



Health Education in the Nutrition Friday Program in Secondary School

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Abstract

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The nutritional problems of school children and adolescents in Indonesia are still an issue that must be considered by various stakeholders. School children and adolescents as the nation's successors must get adequate nutritional intake for their growth and brain development. These nutritional problems occur due to several factors, including a lack of nutrition knowledge. This study aims to determine health education in the Jumat Gizi program held at SMP Negeri 35 Semarang and to determine the implementation of the program practice at SMP Negeri 35 Semarang. With qualitative research methods and field research approaches. Creswell (2016: 4) explains that qualitative research is a method for exploring and understanding the meaning that several individuals or groups of people ascribe to social or humanitarian problems. Data were collected through observation, interviews, and literature study. Health education conducted in schools includes the Ministry of Health's "Isi Piringku" nutrition education program. Secondary schools implement the program with various designations, one of which is Jumat Gizi held at SMP Negeri 35 Semarang. Jumat Gizi held in secondary schools is one of the health education efforts in nutrition education. The program is expected to reduce nutrition problems in school children and adolescents. The results of this study can also be used as a basis for developing policies for educational institutions related to health education in secondary schools.

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INTRODUCTION

People's lifestyles change over time. In the era of globalization like now, people tend to like something that is fast and practical to support their lives. People like an instant lifestyle which over time has a bad impact on health. One of the problems due to unhealthy behavior is the emergence of various diseases. Adults, children and adolescents are no exception to the impact of globalization's unhealthy lifestyle changes. Children and adolescents need to gain health knowledge that will save lives in the future.

Child and adolescent health problems are still one of the main problems in Indonesia. Health is closely related to nutrition. Adolescent nutritional intake must be considered so that their growth and development as the next generation of the nation can be optimal. Because children and adolescents as the next generation of the nation have abilities that can be developed to continue the development of the nation. Nutrition plays a very important role in the development of individual brain cells that can determine a person's intelligence. Poor nutritional intake in children will hinder the growth and development of the child later. This also results in inhibition of cognitive and intelligence development and the risk of other health problems (Santoso, 2009).

Based on Riskesdas 2018 data, it shows that 25.7% of adolescents aged 13-15 years and 26.9% of adolescents aged 16-18 years with short and very short nutritional status. In addition, there are 8.7% of adolescents aged 13-15 years and 8.1% of adolescents aged 16-18 years with thin and very thin conditions. Cases of malnutrition can result in children being unable to do activities and develop because they do not get enough nutritional needs. Poor nutrition is a risk factor for Non-Communicable Diseases (NCDs). Common NCDs include Diabetes Mellitus, cardiovascular, mental disorders, and asthma (Löfgren et al., 2017). Other nutritional problems that are often encountered in adolescents are overnutrition, obesity, undernutrition, anemia, wrong diet and so on. The nutritional problem is triggered by several factors such as wrong understanding of nutrition, lack of knowledge about nutrition, poor eating habits and excessive preference for types of food.

Schools are one of the institutions that have a role in efforts to promote health and shape healthy behavior of students. Schools are expected to change unhealthy student behavior to be healthy and responsible for the health of the students themselves. Schools can be a strategic platform for delivering prevention and health care services. The formation of healthy behavior of students at school can be done through good habits or through learning health education.

Health education is part of the overall health effort to improve healthy living behaviors. Health education is a process to improve people's ability to maintain and improve their health and not only associate themselves with improving knowledge, attitudes and practices, but also improving or improving the environment (both physical and non-physical) in order to maintain and improve their health (Borak, 2007). In terms of concept, health education is an effort to influence/invite others (individuals, groups and communities) to behave in a healthy life. One of the health education activities held in schools with the target of school children is the improvement of balanced nutrition.

