

THE INFLUENCE OF HEALTH EDUCATION ON KNOWLEDGE ABOUT  
MORINGA LEAVES FOR COMPLETE FOOD FOR ASI (MP ASI) AT  
POSYANDU, CIBEUTEUNG MUARA VILLAGE

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ABSTRACT

**Background:** *Moringa leaves are one of the local foodstuffs that are easy to find, and the hedgerow plant in Indonesia is very well known as a super food ingredient, most Indonesians still don't know its nutritional value. There are still many who have not used or consumed it, because they still believe that Moringa leaves can ward off the arrival of spirits or are used as an ingredient for bathing corpses so that they are clean from all creatures and mystical objects that are still attached to the corpse. Apart from that, Moringa leaves are also less popular as a complementary food for breast milk (MP ASI).* **Objective:** *This research was to determine the effect of health education on knowledge about Moringa leaves for complementary foods for breast milk (MP ASI) at the Posyandu in Cibeuteung Muara Village.* **Method:** *This research uses quantitative research with a pre-experimental design with one group pretest and posttest. The sampling method was purposive sampling technique and the number of respondents was 46 respondents.* **Results:** *The research results show that the p value is 0.042 (< 0.05).* **Conclusion:** *There is an influence of health education on knowledge about Moringa leaves for complementary foods for breast milk (MP ASI).*

**Keywords:** *Knowledge, Moringa leaves, MP ASI*