

APPLICATION OF FOOD VARIATIONS TO APPETITE FOR PRESCHOOLERS IN THE MASARAN 2 HEALTH CENTER AREA

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ABSTRACT

Background : Health problems in preschoolers namely nutrition which causes a decrease in appetite. Because at this age children experience that children also begin to choose the foods they like. Handling problems to overcome the problem of decreasing appetite can be done in a non-pharmacological way by giving a variety of foods. Several studies show variations in food can increase a child's appetite. **Aim** : Knowing in increase in appetite in the area of the Masaran health center with 2 Karangmalang villages in Sragen with the application of a variety of foods. **Method** : This research technique uses descriptive research methods, this study uses 2 respondents, measuring the results of eating using the scale of leftovers. **Results** : After being applied for 3 consecutive days 15 minutes per day the two respondents experienced an increase in appetite in the medium category. **Conclusion**: the application of food variations can increase the appetite of children in preschool age.

Keywords : Food Variations, Increased appetite, Preschoolers