

Training of Nutrition Planning Technical Based Local Food Ingredients to “Posyandu” Cadres for Toddler and The Elderly at The Village of Sumberrahayu Moyudan Sleman

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ABSTRACT

This community service aims to socialize to “Posyandu” cadres about the sources of nutrients contained in the food materials as the basis for planning the menu of food and nutrient for toddler and the elderly, to socialize about planning nutrition for toddler and the elderly as well as provide technical guidance and practice instantly create a nutrition plan for toddlers and the elderly through the development of locally based food menus.

This method of services activities such as lectures, technical guidance and practice about nutrients in the food, planning for toddler and the elderly nutrition, the use of local food for planning nutrition for toddlers and the elderly, a healthy diet for people with degenerative diseases. Activity followed by arrange and preparation of supplementary food menu for toddler and the elderly by using local foods. Activity ended with the evaluation as much as 3 times.

The results of the implementation of this activity is already socialized to “Posyandu” cadres that numbers are 27 peoples. More than 80 % of participants have mastered the material training about nutrition plan for toddler and the elderly as well as a healthy diet for people with degenerative diseases. This activity has given technical guidance and arrange nutrition plan for toddler and the elderly through the development of locally based food menus.

Keywords: “Posyandu” cadres, nutrition planning, local food

Kata Kunci: *“Posyandu” cadres, nutrition planning, local food*