THE MANAGEMENT OF HEALTHY CAFETERIA ON STUDENTS’ ACADEMIC ACHIEVEMENT

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Abstract

Children's health must be supported and maintained in the family environment and school environment. Making a healthy canteen there must be planning in advance, with careful planning will facilitate activity. Organizing is planned to determine whose duties and authorities will carry out a particular task to achieve a common goal. The implementation of this healthy canteen must go well, this healthy canteen will provide good benefits not only to its students but to the people who are in the canteen environment. This healthy canteen must also be supervised by relevant parties such as local health centers. With a healthy canteen, student food can be echoed and then the student's health is maintained and will result in increased student learning achievement.

Keywords: healthy cafeteria; students; learning achievement

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INTRODUCTION

Educational institutions have a very important role for the community from time to time because the implementation of educational institutions is responsible for educating the life of the nation (Gazali, 2013). For this reason, of course, students are entitled to get good educational services to support the teaching and learning process in this case students are the focal point in the implementation of education (Chaniago, 2012). To meet the needs of education in terms of the growth and development of students, a healthy canteen is needed in the school environment.

It is known that children tend to like snacks that look attractive, with striking colors, without thinking about whether eating is healthy or not (Rahmiati, 2021). Therefore irresponsible traders sell a variety of snacks that do not pay attention to how the feasibility of the food to be eaten by children, especially elementary school children who judge food based on its attractive shape. Therefore, based on several sources, there is often poisoning and diarrhea experienced by elementary school children caused by snacks in their school. Children will be more likely to buy snack foods that are available closest to their existence and that attract their attention (Iklima, 2017). Therefore, healthy snacks should be available both at home and in the school environment so that children's access to healthy snacks is guaranteed.

The provision of school canteen services aims to provide healthy and nutritious food and beverage needs and snacks that are not only intended for students but for all school residents (Prasetyo & Pratomo, 2018). So that in this case the type of food or drink eaten by students and other school residents can be controlled health. Because to foster these learners is not enough just to provide learning facilities but the fulfillment of other activities such as healthy and nutritious
food and drinks. The health and nutrition owned by the educated participants will affect the development of the potential of the participants at the time. Therefore the provision of a healthy canteen for the school is very necessary to be held. Schools have a major role in providing healthy and nutritious food and drink and snacks for students and other school residents. Therefore, schools must pay attention to the management of healthy canteens in order to ensure that the food or drink consumed by school residents is safe and healthy. Therefore, it is expected for the managers of the healthy canteen to always cooperate and consult with parties responsible for the feasibility of food or drink, such as BPOM. Canteen managers must also continue to control the food, drinks, and snacks available in the canteen. In order to achieve the goals of the implementation of the healthy canteen, planning, organizing, implementation, and supervision are needed.

This study aims to describe how the process of managing a healthy canteen in developing the potential of students. Which is reviewed from the aspects of healthy canteen planning, healthy canteen organizing, healthy canteen implementation, and supervision of healthy canteens and how the influence of healthy canteens on student learning achievement.

METHOD

There is also a type of research that we use is literature studies so that researchers can group, allocate organize, and use library variations in their fields. While the population in this study is that the PTK is also a student who is in an educational institution.

RESULT AND DISCUSSION

Management of educational facilities and infrastructure is the process of managing facilities owned by an institution or organization, in terms of education is done so that facilities and infrastructure can function optimally so that teachers and students, and other education personnel are able to carry out their duties effectively and efficiently. The existence of a healthy canteen is one of the facilities that need to be owned by an educational institution, therefore the management of healthy canteens needs to be enforced so that the purpose of holding a healthy canteen can be achieved. In the process of managing a healthy canteen can be done with several activities, namely:

