

# **Food Processing Training For Anemia Management In Teens As An Enrichment Of Nutrition Science Learning At SMKN I Kalasan Sleman Yogyakarta**

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## **ABSTRACT**

*Activity aims to overcome the occurrence of anemia commonly experienced by adolescent girls with a special purpose: 1) Knowing the target knowledge (learners) about anemia in adolescents, 2) Knowing the target knowledge (learners) about the cycle of adolescent life cycle, 3) Knowing knowledge (4) Knowing targeted knowledge (learners) about calculating nutritional needs for the prevention of anemia in adolescents, 5) Knowing targeted knowledge (learners) about preparing balanced menus for prevention of anemia in adolescents, 6) Knowing target skills (learners) in processing a balanced menu for the prevention of anemia in adolescents, and 7) Knowing the target skills (learners) in presenting a balanced menu for the prevention of anemia in adolescents.*

*The activity was held at SMKN I Kalasan Sleman Yogyakarta on 14-16 September 2017. Target audience is the students of XI Program of Culinary Skill Program of 34 people. Activities conducted 3 times face-to-face both theory and practice.*

*Implementation of activities run smoothly with the support of learning tools consisting of learning materials, papers and examples of real objects.*

*The results show: 1) The targeted (learners) knowledge of anemia in adolescents is in moderate and high tendencies, 2) Targeted knowledge (learners) about the life cycle cycle of adolescents is in moderate and high tendencies, 3) target knowledge (learners) about the food source of iron for the prevention of anemia in adolescents are in medium and high tendency, 4) Target knowledge (learners) about calculating nutritional needs for the prevention of anemia in adolescents are in medium and high tendency, 5) Target knowledge (learners) about preparing a balanced menu for the prevention of anemia in adolescents are in the medium and high tendency, 6) Target skills (learners) in processing a balanced menu for the prevention of anemia in adolescents have been good, 7) Target skills (learners) in presenting a balanced menu for countermeasures anemia in adolescents has been good.*

**Kata Kunci:** *dish, adolescent anemia, nutrition science*