



Tropentag, September 10-12, 2025, hybrid conference

“Reconcile land system changes  
with planetary health”

## Improving Students’ knowledge about healthy snacks using audiovisuals

LAURENSI MEITY SASUBE<sup>1</sup>, ALDIAN LUNTUNGAN<sup>2</sup>

<sup>1</sup>*University of Catholic de La Salle Manado, Faculty of Nursing, Indonesia*

<sup>2</sup>*Manado Provincial Health Office, Health Office,*

### Abstract

Many individuals, including children, often prioritise taste, portion size, and cost over the nutritional value and hygiene of food. This lack of awareness leads children to frequently consume unhealthy snacks, which may result in food poisoning, digestive issues, and long-term malnutrition. A 2014 survey by the Indonesian Food and Drug Supervisory Agency (BPOM) revealed that many school snacks still fail to meet health standards. This is alarming, as food should not only satisfy hunger but also support children’s optimal growth and development through adequate nutritional content. Given the importance of snacks in providing energy and essential nutrients to school-aged children, improving their knowledge about healthy snack choices is critical. This study aimed to evaluate the effectiveness of audiovisual media in increasing students’ knowledge of healthy snacks at SD Joannes Bosco, Jl. Melati Wetan No.53, Baci-ro, Kecamatan Gondokusuman, Yogyakarta. Using a quantitative, pre-experimental one-group pre-test post-test design, 74 sixth-grade students were selected through purposive sampling. Data were gathered using questionnaires and analysed with the Wilcoxon signed-rank test. The results showed a statistically significant improvement in students’ knowledge after the intervention (Sig. 2-tailed = 0.000,  $p = 0.025$ ). These findings demonstrate that nutritional counselling using audiovisual media is an effective approach to enhancing students’ understanding of healthy snacks. The expected outcome is the development of students who are informed about the dangers of unhealthy snacks, serving as a foundation for establishing clean and healthy lifestyle behaviours in school environments. In the long term, this contributes to the creation of a healthy, resilient, and high-achieving generation—the golden generation.

**Keywords:** Audiovisual media, health education, healthy snacks, nutritional knowledge, school children