

ABSTRAK

Linda Fahriyati. 190101080235. Implementasi Pola Konsumsi Makanan Bergizi Bagi Anak Usia Dini Di TK Inklusi Pelita Hati Banjarmasin. Pembimbing Bidang Konten dan Metodologi serta Teknik Penulisan Aspiya Aziza S.Pd, M.Pd, pada Program Studi Pendidikan Islam Anak Usia Dini, Fakultas Tarbiyah dan Keguruan, UIN Antasari Banjarmasin. 2023.

Kata Kunci : Implementasi, Pola Pembiasaan, Makanan Bergizi.

Pembiasaan konsumsi makanan bergizi bagi anak usia dini menjadi hal yang sangat penting karena apa yang di konsumsi oleh anak menjadi sarana dalam pertumbuhan dan perkembangan anak. Sekolah menjadi sarana pembiasaan konsumsi makanan bergizi bagi anak dimana sekolah TK Inklusi Pelita Hati Banjarmasin menjadikan pembiasaan konsumsi makanan bergizi pelaksanaan konsumsi makanan bergizi bagi anak perlu kesadaran dan juga didukung oleh orang tua, komite dan sekolah dalam pembiasaan kepada anak.

Penelitian ini menggunakan pendekatan kualitatif dengan jenis penelitian lapangan (*field research*) yang bersifat deskriptif. Teknik pengumpulan data Miles dan Huberman dengan observasi, wawancara dan dokumentasi. Teknik pengolahan data dan analisis data dilakukan dengan reduksi data, penyajian data, dan penarikan kesimpulan (verifikasi) serta keabsahan data.

Hasil penelitian menunjukkan bahwa pembiasaan konsumsi makanan bergizi bagi anak usia dini yang dilaksanakan di TK Inklusi Pelita Hati Banjarmasin dimulai dari perencanaan disetiap tahun ajaran baru, dimulai dengan peraturan sekolah yang melarang anak membawa makanan ber MSG serta minuman maupun makanan yang tinggi gula, kemudian juga adanya kegiatan yang dilaksanakan oleh orang tua di seetiap hari senin yaitu membawakan bekal anak berupa buah buahan, dihari rabu pihak sekolah menyediakan berupa makanan berat, dan di hari kamis pihak komite menyediakan makanan yang berupa sayuran. Hal ini bertujuan untuk membiasakan anak mengonsumsi makanan bergizi. Dalam pelaksanaannya diperlukan keteraturan dalam pelaksanaan kegiatan serta dalam pelaksanaannya anak anak tertarik dengan setiap makanan disediakan. Pihak orang tua, komite, guru serta sekolah berkomitmen dalam menjalankan kegiatan ini.

ABSTRACT

Linda Fahriyati. 190101080890. *Implementation of Nutritious Food Consumption Patterns for Early Age Children in the Pelita Hati Inclusion Kindergarten, Banjarmasin. Supervisor for Content and Methodology and Writing Techniques, Aspiya Aziza S.Pd, M.Pd, at the Early Childhood Islamic Education Study Program, Faculty of Tarbiyah and Teacher Training, UIN Antasari Banjarmasin 2023.*

Keywords: *Implementation, Habitual Patterns, Nutritious food*

Getting used to consuming nutritious food for young children is very important because what children consume becomes a means of children's growth and development. Schools are a means of getting used to consuming nutritious food for children, where the Pelita Hati Banjarmasin Inclusion Kindergarten school makes the habit of consuming nutritious food. The implementation of consuming nutritious food for children requires awareness and is also supported by parents, committees and schools in getting children used to it.

This study uses a qualitative approach with a type of field research (field research) which is descriptive. Miles and Huberman's data collection techniques include observation, interviews and documentation. Data processing techniques and data analysis were carried out by data reduction, data presentation, and drawing conclusions (verification) as well as data validity.

The results of the research show that the habit of consuming nutritious food for early childhood which is implemented at the Pelita Hati Banjarmasin Inclusion Kindergarten starts with planning for each new school year, starting with school regulations that prohibit children from bringing food containing MSG and drinks and foods high in sugar, then also the existence of The activities carried out by parents every Monday include bringing children lunch in the form of fruit, on Wednesday the school provides heavy food, and on Thursday the committee provides food in the form of vegetables. This aims to get children used to eating nutritious food. In its implementation, regularity is needed in carrying out activities and in carrying them out, children are interested in every food provided. Parents, committees, teachers and schools are committed to carrying out this activity.