Makanan jajanan bagi anak sekolah

Street foods for school children

JURNAL KEDOKTERAN YARSI 12 (2) : 091-095 (2004)

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ABSTRACT  Most of school-aged children or pupils are usually buy some street foods in their school environment. Although before go to school they have already eaten, but, after three or four hours, they would be hungry again. According to nutritional aspect, street foods in school environment can contribute to require RDA (recommended dietary allowance) for children, especially energy about 304 Kcalorie and 6.7 gram protein. For pupils, street foods can also be „vehicle? to introduce a variety of nutritional foods in their school environment that can “grow” their food diversification habits since early. However, there are some unsafe foods in school environment that may lead to food borne diseases, primarily in digestive tract. The supervision for the knowledge, to behave, to act in the selection of the healthy and nutritious food need to be educated since in the school age. The properties of the healthy and the safe food need to be known by the pupil, the teachers and their parents. Teachers and parents play an important role to advice their pupils, for example how to buy nutritious and healthy foods. Teachers and parents can also control foods that sold in school environment.