

THE IMPACT OF FAST FOOD ON EARLY CHILDHOOD HEALTH

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Abstract

Children's health is supported by a healthy lifestyle and nutritional intake that can support children's growth and development more optimally, but there are still some fathers and mothers who do not realize the importance of the knowledge that nutritional intake will have an impact on growth. Children's appetites are different from adults, which affects growth and development, and children like foods such as nuggets and outside snacks which do not necessarily contain a lot of nutrition. Apart from that, if you eat food at home, it is guaranteed to be clean, but if you buy food outside, that's not necessarily the case, so you prioritize healthy food provided at home. The research was carried out by PAUD An-Nur descriptive qualitative methods to explain data collection techniques such as observation, interviews, and documentation at PAUD An-Nur. Knowing the above phenomenon, researchers want to research so that they can provide references for mothers and fathers to get into the habit of consuming nutritional intake with good nutrition and maintaining cleanliness.

Keywords: *Early Childhood, Fast Food, Nutrition, and Health*

Abstrak

Kesehatan pada anak ditunjang dari pola hidup yang sehat maupun asupan nutrisi yang mampu menunjang tumbuh kembang anak lebih optimal namun masih beberapa ayah ibu yang belum menyadari pentingnya pengetahuan asupan nutrisi akan berdampak pada pertumbuhan. Nafsu makan anak berbeda dengan orang dewasa berpengaruh pada tumbuh kembang, dan anak-anak menyukai makanan seperti nugget serta jajanan diluar yang belum tentu mengandung banyak gizi. Selain itu, jika makanan dirumah sudah tentu terjamin kebersihan namun jika membeli makanan diluar belum tentu maka dari itu mengutamakan makanan sehat yang disediakan saat dirumah. Penelitian dilakukan PAUD An-Nur metode kualitatif deskriptif untuk menjelaskan kemudian teknik pengumpulan data seperti observasi, wawancara, dan dokumentasi di PAUD An-Nur. Mengetahui fenomena diatas maka peneliti ingin melakukan riset sehingga mampu berikan referensi untuk ayah ibu untuk pembiasaan mengkonsumsi asupan nutrisi dengan gizi yang baik maupun dijaga kebersihan.

Kata Kunci : Anak Usia Dini, Makanan Cepat Saji, Gizi, dan Kesehatan

INTRODUCTION

Fast food is spoiled with flavors that tantalize the tongue of every human being, including early childhood, so it becomes a favorite food for them, and parents provide fast food that contains excess MSG (Wathoni et al., 2023). In addition, if buying food outside is less clean, it is different from food made at home, which has clear nutrition, nutrition, and cleanliness. (Tabi'in, 2020). It is very important at an early age to train developmental aspects, then stimulation to train developmental aspects, and stimulation in the form of nutritional intake provided by parents when the child is at home or home (Afrinis et al., 2020).

Food habits given to children from an early age greatly affect the child's appetite, so they will like the food (Ulfadhilah, 2023). Food selection is very important to be considered by parents such as containing nutrients, and vitamins. In addition, early childhood is very good to be given the fulfillment of good nutrition so that the child's growth and development are optimal (Ode et al., 2023). Food will greatly affect the health of children if the selection of clean, nutritious food will be healthy fit but if children are given fast food, it will affect children's health such as throat pain and excessive MSG in the child's body (Baharun & Saleha, 2021). Fast food is easy for parents to serve, and does not require much time to cook or can be bought but the calories are very large (Wathoni et al., 2023). Understanding mothers and fathers in providing food that is appropriate for the age of the child, and contains good nutrition (Karmilasari et al., 2022).

Children experiencing obsession will find it difficult to do daily activities including school and play that is very popular (Romadona et al., 2021). The main activity for children is socialization with their peers and teachers, children can interact with the surrounding environment (Ariga et al., 2021). The benefits of children being able to interact and socialize at school and home will increase children's self-confidence, train children's vocabulary, children's language development, and be able to increase vocabulary for children if they are often invited to communicate with parents, family, and their extended family (Romadona et al., 2021).

