

**PROVISION OF HONEY TURMERIC MILK
AS A MEANS TO INCREASE APPETITE IN TODDLERS
THROUGH VIDEO MEDIA**

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SUMMARY

Background; During toddlerhood (under five years), there is often a problem with decreased appetite. If it is not addressed immediately, the child's nutritional and energy needs will not be met and they could be at risk of stunting. Stunting is a disruption in the growth and development of children due to long-term malnutrition. Temulawak contains curcumin which is very useful for increasing appetite. However, because it has a bitter and slightly spicy taste which is not liked, honey is added to give a sweet impression and helps digestion to increase food absorption, as well as additional milk to make it easier for children to consume. **Objective;** Increasing public knowledge, especially parents, about increasing appetite in toddlers by non-pharmacological methods, namely giving ginger honey milk through video media. **Method;** KIE with video media entitled "Increase Appetite in Toddlers with Curcuma Honey Milk!" created using the CapCut and Kinemaster software applications. **Results;** The video media contains education about making ginger honey milk as an effort to increase appetite. Testing 3 responses and after providing education through video media can increase knowledge about reducing appetite and how to increase it. **Summary;** Video media is effectively used to increase knowledge among the public, especially in increasing toddlers' appetite.

Keywords : Toddlers, Milk, Honey, Turmeric, Video