

The Implementation of Daily Feeding Policy in Malang Elementary School

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Abstract. Diet influences the nutritional status of children. School children need nutritious and safe food to support their learning activities at school. Some elementary schools in Malang City apply a daily feeding policy. For this reason, the research aims to examine the implementation of daily feeding policies in Malang Elementary School. The research method used is Systematic review. The data sources in this study are journal articles and relevant sources, both online and offline. The data analysis method used is meta-analysis for quantitative data and meta-synthesis for qualitative data. Based on the results of the study, it can be concluded that: 1) In general, Malang City Elementary Schools that implement Full Day School have daily feeding policies, 2) Important supporting factors in implementing daily feeding policies are character education through daily meals, food crop education parks, competitions and entrepreneurial program in the field of food, outing class food crops, checking the nutritional status of students, and the establishment of a Food Crop Garden Working Group.

Keywords: *implementation, policy, feeding, daily.*

INTRODUCTION

Diet influences the nutritional status of children. The high nutrition intervention program is important in the growth phase. Feeding and diversification of food products in schools can increase body mass index and nutritional status of students [1],[2],[3].

Many countries have a daily feeding policy for students. Chile applies a feeding program to students, targeting high-calorie foods for relatively poor schools. Finland and Philadelphia of the United States provide free breakfast and lunch to students. Argentina solves the problem of malnutrition in students with a school-eating program which has become the main policy by providing important nutrition interventions during the students' growth period. In Nigeria, efforts to increase public interest, attendance, and time to stay in school are done through free daily feeding[4],[5].

School children need nutritious and safe food to support their learning activities at school. In many countries, providing daily food with high calories is proven to improve students' learning achievement. Daily

feeding can also enhance students' retention at school and regularity and accuracy of students' attendance at school. Providing daily food also has an impact on the public's enthusiasm for registering their children to the school concerned. On the other hand, teachers' involvement is important in the daily food program [6],[1],[7],[4],[3].

A number of elementary schools in Malang have implemented daily feeding policies, including SDN Model Malang City, SDIT Insan Permata Malang City, SD Muhammadiyah 4 Malang City, SD Muhammadiyah 9 Malang City, SDN 1 Kauman Malang City, SD Anak Sholeh Malang City, SDN Tunjungsekar 1 Malang, and SD Brawijaya Smart School Malang City. Based on this background, this study aims to determine the implementation of daily feeding policies in Malang Elementary School.

METHOD

The research method used is a systematic review. A systematic review aims to identify, evaluate, and interpret all research results and relevant sources related to a particular topic [8],[9]. The data sources in this study are journal articles and relevant sources, both online and offline. Relevant sources are school sites that are the object of research and relevant public institutions.

Systematic review procedures are 1) identifying research questions, 2) developing research protocols, 3) determining the location of database research results, 4) choosing relevant research results, 5) selecting research results quality, 6) extracting data, and 7) presenting the results^[10]. The data analysis method used is the meta-analysis of quantitative data and meta-synthesis of qualitative data.

RESULT

The Policy of Daily Feeding in Malang Elementary School and Provision of Healthy Canteen

Several full-day elementary schools in Malang city has a daily feeding policy in schools and provide healthy canteens. Daily feeding policies and the provision of healthy canteens have been implemented in SDN Model Malang City, SDIT Insan Permata Malang City, SD Muhammadiyah 4 Malang City, SD Muhammadiyah 9 Malang City, SDN 1 Kauman Malang City, SD Anak

Sholeh Malang City, SDN Tunjungsekar 1 Malang, and SD Brawijaya Smart School Malang City. In implementing the daily feeding policy, students are familiarized with a clean and healthy life. Habits include washing hands before and after eating. While the provision of a healthy canteen intended to make students can consume healthy and nutritious meals. With the existence of this healthy canteen, students can avoid eating haphazard snacks that have an impact on disease.

Uncontrolled consumption patterns of snack foods at schools can increase the risk of being overweight or obese in students^[11]. The main factors that determine the selection of snacks at school include price variables, gifts, portion size, aroma, and freedom of choice. The main determinant of the selection of snacks is dominated by aspects of price, gifts, and taste. The safety of school children snacks is still very low. To make nutritious and healthy snacks, it is recommended to make food using local food and technology. In addition, law enforcement is also needed to be related to the use of hazardous materials in school students' snacks [12].

In many countries, for example, Finland, free education facilities include learning facilities and infrastructure, daily meals at school, and transportation for students who live far from the school location. In Philadelphia of the United States, believes in the importance of healthy and nutritious food services for students with the School Lunch Program managed by the Federal Government. The Federal Government provides free breakfast and lunch for all students. The breakfast consists of milk, fruits, and cereals or yogurt while catering services outside the school prepare the lunch by designing a monthly food list, in which the list is shared with the families of students. In Ghana, the daily meal program has an impact on increasing registrants' interest and school performance. In Jamaica, the provision of breakfast in school is proven to increase concentration longer to do tasks and also be able to improve students' learning achievement. President Barack Obama in December 2010 signed a Law on Healthy and Hungry Free Children, which provides federal funds for free lunch or lower-priced lunches and free dinners for students in the United States[13],[4],[7],[5],[14].

