In this paper, we discuss the importance of complementary food for breast milk (MP-ASI) in the diet of infants and children aged 6-24 months. MP-ASI is considered a food or drink that contains nutrients and is given in addition to breast milk to meet nutritional needs other than breast milk. Efforts to improve community nutrition can be done by increasing food consumption through a food diversification approach. MP-ASI baby biscuits are usually made from wheat flour or rice flour. However, this does not support food diversification so that other additives are needed. The purpose of this activity is to increase knowledge and skills in processing nutritious MP-ASI biscuits for children aged 6-24 months.

Keywords: MP-ASI, Biscuits, Toddlers

ABSTRACT

Complementary food for breast milk (MP-ASI) is food or drink that contains nutrients and is given to infants or children aged 6-24 months to meet nutritional needs other than breast milk. Efforts to improve community nutrition can be done by increasing food consumption through a food diversification approach. MP-ASI baby biscuits are usually made from wheat flour or rice flour. This does not support food diversification so that other additives are needed. The purpose of this activity is that participants are expected to understand how to process MP-ASI biscuits for toddlers. The method of implementing community service used is in the form of counseling with lectures and discussions as well as demonstrations in making MP-ASI biscuits. After the implementation of this community service activity, conclusions that can be drawn include an increase in the knowledge and skills of mothers who have toddlers in processing nutritious MP-ASI biscuits. The hope is that the processing of MP-ASI such as biscuits that are safe and healthy continues to be carried out so that the nutrition of toddlers is fulfilled.

INTRODUCTION

The age of 6 months to 24 months is a very important period for the growth and development of children, therefore health workers have an important role in assisting families in achieving optimal growth and development. Complementary food for breast milk (MP-ASI) is food or drink that contains nutrients and is given to infants or children aged 6-24 months to meet nutritional needs other than breast milk (Depkes RI, 2006).

Stunting is a chronic malnutrition problem characterized by growing short. Generally, sufferers are susceptible to disease, intelligence below normal and low productivity. The high prevalence of stunting in the long term will have an impact on economic losses for Indonesia. The cause of stunting is low nutritional intake in the first 1000 days of life, from the fetus to the baby aged 2 years. In addition, poor sanitation facilities, lack of access to clean water and lack of environmental hygiene (Kemenkes RI.2018).

Data in Indonesia based on the 2018 Riskesdas, the stunting rate in children under five with chronic nutrition decreased from 37.2% to 30.8%, while children under five with poor nutritional

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status and undernutrition decreased from 19.6% to 17.7%. According to WHO, public health problems can be chronic if the prevalence of stunting is more than 20%. This means that nationally the stunting problem in Indonesia is classified as chronic, especially in 14 provinces where the prevalence exceeds the national figure (Kemenkes RI, 2018).

The factors that influence the occurrence of impaired growth and development of infants 6-24 months in Indonesia based on the survey results from the Ministry of Health are the low quality of complementary feeding and the inappropriate parenting provided so that the adequacy of energy and some micronutrients such as vitamin A, calcium, and zinc are not met. Ages 6-24 months are prone to malnutrition due to an increase in needs of 24-30%. Therefore, in this period, children are introduced to complementary foods for breast milk (MP-ASI). Provision of MP-ASI with micronutrient density and appropriate frequency of administration must be considered since the child is 6 months old to prevent stunting (Kemenkes RI, 2010).

Efforts to improve community nutrition can be done by increasing food consumption through a food diversification approach (Ani, 2002). MP-ASI baby biscuits are usually made from wheat flour or rice flour. This does not support food diversification. Wheat as a raw material for flour is an imported commodity that is hardly produced in Indonesia (Erizal, 2012). The substitution of flour with composite flour aims to increase the nutrient content and improve the physical properties of the material. MP-ASI is mostly marketed in the form of porridge and biscuits. The biscuit shape can train babies to learn to grip and bite and has rehydration power so that it can be diluted into baby porridge (Widowati, 2009).