Healthy Canteen Planning

Sambodo (2019) revealed that planning is the whole process of a careful estimate of the design of purchase, procurement, rehabilitation, distribution, or manufacture of equipment and equipment that suits the needs of the school. The standard procedures for managing the school's healthy canteen written by Hanum & Latifah (2018) in the planning of healthy canteen services must pay attention to (a) the division of the duties of teachers appointed as coordinators and implementing members of healthy canteens; (b) planning the construction of a healthy canteen and the procurement of supporting infrastructure; (c) the creation of an MOU/Memorandum of understanding between the school and the food vendor; (d) signing of MOU/Memorandum of Understanding and mutual agreement between the school and the food vendor; and (e) sellers in the canteen must take training from nutritionists, health agencies and MUI to maintain healthy and
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Halal canteens. In addition, the provision of healthy canteens must also pay attention to applicable standards, such as: There is sufficient land to be used as a canteen as a place to peddle food and drinks and snacks for children. In addition, there are also clean waterways to maintain the cleanliness and hygiene of food in the canteen. Also help the sellers in the canteen to clean the canteen, wash food, also make it easier for students to wash their hands before eating. because in the implementation of this healthy canteen, the sellers and managers of the canteen are the ones who interact more in the place, so that the cleanliness of each of them is very important to note, because if it cannot be the managers of the canteen who bring disease or pollution to the food that will later be consumed by students and other school residents. Because healthy food is not only seen from the nutritional content it has, but the cleanliness of these foods also needs to be considered in the management of this healthy canteen.

Determining the location for this healthy canteen is very important because health always depends on the state of the surrounding environment. The school as an educational institution plays an important role in implementing this healthy canteen program so that school residents can easily get food and drinks that are maintained cleanliness and nutritional value, those students and other school residents do not need to go far out of school to get food, besides that if there is no canteen in the school, it is feared that students will leave school during class hours to buy food or drinks so that in terms of food or drinks. This student is detached from the supervision of the teacher and it is feared that something happened to the student. It is very visible that the role of this healthy canteen is very important, therefore the management of healthy canteens needs to get attention from the school and the local government to place the location of the canteen that meets the cleanliness requirements, namely, the location of the canteen placed away from landfills while also toilets. The existence of a healthy canteen is very necessary for supporting the smoothness of students in following the learning process in school. Yusuf et al (2008) stated that the habit of snacking in school can be very useful if the food purchased is already met with health requirements so that it can complement or increase the nutritional needs of children. In addition, it is also to prevent stomach emptiness, because every 3-4 hours after eating, the child will feel hungry. If the child feels hungry, it will affect his concentration so that the child cannot refocus his mind on the lessons given by the teacher in his class (Mavidayanti & Mardiana, 2016).

Healthy Canteen Organizing

According to Gibson (in Sagala, 2012) organizing as a whole managerial activity is carried out to realize the planned activities into a structure of duties, authority, and determine who will carry out certain tasks to achieve the desired tasks of the organization. Furthermore, Allen (in Daryanto & Farid, 2013) describes organizing and connecting the work to be done, so that organizational tasks can be completed effectively and efficiently by people. Organizing here is the existence of an organizational structure formed by the school related to the duties and responsibilities of the school with the managers and guards in the healthy canteen. So that in this healthy canteen program can run effectively and efficiently and the goal of holding this healthy canteen can be achieved properly. In addition, the school also needs to establish cooperation with
external parties in supervising the running of healthy canteens which include; BPOM, local health centers, and the Environment Agency. Because as we know that the managers and sellers in this healthy canteen not only hold and sell healthy food and drinks, but they also have to know how to eat and drink healthy, how to distinguish food from food coloring and textile coloring, in order to ensure the health of the food.