Supporting Factors for the Policy of Daily Feeding in Malang Elementary School

Some important factors that support the daily feeding policy in Malang Elementary School are as follows:

Character Education through Daily Feeding Policy. Giving daily feeding has a strategic role in education. With daily feeding, students are taught to eat (pray before and after meals, eat and drink while sitting, eat with the right hand, eat without talking, and eat with a balanced diet), and to integrate cleaning and tidying together.

In SD Brawijaya Smart School Malang City, for example, the joint lunch hour aims to prevent students from eating unhealthy habits. The school will provide more nutritious foods such as vegetables to support growth and fulfill nutritional content. This idea arises from the number of children who do not like vegetables.

Additionally, it was also inspired by the habit of schooling in Japan, where there were meals for all students in recess. In this program, students are expected to have a character that is more appreciative of food, eat what has been provided, and is not picky about food.

Giving daily school meals is expected to improve the students' routine of having breakfast with nutritional food. In fact, as much of 44.6%, school-aged children had breakfast with low nutritional quality and 90.3% of school children only received <15% nutrition adequacy rate nutrition from their breakfast[15].

Educational Park to Know and Take Care of a Wide Range of Food Plants. One who uses an educational park to recognize and treat various types of food crops is SDN Model Malang City and SD Anak Sholeh Malang City. In the educational park, the students are encouraged to recognize and care for vegetables and fruits. This is not only to provide an understanding of vegetables and fruit but precisely to stimulate students to love eating vegetables and fruits at home. The daily meal program at schools has used a balanced nutrition pattern, where the availability of vegetable and fruit is mandatory.

The most favorite foods consumed at breakfast are white rice, fried egg/ omelet, fried tempeh, vegetable soup, fried fish, instant noodles, fried rice, and fried tofu; while the four most popular drinks consumed as breakfast are water, sweet tea, sweetened condensed milk, and instant milk[15]. 93.5% of children aged ten years and over do not consume fruits and vegetables. Elementary school children are a group that is prone to malnutrition problems. The low nutritional status of school children will hurt improving the quality of human resources[16]. Daily feeding program can characterize students to like a variety of foods and diversify food products[2].

To support character education through daily meals at SDIT Insan Permata Malang City, a number of various activities are proposed, such as Cooking Class of Little Chef, Say Yes to Breakfast Movements, Small Market, Pudding Party, and On Air at Permata TV. The diversity of these activities can significantly improve the results of character education through daily meals at SDIT Insan Permata Malang City.

Consumption of fruits and vegetables in elementary school students is still insufficient, especially among low-income students. For this reason, the program of providing fresh fruits and vegetables from the United States Department of Agriculture was able to improve behavior in the school environment to be more concerned about the program of fresh fruit and vegetable consumption[17].

Competition for Presenting Lunch and Entrepreneurship Program in the Field of Food. One of the participants of the lunch presentation competition and entrepreneurship program in the food sector was SDN Kauman 1 Malang City. Products in entrepreneurial competitions program include fried rice, savory rice, yellow rice, spaghetti, burgers, pancakes, healthy soups, pudding, various drinks, and other snacks. This entrepreneurship program will be held regularly every

once a month in the second week and is held every Saturday. After completing this Entrepreneurship Program, students will get the task of compiling a report on the entrepreneurship program they are running, starting from the planning of goods produced, planning of the budget/ capital, determining profit margins, shopping process, making recipes, manufacturing processes, presenting/ packaging and promoting through media in the form of posters.

Outing Class Activity: Shopping for Healthy Food in Supermarkets and Food Crops Cultivation Places. SD Muhammadiyah 9 Malang City conducts outing class of shopping for healthy food in supermarkets. This activity was initiated to promote children with healthy foods such as fruits and vegetables, which they normally did not like. Outing class activities that are packed with a store model tour, shopping experience, and eating fruit together are more effective in providing education about the importance of healthy food. Outing class also teaches independence to students. Students are given the freedom to choose groceries according to their needs, and then pay them at the cashier. Students are also trained not to be shy about asking the supermarket's staff, especially if they need explanations related to the materials needed by students.

SD Muhammadiyah 9 Malang City also conducts outing class activities for food crop cultivation. In this outing activity, the students are taught a lot about the importance of consuming vegetables and fruits. Additionally, many are also introduced to the names of vegetables and their benefits and are also taught how to grow vegetables.

Routine Examination of Nutritional Status of Students. SDN Model Malang City has examined the nutritional status of the students every week through the School Health Program. This elementary school is increasingly active in examining the nutritional status of the students since it won the 2015 East Java School Health Program and later participated in the National Level School Health Program Competition 2018.

Establishment of Food Crop Garden Working Group, SDN Model Kota Malang City formed a Food Crop Garden Working Group. This working group consists of students who are nurtured by the teacher. The formation of this working group is intended to involve students to take responsibility for the environment, including the environment in the food crop garden. There are many things handled by this working group, including the control of personal waste, composting, biopore, processing waste into briquettes, garbage banks, mushroom house, catfish maintenance, and waste recycling galleries.

CONCLUSION

Based on the results of the study, it can be concluded that: 1) A number of full-day elementary schools in Malang city have a daily feeding policy and provide healthy canteens, 2) Factors supporting daily feeding policies include character education through daily

feeding, educational parks, care for various types of food crops, lunch competition, entrepreneurship program relating to food, outing class of shopping for healthy food in supermarkets, outing class of cultivating food crops, examination of nutritional status of students on a regular basis, and the establishment of food Crop garden.

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