 19.22 and 18.93. **Conclusion:** There is an effect of education through puzzle media on knowledge and attitudes after given education about vegetables and fruit in grades 3, 4 and 5 at SDN Kertajaya 1 Surabaya. **Suggestion:** It is hoped the puzzle media can be used as further learning media in increasing students' knowledge and attitudes

**Keywords:** Vegetables and Fruits, Nutrition Education, Puzzle Media, Knowledge, Attitude