**Implementation of Healthy Canteen**

The implementation of a healthy canteen must certainly run well and correctly. In accordance with the pre-made organizing, and perform the agreed-upon tasks accordingly. Managers and canteen guards must coordinate with each other and be committed to providing healthy and nutritious food and drinks so as to provide good energy and intake for anyone who consumes them, especially students in school; so that this indirectly greatly supports the smooth running of learning activities in schools when students are equipped with healthy and virtuous consumption of food and drinks. This is in line with the opinion of Februhartanty et al (2018) that the school canteen will be a support for educational activities when it can function by paying attention to sanitary aspects and providing healthy and nutritious food. Furthermore, Februhartanty revealed that the School Healthy Canteen is a unit of activity in the school that can benefit health. Therefore, a healthy canteen must be able to provide healthy main or light meals, namely Nutritious, Hygienic, and Safe to consume, for students and other school residents. In addition, Hanum & Latifah (2019) also revealed that in the implementation of healthy canteen services in schools, periodic checks must be held on the quality of canteen food. Evaluation of food quality needs to be done because the school canteen is one of the means in providing nutritional education for students. In addition, periodic supervision is also intended so that there are no plugs on unhealthy food in the canteen, so that it is always guaranteed the health of the food available in this healthy canteen.

**Healthy Canteen Supervision**

Canteen supervision can be carried out with supervision by the school (internal) and external supervision involving parties such as BPOM, local Health Center, and the Environment Office, to monitor and direct the management of the healthy canteen in providing food and drinks worthy of consumption, both in the cleanliness of processing and health insurance of food consumed by students in school. according to Hanum & Latifah (2018), the supervision of healthy canteen services consists of 2 types, namely: (1) internal school supervision is carried out every day by healthy canteen monitoring officers, and (2) external supervision is carried out periodically from health service officers/health centers. This supervision will also provide an evaluation related to the continuity of this healthy canteen program. So that with the implementation of this supervision will improve the quality of the healthy canteen.

The management of this healthy canteen is needed gradually to ensure its existence has an influence on the sustainability of the learning and teaching process. As we know that this healthy canteen is held so that healthy and nutritious food and drinks are guaranteed for both children and other school residents. Because it turns out that healthy and nutritious food and drinks can affect
students' learning achievements. According to Rahmat, et al (2015) Learning achievements can be interpreted as real achievements obtained by students after doing learning activities, it can also be called learning outcomes. Learning achievement is influenced by many factors, as explained by Syah (1997) that is, there are internal factors that are conditions caused in students, namely physical and psychic conditions (physical and spiritual conditions of students). While external factors are factors that affect students from outside the student's self, such as the surrounding conditions in the student environment. One of the internal factors that affect learning achievement is health factors. Healthy is a condition of a person free from all kinds of diseases, be it physical or psychic diseases. A person who has a health condition can do something well. Students who are in good health will be more maximal in their learning and make students easy to concentrate. Students who have good physical health will also have a positive impact on students, then students will contribute to the learning process so that students can learn optimally. While students who have health problems will have difficulty concentrating and learning is not optimal.

Health problems of elementary school-age children are usually related to the individual lifestyle or cleanliness of students. Healthy lifestyles that are closely related to learning activities such as breakfast before school, snacks in a clean canteen, eating regularly, washing hands before eating, brushing teeth, cleaning nails, throwing garbage in place, maintaining the cleanliness of latrines, cleaning the classroom, and school environment, using clean cloths, getting used to living clean at home, and doing regular exercise (Soekamto, 2002). According to Hurlock (in Rahmat et al, 2015) said an important factor in the growth and development of children is health and nutrition. The better the health of students, the better the learning achievements achieved by students.

The health of students is not only maintained in the family environment, or in the school environment only. But the health of students must be maintained and supported by the family environment and also the school environment. Most students take care of their health at home but do not maintain their health at home. As is the case if at home students are provided with nutritious food by their parents so that student growth and development run well. But when in school, students prefer food to see from the shape and color only, not paying attention to the cleanliness of the food. For this reason, a healthy canteen is needed for students to meet their nutritional and health needs.

**CONCLUSION**

Student health has a good influence on the learning process. When students have good health, then every activity carried out will run optimally. Including during the learning process, students will easily concentrate and achieve learning goals. Students' health is affected by healthy food and drink. So that the need for a healthy canteen in school. A healthy canteen has a positive effect not only on its students but also on other school residents. With a healthy canteen at school, parents do not have to worry about their children getting sick from eating a piece.
REFERENCE


