

**EDUKASI GIZI SEIMBANG MELALUI MEDIA *PUZZLE* “ISI
PIRINGKU” PADA SISWA KELAS IV SDN 4 SUMELAP**

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Edukasi Gizi Seimbang Melalui Media *Puzzle* “Isi Piringku” pada Siswa Kelas IV SDN 4 Sumelap

xiv + 90 halaman + 4 tabel + 3 grafik + 21 lampiran

ABSTRAK

Latar Belakang: Gizi seimbang berperan penting dalam mendukung tumbuh kembang anak usia sekolah. Observasi di SDN 4 Sumelap menunjukkan masih banyak siswa yang kurang memahami prinsip gizi seimbang dan pedoman "Isi Piringku", sehingga diperlukan edukasi kesehatan dengan media pembelajaran yang menarik dan interaktif. **Tujuan:** Mengkaji penerapan edukasi gizi seimbang berbasis media *puzzle* "Isi Piringku" terhadap peningkatan pengetahuan siswa kelas IV SDN 4 Sumelap Kota Tasikmalaya. **Metode:** Penelitian deskriptif dengan pendekatan studi kasus melibatkan 28 siswa kelas IV. Data dikumpulkan melalui kuesioner *pre-test* dan *post-test* serta lembar observasi penyusunan *puzzle*. Edukasi dilaksanakan selama dua hari menggunakan metode ceramah, tanya jawab, demonstrasi, dan praktik bermain *puzzle*. **Hasil:** Sebelum edukasi, tingkat pengetahuan siswa berkategori baik 32%, cukup 54%, dan kurang 14%. Setelah edukasi, kategori baik meningkat menjadi 75%, cukup 25%, dan tidak ada lagi siswa berkategori kurang. **Kesimpulan:** Media *puzzle* efektif mendorong keterlibatan aktif siswa, memudahkan pemahaman konsep gizi seimbang, dan mendukung pembentukan kebiasaan makan sehat sejak dini, sehingga berpotensi menjadi media edukasi kesehatan yang efektif di lingkungan sekolah. **Saran:** Peneliti selanjutnya disarankan merencanakan waktu penelitian secara matang serta berkoordinasi intens dengan pihak sekolah agar edukasi tidak bentrok dengan agenda sekolah. Siswa diharapkan menerapkan konsep "Isi Piringku" dalam kehidupan sehari-hari dengan dukungan guru dan orang tua.

Kata Kunci: edukasi gizi seimbang, isi piringku, media *puzzle*, pengetahuan, siswa sekolah dasar.

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Nutrition Education Through the "My Plate" Puzzle Activity for Fourth-Grade Students at SDN 4 Sumelap"

xiv + 90 pages + 4 tables + 3 graphs + 21 appendices

ABSTRACT

Background: Balanced nutrition supports the growth and development of school-age children. Observations at SDN 4 Sumelap showed that many students still lack understanding of balanced nutrition principles and the "Isi Piringku" (My Plate) guidelines, indicating the need for health education using engaging, interactive learning media. **Objective:** To examine the implementation of balanced nutrition education using the "Isi Piringku" Puzzle media to improve the knowledge of fourth-grade students at SDN 4 Sumelap, Tasikmalaya City. **Methods:** This descriptive study used a case study approach involving 28 fourth-grade students. Data were collected through pre-test and post-test questionnaires and observation sheets on Puzzle assembly. Education was conducted over two days using lecture, question-and-answer, demonstration, and hands-on Puzzle-playing methods. **Results:** Before education, students' knowledge levels were categorized as good (32%), fair (54%), and poor (14%). After education, the good category rose to 75%, the fair category to 25%, and no students remained in the poor category. **Conclusion:** Puzzle media effectively encourages active student engagement, facilitates understanding of balanced nutrition concepts, and supports the formation of healthy eating habits from an early age, making it a potentially effective health education medium in the school setting. **Suggestion:** Future researchers should plan research timing carefully and coordinate closely with schools to avoid scheduling conflicts. Students are expected to apply the "Isi Piringku" concept daily with support from teachers and parents.

Keywords: balanced nutrition education, elementary school students, isi piringku, knowledge, Puzzle media.