Nutrition education as an effort to increase nutritional knowledge in students at school aims to create an optimal nutritional status. The higher the nutritional knowledge will affect the attitude and behavior of food consumption of students (Handayani, 2020). Nutrition education can increase students' knowledge about balanced nutrition and balanced nutrition guidelines. The Ministry of Health through the Regulation of the Minister of Health (PMK) Number 41 of 2014 began to introduce the slogan "Isi Piringku" as a guideline for the consumption of one-meal meals. Nutrition education "Fill My Plate" is important for adolescents to implement a healthy diet and meet daily nutritional needs and prevent stunting. This Ministry of Health program has an agenda that includes students bringing breakfast provisions using containers with provisions according to the "Fill My Plate" guide.

The implementation of "Isi Piringku" by the Ministry of Health was welcomed by the support of the community and educational institutions. Schools began to make interludes for the implementation of the "Fill My Plate" program in their schools. The school institution provides terms and names for the program according to the school's

policy. SMP Negeri 35 Semarang is no exception. As part of school health education, SMP Negeri 35 Semarang named the program "Nutrition Friday". Based on this background, the research problems can be formulated as follows: first, What is health education in the nutrition Friday program at SMP Negeri 35 Semarang. Second, how is the implementation and practice of "Fill My Plate" at SMP Negeri 35 Semarang.

The results of this research can be used as input for the basis for the implementation of the development of health education activities in the nutrition Friday program in high school related to the practice of balanced nutrition guidelines "Fill My Plate".

METHOD

The research was carried out from January 26, 2023 to February 10, 2023. The location of the research is SMP Negeri 35 Semarang, Jl. R Soebagyo, Bupakan, Kec. Central Java.

The data collection procedures in this study are interviews and observations. The resource persons for this research are teachers, teachers and students. Observations were made when the Friday Nutrition program was implemented. Interviews were also conducted to obtain further information about the program with resource persons, one of the 9th grade homeroom teachers and students of grades 7-9. Supporting data for research was obtained from data collection techniques in the form of library research, namely by collecting data from related article journals that examined the problems being researched, namely health education in the nutrition Friday program as one of the nutrition education efforts "Isi Piringku".

RESULT AND DISCUSSION

The Nutrition Friday program carried out at SMP Negeri 35 Semarang is a form of implementation of the Ministry of Health's "Fill My Plate" as an effort to overcome nutritional problems experienced by teenagers and school-age children. One of the speakers in this research interview was one of the 9th grade homeroom teachers of SMP Negeri 35 Semarang, Mrs. Wartini.

In line with the goals of health education, each school certainly has its own policies and goals for each program held. The resource person answered questions related to the purpose of the nutrition Friday program held at SMP Negeri 35 Semarang. For written purposes, there is actually no one, because this is only limited to a habituation program that is held every Friday once a month. But implicitly, we expect the children of SMP Negeri 35 Semarang to be healthy and their nutritional needs met, so that they are enthusiastic about learning activities.

Furthermore, he answered the question whether the program is also an implementation of the vision and mission of SMP Negeri 35 Semarang. It is also included, because there are many areas of implementation of the school's vision and mission. So the implication is also that (nutrition Friday at school).

Nutrition problems that still occur in many school children and adolescents are malnutrition. Of course, SMP Negeri 35 Semarang also participates in reducing these nutritional problems. Although the nutrition Friday program has only been running for the past year, the resource person explained that the nutrition Friday program held is also one of the efforts to prevent malnutrition in school children. Bring healthy food (in the program) so that it is nutritionally adequate and avoids instant food that is consumed by many school children. The program also increases students' awareness of the importance of nutrition. Getting students used to eating vegetables, not just side dishes.

The nutrition Friday program is carried out at the beginning of learning, because it anticipates and makes students aware of the importance of breakfast before activities. In the program, students open the provisions that have been prepared by their parents and eat with friends in class. Cultural values are also obtained from these activities, including sharing and togetherness. The students shared what he had. In fact, I was also offered, because I also brought (provisions). Indonesian culture is very closely associated with students. Their parents are also enthusiastic about the program. Some deliberately bring more provisions for their children so that they can be shared with their friends. The food also looks delicious, there is chicken, fish, shrimp.

