

MAKING OF MOORING LEAF PUDING AS AN EFFORT TO INCREASE THE WEIGHT OF PRESCHOOL AGE CHILDREN THROUGH VIDEO EDUCATIONAL MEDIA

Tiara Della Ayu Puspitasari¹, Winarni²
tiaradella.students@aiska-university.ac.id
Universitas 'Aisyiyah Surakarta

SUMMARY

Background: Preschool children are children aged between 2 and 5 years. The characteristics of preschool children are generally very active, very curious, unique, etc. Preschool children will normally experience weight gain as they get older, but some are slow and even do not experience weight gain. The prevalence of preschool children with underweight problems, especially in East Java Province, is 15.8% (Ministry of Health, 2022) while in Ngawi City it is 15.34% (East Java Health Office, 2022). Efforts that can be made to increase weight in children are providing additional foods such as pudding moringa leaves. The challenge is that not all children like the shape and color of moringa leaves. The strategy for this obstacle is that moringa leaves can be processed into pudding that children prefer. **Method:** Delivery of information using educational videos about making moringa leaf pudding as an effort to increase weight non-pharmacologically. Video making includes pre-production, production and post-production. **Results:** Media in the form of a video with the title "Making Moringa Leaf Pudding as an Effort to Increase the Weight of Children Aged 3-5 Years". **Conclusion:** Educational media videos on making moringa leaf pudding can be an effective and practical alternative in supporting the improvement of the nutritional status of preschool children and providing new insights for parents about the importance of local ingredient-based nutrition.

Keywords: Preschoolers, Educational Video, Weight Gain and Moringa Leaf pudding