Fast food saves parents time in preparing meals and snacks for children to go to school (Khairunnisa Ulfadhilah, 2021). However, there will be risks such as children not liking vegetables which are good for children's growth and development, and if children are accustomed to eating fast food, it will be difficult to accept other foods (Rahayu & Setiasih, 2022). In addition, fried preferred foods that are not far away such as fast food and even instant noodles are less recommended for young children because the MSG in these foods has

preservatives used, and colorings in these foods (Romadona et al., 2021). Consumption of large amounts of MSG may cause health problems such as headaches, nausea, vomiting, and sleep disturbances in some individuals, although these effects may vary between individuals. Fried foods tend to be high in saturated fat and cholesterol, which when consumed in excess can increase the risk of obesity and related health problems such as heart disease and diabetes. MSG-containing and fried foods often lack essential nutrients such as fiber, vitamins, and minerals. This can affect a child's overall physical and mental growth and development. Early childhood diet is very important for forming healthy habits in the future. Regular consumption of unhealthy foods can form bad eating habits that are difficult to change later in life so to reduce these negative impacts, it is important to pay attention to children's diets by providing a balanced variety of foods, avoiding excessive consumption of foods containing additives such as MSG, and limiting consumption of fried foods and other foods high in fat and sugar. Educating children about the importance of healthy food can also help form good eating habits in the future.

Young children in the school environment often buy foods that are less than nutritious, and lack hygiene (Batur & Getasan, 2002). If school snacks contain a lot of MSG, the hygiene aspect is not maintained exposed to street dust so that the virus easily enters the food purchased by children at school (Ariga et al., 2021). That way the mother provides additional food for the child when at school the child likes, beautiful to look at as using fruits, and vegetables that are uniquely modified so that the child likes to consume, and bringing water at home (Karmilasari et al., 2022). If parents supervise children's food at home and bring food and drinks, children's health is maintained, and there is not too much MSG in the child's body from an early age.

Early childhood neuroscience requires foods that contain lots of nutrients and vitamins, including children must be accustomed to drinking water if children are given good consumption in terms of nutrition, it will have an impact on the child's brain quickly receiving stimulation provided by teachers and parents (Ruli, 2020). Nutritious foods do not have to be expensive, such as spinach, mustard greens, carrots, eggs, and other nutritious foods (Na'imah, Wiresti, 2020). Excessive MSG consumed by young children is very bad for the growth and development process, containing preservatives that will affect the human body. Maintain immunity by maintaining cleanliness, nutritious food, and cleanliness so that no bacteria or dust affect the health of children affected by disease.

The impact of fast food will greatly affect the growth and development of children so that it is disturbed in children's health. The cause is that fast food lacks vitamins and balanced nutrition needed by early childhood. Fast food tends to be high in saturated fat, sugar, and

high calories. Excessive consumption can lead to excessive weight gain and potentially lead to childhood obesity. In addition, having sugar and fat content in fast food can disrupt a child's metabolism, including increasing the risk of type 2 diabetes and other health problems associated with unhealthy metabolism. The future impact of continuing to consume fast food that is high in saturated fat and cholesterol can increase the risk of heart disease in adulthood. Fast food tends to be low in fiber, vitamins, and other essential minerals necessary for healthy growth and development in children. This can lead to nutritional deficiencies that can potentially compromise overall health. Teaching children to choose a healthy and balanced diet from an early age is essential to support their optimal growth and development.

METHOD

This research uses descriptive qualitative to explain in detail the results of the research conducted. This research was conducted at PAUD An-Nur and then able to orientate the data that the researcher has done while in the field directly so that the results of the research that has been done will be processed. Data collection techniques at PAUD An-Nur are observation, interviews, and documentation so that it will help researchers describe the findings while at school.