Even so, another speaker, namely a 9th grade student of SMP Negeri 35 Semarang, said the opposite. "If you see a friend bring a little bit of provisions, sometimes give it to you, but if you want it. But sometimes I bring a little provision, it's not enough to give it to him.

With these limitations, the nutrition Friday program at SMP Negeri 35 Semarang continues to run well. The program was carried out as one of the health education efforts in the context of nutrition education "Isi Piringku".

Discussion

Implementation and Practice of Health Education in the Nutrition Friday Program at SMP Negeri 35 Semarang

The nutritional needs of adolescents are relatively large, because adolescents are still in their growing period. Adolescents also do higher physical activity compared to other ages, so more nutritional and nutritional intake is needed. The Nutritional Adequacy Rate (AKG) for adolescent boys aged 13-17 years who need energy ranges from 2,400-2,650 kcal, protein ranges from 70-75 grams, fat ranges from 80-85 grams, and carbohydrates range from 350-400 grams. As for adolescent girls aged 13-17 years, the energy required ranges from 2,050-2,100 kcal, protein is 65 grams, fat is 70 grams, and carbohydrates are 300 grams (Hartanto, 2019).

In order to overcome nutritional problems in adolescents and participate in nutrition education health education, each school held an agenda for the implementation of the nutrition guide "Isi Piringku". SMP Negeri 35 Semarang holds the agenda of the "Nutrition Friday" program once a month on Friday. In the agenda, students bring breakfast provisions using containers that are in accordance with the "Fill My Plate" guide. This is in accordance with one of the points of the School Child Nutrition Program (ProGAS), namely nutrition education for students is carried out at the same time as providing breakfast, for 15-30 minutes before the lesson starts.

In line with one of the factors that cause nutritional problems at school age, children leave breakfast. Various studies prove that adequate nutrition from breakfast equips the body to think and exercise optimally after waking up in the morning. For school children, breakfast is proven to improve children's learning ability and stamina, in addition to the long-term benefits of breakfast habits instilling in children a good diet. And with a regular breakfast, you will not eat excessively and will even regulate your weight so as to prevent nutritional problems such as obesity (Khurniawan & Erda, 2019).

Although the practice of "Fill My Plate" is still a little carried out, the enthusiasm of students to bring provisions to school can be appreciated. Remembering that school children prefer to buy snacks in school canteens that are not guaranteed hygiene and nutrition. Schools will continue to hold nutrition Friday programs as a form of concern for nutrition problems that are often experienced by school children and adolescents. With the nutrition Friday program, it is hoped that the nutritional problems experienced by

adolescents can be reduced. The "Nutrition Friday" activity in secondary schools is an implementation of the school's vision.

Figure 1. Implementation of Nutrition Friday at SMP Negeri 35 Semarang



The Role of Health Education and Nutrition Education "Fill My Plate"

According to Alamsyah & Muliawati (2013), health education is an effort to persuade or learn from the community so that people are willing to take actions to maintain and improve their health (Goney & van Dulmen, 2010). So it can be concluded that health education is a form of activity by delivering material about health that aims to change the behavior of the target. The objectives of health education by Atasasih (2022) are: There is a change in the attitude and behavior of individuals, families, special groups and society in fostering and maintaining healthy living behaviors and playing an active role in efforts to realize an optimal degree of health (Mardiana et al., 2021).

The scope of health education can be seen from 3 dimensions according to Widodo (2014), namely the target dimension, the place of implementation, and the level of health services (Fitriani, 2021). Based on the target dimension, health education is divided into Individual health education with the target being the individual, Group health education with the target being a certain community group and Public health education with the target being the wider community.

Based on the dimensions of the place of implementation, health education is divided into Health education in hospitals with the target being patients and families, Health education in schools with the target being students and Health education in the community or workplace with the target being the community or workers.

