

PUMA HEALTHY SNACK PROCESSES (PUDING KURMA) BASED ON NABAWI THIBBUN HERBAL FOR SCHOOL-AGED CHILDREN THROUGH VIDEO MEDIA

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SUMMARY

Beground : Nutritional intakes, both macro and micro, play a crucial role in supporting children's growth, especially school-age children. Micronutrients, especially important minerals such as iron (Fe), can cause anemia which can cause stunted growth in children. Consuming healthy snacks made from dates can contribute to food intake which is crucial for normal growth and physical development and intelligence of school-age children, because dates contain iron levels which can increase hemoglobin levels. Purpose: to increase knowledge, especially parents and school-age children about the processing of healthy puma snacks (date pudding) made from Thibbun Nabawi herbs for school-age children. Method: health education media. For example video. Video is a medium that has elements of audio (sound) and visual motion (moving images) which contains health messages. Result: a video entitled Puma Healthy Snack Processes (Puding Kurma) Based On Nabawi Thibbun Herbal For School-Aged Children Through Video Media . Conclusion: can provide a source of knowledge to the public about the lack of knowledge on the importance of healthy nutritious food.

Keywords: Dates, School Age Children, Video