RESULTS AND DISCUSSION

PAUD An-Nur provides additional food for students once a week with a different menu every week so that children will not feel bored. Providing additional food is not just to maintain the nutritional intake of students while in the school environment but teachers supervise snacks that do not use preservatives, materials that can harm children. When students are given additional food by the school, children can interact with their peers to be closer, students are given a supply of drinking food by parents so that they eat together with peers in the classroom at recess. It is very important if parents prepare lunch with beautiful colors, and delicious so that children are not tempted by snacks outside the home that are not necessarily kept clean and healthy from the food ingredients. Teachers provide examples of additional healthy and nutritious food for students to consume healthy food at home instead of consuming fast food that contains a lot of MSG. Healthy food must indeed be taken seriously by the school because many news and cases of school children becoming victims due to consuming snacks in the school environment. Seeing such news, then PAUD An-Nur appealed to bring lunch for students and supervise snacks in the school environment to minimize such incidents. In addition, schools provide additional food and teachers always give examples to

students to maintain the health of limbs, clothes worn, and nutritional intake that children consume at home and school.

Food that is not covered perfectly will be exposed to dust and flies that land on food and drinks so it will make children sick. The importance of education to students in food hygiene is provided by teachers at school and parents at home, communication between parents and teachers is highly recommended in the intake of appropriate nutrition for early childhood. It is very good when nutrition is nutritious and healthy so that it will increase children's intelligence and can be used as stimulation in the form of food and drinks for optimal child growth and development.

Parents must know their children's favorite foods so that when children like fast food, they can be created using tempeh or tofu which is better than junk food. Junk food is food that can make it easier for humans to not need to cook but these foods contain a lot of MSG and other ingredients that are not good if consumed regularly, especially in early childhood in the growth and development period. The role of schools will influence the consumption of students while in the school environment so that it is balanced from the teacher, and parents who provide healthy food for children's growth and development. Teachers can teach children hygiene before and after eating because it protects children from dirt and bacteria. Implementing cleanliness in everyday life is very important to be applied early on by parents and teachers at school so that children model what has been done gradually, and daily. If the child is familiar with cleanliness when the child is exposed to dirty will be uncomfortable, and maintain cleanliness from an early age. In addition, maintaining cleanliness is taught by religion and when things are clean, including clean food, it will create good things.

Parents need to be creative in cooking and making snacks for early childhood with interesting shapes, natural colors, and appetizing flavors so that children like them. If parents are diligent in creating food and drinks as well as making them together with children in the kitchen, they can teach children to recognize cooking tools and ingredients when in the kitchen, establish closeness with parents more by cooking together, children can communicate and tell stories freely. In addition, creating a new atmosphere so that children feel comfortable so that children are curious about the food made together with parents. Based on the results of interviews with PAUD An-Nur teachers, there are still parents who provide fast food to children at school such as flour chicken that is traded in the shop or fast food, namely nuggets and sausages, which lack balanced nutrition and even vitamins. In addition, parents must have new knowledge in providing food intake for children from an early age so that it is optimal in child development so that parents can pay attention to the food and drinks that children consume at home and school when preparing children's lunches.

The selection of nutritious food is not from an early age but while in the mother's womb if the mother consumes nutritious food, and maintains cleanliness will make the child in the mother's stomach well nourished. In addition, frequent communication while in the womb will affect the child's intelligence. Pregnant mothers must be kept very happy because it will have an impact on the fetus will also feel a sense of happiness in the mother, provide stimulation from the womb until the child is born into the world given the best intake, and stimulate well for optimal early childhood development. Good cooperation between father and mother is very influential in children's skills, so it must be maximized in providing stimulation of child development and nutritional intake that can optimize child growth and development.

The impact of consuming junk food can lead to rapid weight gain, obsession, and other diseases. The human body needs good nutrition such as vegetables, fruits, and proteins so that the immune system will be strong consuming junk food is very bad for health, especially for early childhood which requires balanced, healthy nutrition. Fulfillment of adequate nutrition for children from an early age has a very good effect on the child's physique, easily accepting learning from teachers and parents.

The habit of parents always paying attention to nutritional intake will decrease in children because it has become a routine to consume balanced nutrition, but it is different if parents always provide junk food, it will have an impact on the habits of children who like to consume junk food. Simple things in habituation do have an effect on children from an early age, just as parents set a good example that will be imitated very quickly by early childhood.

