

ABSTRAK

Herlina Tanus, 2014. Peran Guru dalam Mengenalkan Makanan Bergizi pada Anak Kelompok B di PAUD Mentari 2 Desa Ombulo Kecamatan Limboto Barat Kabupaten Gorontalo. Skripsi PG PAUD Fakultas Ilmu Pendidikan Universitas Negeri Gorontalo. Pembimbing I Dr. H. Abdul Hamid Isa, M.Pd dan Pembimbing II Pupung Puspa Ardini, S.Pd, M.Pd.

Permasalahan dalam penulisan ini adalah Bagaimana peranan guru dalam mengenalkan makanan bergizi pada Anak Kelompok B di PAUD Mentari 2 Desa Ombulo Kecamatan Limboto Barat Kabupaten Gorontalo. Penelitian ini bertujuan untuk mendeskripsikan peran guru sebagai fasilitator dan sebagai pengajar dalam mengenalkan makanan bergizi pada anak kelompok B di PAUD Mentari 2 Desa Ombulo Kecamatan Limboto Barat Kabupaten Gorontalo.

Metode penelitian ini adalah penelitian kualitatif dengan pengumpulan data dilakukan menggunakan observasi dan wawancara dianalisis secara kualitatif deskriptif.

Hasil penelitian menunjukkan bahwa peran guru dalam mengenalkan makanan bergizi pada Anak Kelompok B di PAUD Mentari 2 Desa Ombulo Kecamatan Limboto Barat Kabupaten Gorontalo sudah baik dalam hal: (1) menunjukkan macam-macam makanan bergizi pada anak seperti buah-buahan segar, susu, bubur kacang hijau, dan sayuran hijau; (2) mencuci buah-buahan dan sayuran sebelum dikonsumsi; (3) mengenalkan makanan bergizi seperti yang diatas dan menjelaskan manfaat makanan bergizi bagi tubuh; dan (4) memperkenalkan kepada anak cara membedakan makanan yang masih layak dikonsumsi dan yang sudah tidak layak dikonsumsi.

Berdasarkan hasil penelitian tersebut disimpulkan bahwa peran guru dalam mengenalkan makanan bergizi pada Anak Kelompok B di PAUD Mentari 2 dalam hal menunjukkan macam-macam makanan bergizi, mencuci buah dan sayur sebelum dikonsumsi, mengenalkan makanan bergizi dan menjelaskan manfaat makanan bergizi bagi tubuh, serta memperkenalkan cara membedakan makanan yang masih layak dikonsumsi dan yang sudah tidak layak dikonsumsi sudah baik.

Kata Kunci: Peran Guru , Makanan Bergizi

ABSTRACT

Herlina Tanus, 2014. The teacher's Role in Acquainting Nutritious Food of Children in Group B at Mentari 2 Early Childhood Education Ombulo Village Limboto Barat Subdistrict Gorontalo District. Departement of Early Childhood Education Faculty of Education Universitas Negeri Gorontalo. The Principal was dr. H. Abdul Hamid Isa, M.Pd and the Co-supervisor Pupung Puspa Ardini, S.Pd, M.Pd.

The problem of statement of this research was how the teacher's role in acquainting Nutritious Food of children in Group B at Mentari 2 Early Childhood Education Ombulo Village Limboto Barat Subdistrict Gorontalo District is. This research aimed to describe the teacher's role acquainting Nutritious Food of children in Group B at Mentari 2 Early Childhood Education Ombulo Village Limboto Barat Subdistrict Gorontalo District.

This research applied qualitative method while the technique of data collection conducted by using observations and interview and it was analyzed by using descriptive qualitative.

The results of this research showed that the teacher's role in acquainting Nutritious food of children in Group B at Mentari 2 Early Childhood Education Ombulo Village Limboto Barat Subdistrict Gorontalo District was good in: (1) showing some varieties of nutritious food such as fresh fruits, milk, green bean porridge, and green vegetables, (2) cleaning fruits and vegetables before eating, (3) acquainting nutritious foods and explaining the advantage of nutritious foods for our body; and (4) acquainting children how to distinguish foods that were still suitable for consumption and not suitable for consumption.

Thus, it could be concluded that the teacher's role in acquainting Nutritious Food of children in Group B at Mentari 2 Early Childhood Education Ombulo Village Limboto Barat Subdistrict Gorontalo District, in showing some varieties of nutritious food such as fresh fruits, milk, green bean porridge, and green vegetables, cleaning fruits and vegetables before eating, acquainting Nutritious Food and explain the advantage of nutritious foods for our body, and acquainting children how to how to distinguish foods that were still suitable for consumption and not suitable for consumption, was good.

Keywords: Teacher's Role, Nutritious Food