Based on the dimensions of the level of health services, health education is divided into Health education for health promotion, e.g.: improving nutrition, improving environmental sanitation, lifestyle and so on, Health education for special protection e.g., immunization, Health education for early diagnosis and prompt treatment, e.g., with proper and perfect treatment, you can avoid from the risk of disability, Health education for rehabilitation (Rehabilitation) for example: by restoring disabled conditions through certain exercises.

Based on the description of the scope of the health education dimension, the dimension of the implementation place includes the school with the student's target. On this basis, schools carry out health education in the context of health promotion, for example to improve nutrition, improve sanitation, lifestyle and so on. Nutrition improvement held in schools includes nutrition education in order to increase adolescents' knowledge and attitudes towards nutrition. The higher the nutritional knowledge, it is hoped that the optimal nutritional status will be created which will have an impact on reducing the number of nutritional problems in adolescents.

Nutritional problems that often arise in schoolchildren and adolescents are anemia, eating disorders, obesity, chronic energy deficiency (SEZ), hypertension, cardiovascular, and diabetes mellitus. Nutritional problems in school children and adolescents need special attention because they have a great influence on the growth and development of the body. Factors that affect nutritional problems in children and adolescents are also not far from the instant lifestyle of globalization, namely unhealthy diets. Poor and unhealthy nutritional intake in children will inhibit the growth and development of children later, this also results in inhibition of cognitive and intelligence development and risks of other health problems (Santoso, 2009).

Factors that cause nutritional problems in school children and adolescents include misunderstanding nutrition, lack of knowledge about nutrition, poor eating habits and excessive preference for types of food. Children's low knowledge of balanced nutrition according to the slogan of the contents of my plate is due to the lack of exposure to information about nutrition knowledge. The public's view on nutrition is also not only not applying food diversity, but also does not highlight the aspect of proportion, adequacy or excess (moderation) of each type of food. The portions of vegetables, rice, fruits and side dishes are assumed to be the same, but in fact they are not the same.

There is still a lack of implementation in the community causing balanced nutrition to be not optimal. This is influenced by the factors of lack of knowledge about nutrition and incorrect understanding of nutrition. To educate the public about nutrition, the Ministry of Health in 2018 held a nutrition education campaign "Isi Piringku" as a replacement for the slogan "4 Healthy 5 Perfect" for daily eating guidelines to meet balanced nutrition. Isi Piringku is a guide to daily food consumption launched by the government. Guide Fill My Plate divides the plate into 3 parts and fills it with balanced nutritious food, which is 50% filled with fruits and vegetables, 50% is divided into 2, namely 1 part for protein-rich side dishes, both animal and vegetable proteins and 1 other part for carbohydrates (Widodo, 2014). Thus, people are expected to limit carbohydrate consumption and consume more fiber and vitamins, so that the risk of health problems, such as diabetes and obesity can be reduced.

CONCLUSION

Child and adolescent health problems are still one of the main problems in Indonesia. Health is closely related to nutrition. Adolescent nutritional intake must be considered so that their growth and development as the next generation of the nation can be optimal. The nutritional problem is triggered by several factors such as wrong understanding of nutrition, lack of knowledge about nutrition, poor eating habits and excessive preference for types of food. Efforts to improve the nutritional knowledge of school children and adolescents can be carried out in schools as one of the educational platforms. The formation of healthy behavior of students at school can be done through good habits or through learning health education. Health education is part of the overall health effort to improve healthy living

behaviors. To reduce nutritional problems in children and adolescents, the Ministry of Health introduced the slogan "Isi Piringku" as one of the nutrition education agendas. The implementation of nutrition education "Isi Piringku" in high school is carried out with a nutrition Friday program once a month. In the program, students are asked to bring provisions with provisions in accordance with "Fill My Plate". "Isi Piringku" is used as a guideline for serving a meal for students. Although the implementation of the program has still not implemented "Isi Piringku", there are other values taken from the Friday Nutrition program at SMP Negeri 35 Semarang.

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