Healthy living can be passed down to children if they apply it regularly so that it will be a good habit in the family to implement healthy living by exercising, eating nutritious food, maintaining food hygiene, and drinking water frequently. That way the healthy lifestyle of parents will have a huge impact on children's habits from early childhood to adulthood, it is very important to implement a clean and healthy life in the family. Child education in the family is very important by giving good examples to children and then being imitated directly. School responsibility for junk food also has a role in students to always teach the bad effects of junk food on health, and will easily get sick. The school environment must supervise every snack, especially if there is junk food because it contains a lot of MSG if it continues to be consumed regularly by children while at school, it is easy to contract diseases and students' immunity decreases.

The school environment must be kept clean so that there is no stagnant water that will cause mosquito larvae, always provide bins in every corner of the school so that children can easily dispose of garbage in its place (Tabi'in, 2020). Giving examples of throwing garbage in its place by teachers to students is very good to be taught from an early age, then children

get used to throwing garbage not carelessly which damages the environmental ecosystem (Ulfadhilah, Khairunnisa, 2021). Maintaining cleanliness in terms of dust, organized and tidy schools will beautify the school into an additional value. Children are comfortable in a clean, tidy, and fragrant school by keeping the school together, and avoiding diseases of students and teachers who teach at school (Huliatunisa et al., 2020).

Fast food is also known by people from children to adults and they like the taste of fast food (Ariga et al., 2021). Fast food indicates non-nutritious food and fast food will cause obsession and obesity (Oktariani, 2021). In addition, fast food is located in remote parts of the country, making it easy to find and then buy (Yonata & Indah, 2016). With the many risks of fast food, children from an early age must be given knowledge, and insights using language that is easy for children to understand in the adverse health effects of consuming fast food that has no nutrients for the body.

Anticipating that children are not fond of fast food, parents must be more selective in buying food when outside the home, it is recommended to bring food for children to be clear nutrition, and hygiene is very well maintained (Jatmikowati et al., 2023). Setting an example for children to eat vegetables so that children can like healthy foods that will support the growth and development of children from an early age, providing healthy snacks by parents can use fruits or make snacks that certainly contain good nutrition for children (Ulfadhilah, 2023).

The role of parents who invite dialogue with children about the adverse effects of children's fast food such as the cause and effect of continued consumption of these foods will affect children's health, and nutrition from an early age. In addition, parents need to stimulate children in terms of thinking in children for all things including fast food. Parents' consistency in terms of implementing healthy living needs to be considered so that children can habituate and set an example when at home or school not buying fast food or snacks that have no nutritional value for early childhood. Food hygiene must be instilled in early childhood so that children can apply it in their daily lives, and the habits that have been applied in their families.

School programs that have implemented holistic integration will facilitate parents in health and nutrition services. That way every week children are given additional food by the school by providing healthy food or healthy snacks that are nutritious, and maintaining cleanliness in processing the food so that there will be no bacteria or dust attached to the food. Teachers can teach students to always consume nutritious, healthy food so that the body's immunity is always strong and to drink 1 liter of water a day for the body's needs. In addition, with the provision of additional food, students are taught to socialize with friends and teachers and the togetherness of eating together is taught from an early age.

Fast food often consumes adversely affects the human body so that it is obese the impact of obesity is shortness of breath, and sleep apnea. In addition, junk food can cause diseases in the human body if consumed excessively or every day so it is recommended to consume vegetable foods that are high in nutrients needed by the human body and nutritious and clean foods. Parental awareness is indeed the main thing for children's consumption since it is highly recommended to provide stimulation in the form of stimuli to train aspects of early childhood development, and nutritional intake that is kept clean. The role of parents with teachers is very necessary in implementing healthy food, and protecting children's snacks while in the school environment so that it will be balanced in providing nutritious food at school, and home.

CONCLUSIONS

Parents' awareness in terms of nutritional intake in early childhood should be considered in more detail, the nutritional value that children consume every day. Fast food is food that has no nutritional value for the human body because it has a lot of salt, sugar, and MSG it will cause diseases such as obsession to minimize the adverse effects of these parents must pay more attention to children's nutritional intake and provide nutritious nutrition for children so that they can be stimulated through food for optimal child development. In addition, the role of school teachers in supervising snacks in the school environment in terms of quality hygiene, and health is maintained by school regulations.

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