

DARI CERITA KE PIRING: PENGARUH BUKU CERITA BERGAMBAR SURI IKUN TERHADAP KONSUMSI SAYUR DAN BUAH PADA ANAK USIA SEKOLAH

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Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: Anak usia sekolah Buku cerita bergambar Edukasi gizi Konsumsi sayur dan buah Quasi eksperimen</p>	<p>Konsumsi sayur dan buah yang belum memenuhi rekomendasi masih menjadi tantangan pada anak usia sekolah. Pendekatan edukasi yang kreatif dan kontekstual diperlukan untuk menumbuhkan kebiasaan makan sehat sejak dini. Penelitian ini bertujuan mengeksplorasi pengaruh buku cerita bergambar <i>Suri Ikun</i> terhadap frekuensi konsumsi sayur dan buah pada anak sekolah dasar. Studi kuantitatif dengan desain quasi eksperimen pre-test dan post-test ini telah memperoleh persetujuan etik (No: L.B.02.03/1/0127/2025). Sebanyak 90 siswa dari dua sekolah dasar dibagi menjadi kelompok intervensi (n=45) yang menerima buku cerita bergambar dan kelompok kontrol (n=45) yang menerima media leaflet. Buku cerita diadaptasi dari karakter tradisional Timor, Suri Ikun dan dua burung ajaib, serta dikembangkan bersama para ahli untuk memuat pesan gizi yang menarik dan sesuai usia. Data frekuensi konsumsi dikumpulkan menggunakan FFQ dan recall 24 jam, serta lembar observasi untuk memantau aktivitas membaca. Analisis menggunakan uji regresi linear sederhana. Hasil penelitian menunjukkan adanya peningkatan rata-rata frekuensi konsumsi sayur dan buah pada kelompok intervensi dibandingkan kelompok kontrol. Temuan ini menegaskan bahwa media cerita bergambar berbasis budaya lokal berpotensi menjadi strategi edukasi gizi yang efektif dan berkelanjutan di lingkungan sekolah.</p>
	<p>ABSTRACT</p> <p><i>Inadequate intake of fruits and vegetables remains a major nutritional concern among school-aged children. Innovative and culturally relevant educational strategies are needed to promote healthier eating behaviours. This quasi-experimental study (pre-test and post-test design) examined the impact of the illustrated "Suri Ikun" storybook on the frequency of fruit and vegetable consumption among primary school children. Ethical approval was obtained (No: L.B.02.03/1/0127/2025). Ninety students from two primary schools were assigned to either an intervention group (n = 45), which received an illustrated storybook, or a control group (n = 45), which received conventional leaflets. The storybook was adapted from a traditional Timorese character, Suri Ikun, and redesigned with expert guidance to integrate engaging narratives and age-appropriate nutrition messages highlighting the benefits of fruits and vegetables. Consumption frequency was assessed using a Food Frequency Questionnaire (FFQ) and 24-hour dietary recall, while reading engagement was monitored through observation sheets. Data were analysed using simple linear regression. The results demonstrated a significant increase in the average frequency of fruit and vegetable</i></p>

consumption in the intervention group compared to the control group. The findings suggest that culturally grounded illustrated storybooks can effectively improve children's dietary intake of fruits and vegetables. Integrating attractive health-related storybooks into school libraries may serve as a practical and sustainable strategy to enhance nutrition education and foster lifelong healthy eating habits.

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