**METHODS**

The method of implementing community service used is in the form of counseling with lectures and discussions as well as demonstrations in making MP-ASI biscuits. The media used is Leaflet, then for a demonstration of making biscuits, cooking equipment and ingredients for MP-ASI biscuits are needed.

**RESULT AND DISCUSSION**

This community service is carried out by lecturers of the D3 Midwifery Study Program. This activity begins with introductions and then fills out a pretest questionnaire related to knowledge about nutritious MP-ASI. The next activity was the provision of materials and demonstration of making MP-ASI biscuits.

![Picture 1. Introduction and Questionnaire](image)

His community service activity is carried out as an effort to improve the knowledge and skills of mothers who have toddlers in processing nutritious MP-ASI biscuits. The results can be seen in the following table:

<table>
<thead>
<tr>
<th>Knowledge level</th>
<th>Pre Test</th>
<th>Frekuensi</th>
<th>Post Test</th>
<th>Pre Test</th>
<th>Persentase</th>
<th>Post Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
<td>5</td>
<td>11</td>
<td>26.3</td>
<td>57.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Enough</td>
<td>5</td>
<td>6</td>
<td>26.3</td>
<td>31.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less</td>
<td>9</td>
<td>2</td>
<td>47.4</td>
<td>10.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>19</td>
<td>19</td>
<td>100</td>
<td>100</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Based on table 1 the results of pre and post questionnaires distributed to mothers of children under five, it was found that there were 5 mothers with good knowledge (26.3%) which increased to 11 people (57.9%), mothers with sufficient knowledge as many as 5 people (26.3%) increased to 6 people (31.6%) and mothers with less knowledge as many as 9 people (47.4%) decreased to 2 people (10.5%). From these results, it can be seen an increase in the percentage of mothers with good and sufficient knowledge and a decrease in the percentage of mothers with less knowledge so that it can be concluded that there was an increase in knowledge of mothers after being given health education about processing nutritious MP-ASI biscuits.

During the presentation of the material, the participants seemed enthusiastic and had considerable curiosity, this could be seen from the many direct questions that were asked by the participants when the presenters conveyed about healthy and nutritious MP-ASI. The presenters also clarified the participants' understanding by providing real examples that exist in the community.

Parents who have a high level of education and insight will pay attention and care for their children according to their developmental age. The research of Sanders & Morawska in Yusuf (2013) shows that when mothers have higher knowledge about nutritional needs and child development, parenting skills are better. Parenting skills in question are about how to make good complementary foods for breast milk for children.

In the demonstration session of making MP-ASI biscuits, participants were given the recipe first, then participants paid attention to the speakers in making biscuits and were allowed to try them directly. The implementation of this biscuit-making practice was assisted by posyandu cadres as participants' companions and midwives' assistants as facilitators. After the demonstration, it was seen that the participants were enthusiastic about trying the biscuits that had been made and the participants who practiced making MP-ASI biscuits had succeeded in making biscuits according to the guidelines.

Skills are designed as a learning communication process to change student behavior to be agile, fast, and precise in doing or dealing with something. Improving skills through the learning process there must be interaction between the information giver (instructor) and the information recipient (mother of toddlers), this must occur so that in a learning process it does not feel monotonous and can only interact in one direction.

Good interaction between instructors and participants will enhance or promote a good learning process. This interaction includes everything that happens in the counseling and demonstration process when the instructor explains and participants can respond and pay attention well, this is called non-monotonous interaction (Anam K, 2017).
CONCLUSION

Community service activities with the theme "Education on the Making of Mp-ASI Biscuits for Mothers Who Have Toddlers Age 6-24 Months and Posyandu Cadres" resulted in increased knowledge and skills of mothers who have toddlers in processing nutritious MP-ASI biscuits. In the first session, community service emphasized more on material delivery activities and the second session carried out a demonstration of making biscuits. To form good nutritional behavior in the family it takes a long time so that it is necessary to carry out further mentoring activities that are continuous, therefore it is expected that cadres as companions can carry out their roles continuously, especially in fostering targets in terms of applying nutrition to toddlers.

REFERENCES