

IBM WORKSHOP PENYUSUNAN PROGRAM DAN PENYIAPAN MENU MAKANAN TAMBAHAN ANAK SEKOLAH BAGI GURU SD INKLUSIF DIY

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Program makanan tambahan di sekolah (PMT-AS) belum dikemas untuk mengakomodir kebutuhan gizi anak ABK yang membutuhkan menu makanan khusus. Program ini bertujuan meningkatkan pengetahuan, keterampilan, dan kreativitas anggota forum komunikasi sekolah inklusi dalam penyiapan PMT-AS inklusi dengan target peningkatan pengetahuan dan keterampilan peserta dalam menyusun model PMT- AS serta tersusun database kreasi menu makanan PMT-AS sekolah inklusi.

Program ini didesain dalam tiga tahap. Pertama, seminar dan workshop pengembangan model PMT-AS inklusi, dilanjutkan simulasi dan praktek kreasi model menu makanan PMT-AS dan diakhiri dengan tahap pendampingan sekolah model. Hasil program menunjukkan keberhasilan proses yang ditunjukkan dengan kehadiran peserta mencapai 100%, peningkatan hasil tes pengetahuan sebesar 37,78%, dan sebanyak 80% peserta telah mampu menyusun kreasi menu PMT-AS serta terpilih 3 sekolah model. Hasil penjangkaran angket kepuasan peserta menunjukkan kepuasan peserta pada semua aspek adalah baik. Program IBM ini juga telah berhasil membantu sekolah menjalin kolaborasi yang baik dengan orang tua dalam penyusunan model program PMT-AS.

Kata kunci: makanan tambahan, sekolah inklusi, koleksi menu

DEVELOPING A SCHOOL NUTRITION PROGRAM FOR INCLUSIVE SCHOOL IN YOGYAKARTA SPECIAL REGION

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In Yogyakarta, some inclusive schools has already run a nutrition program, however, the program has not yet accomodated the need of special need students. This community development program aims to increase the knowledge, skill and creativity of inclusive school to develop their own moden of inclusive nutrition program. It targets participants to increase their knowledge and skill to develop a healthy and safe nutrition program especially for special need students and to arrange a food database for special need meals.

This program consists of three steps. First, it started with seminar and workshop to develop a school nutrition program, followed by simulation and cooking practices, and finally selected school was determined to implement the program with supervision. The results showed that this program has been succes in reaching the targets, revealing the participant attendance (100%) an increase of knowledge test (37,78%), participant ability to create a school nutrition program (80% school participant) and three elected schools for implementation. Participants also showed their satisfiedness in all aspects. Despite its success, this program has also facilitated school to collaborate with parents especially they who have special needs children in developing their own inclusive nutrition program.

Keywords: additional food, inclusive school, menu collection