

## **EMPOWERING TEACHERS AND COMMITTEES OF RAUDHATUL ATFAL AL AMIN TABANAN FOR EARLY CANCER PREVENTION THROUGH DIVERSE, NUTRITIOUS, BALANCED AND FOOD SAFETY MOVEMENT (B2SA)**

**Analysa<sup>1</sup>, Putu Primadi<sup>1</sup>, Desak Putu Oki Lestari<sup>1</sup>, I Gusti Alit Artha<sup>1</sup>,  
I Nym Putu Riasa<sup>2</sup>, M. Yusuf<sup>3\*</sup>**

<sup>1</sup>Universitas Warmadewa, Denpasar, Indonesia

<sup>2</sup>Rumah Sakit Umum Pemerintah Prof.dr.I.G.N.G Ngoerah, Denpasar, Indonesia

<sup>3</sup>Politeknik Negeri Bali, Badung, Indonesia

*\*yusuf@pnb.ac.id*

**Abstrak:** Kanker merupakan salah satu penyebab utama kematian di seluruh dunia dengan jumlah kasus yang terus meningkat. Pemahaman tentang faktor risiko, gaya hidup sehat, dan pentingnya deteksi dini dapat memainkan peran yang signifikan dalam menurunkan angka kasus kanker. Pengabdian masyarakat ini bertujuan untuk memberdayakan guru dan komite di Raudhatul Athfal (RA) Al Amin, Tabanan, dalam upaya pencegahan kanker sejak dini. Peningkatan kesadaran dan praktik hidup sehat dilakukan melalui pelatihan dan sosialisasi Gerakan B2SA (Beragam, Bergizi, Seimbang, dan Aman) serta konsep Isi Piringku. Program ini dirancang untuk membekali para pendidik dengan pengetahuan dan keterampilan dalam mengajarkan pola makan sehat serta gaya hidup yang dapat mencegah faktor risiko kanker kepada anak-anak usia dini. Kegiatan pengabdian ini dilakukan dengan metoda penyuluhan aktif dan praktik yang melibatkan mitra yaitu guru, komite sekolah dan wali murid. Program dilakukan pada sekolah (RA) yang berada di tengah kota yang di banjiri oleh kuliner modern. Penyuluhan dan praktik dilakukan dengan cara menjadikan guru RA sebagai pendidik sekaligus motivator, dan komite merupakan ujung tombak gerakan ini. Hasil evaluasi menunjukkan adanya peningkatan pengetahuan mencapai 91,3%, sedangkan peningkatan sikap mencapai 89,2%. Disimpulkan bahwa terjadi peningkatan pengetahuan dan sikap pada semua responden tentang pencegahan kanker melalui gerakan B2SA.

**Kata Kunci:** pencegahan kanker, B2SA, isi piringku, raudhatul atfal

**Abstract:** Cancer is one of the leading causes of death worldwide, with increasing numbers of cases. Early understanding of cancer causes, risk factors, healthy lifestyles, and early detection can play a vital role in reducing the number of cancer cases. This community service aims to empower teachers and the committee at Raudhatul Athfal (RA) Al Amin, Tabanan, to prevent cancer from an early age. Increased awareness and practice of healthy living are achieved through training and socialization of the B2SA Movement (*Beragam, Bergizi, Seimbang, Aman*) and the concept of "*Isi Piringku*". This program is designed to equip educators with the knowledge and skills to teach healthy eating patterns and lifestyles that can prevent cancer risk factors in young children. This community service activity was conducted using active counseling and practical methods involving partners such as teachers, school committees, and parents. The program was conducted at a kindergarten (RA) in the city center, which is flooded with modern culinary offerings. Counseling and practice are carried out by making RA teachers both educators and motivators, and the committee is the spearhead of this movement. The results show an increase in knowledge reaching 91.3%, while the increase in attitude reached 89.2%. It is concluded that there was an increase in knowledge and attitude among all respondents regarding cancer prevention through the B2SA movement.

**Keywords:** cancer prevention, B2SA, plan my plate, preschool

### **Introduction**

Cancer is one of the chronic diseases that has a serious impact on public health and often has an effect on death. Early cancer prevention is a significant effort to reduce the incidence of

this disease in the future. A healthy diet and an active lifestyle are the main factors in reducing cancer risk at an early age (Jia et al., 2022; Marino et al., 2024; Rusminan et al., 2023). The government, through the Ministry of Health, has tried to anticipate cancer prevention with a diverse, nutritious, balanced, and safe (B2SA or *Beragam, Bergizi, Seimbang, Aman*) food movement and a balanced nutritional composition through the concept of Plan My Plate ("*Isi Piringku*"). The application of the B2SA principle in family food consumption is achieved through careful selection of food ingredients and the creation of meal plans. The variety of types of food consumed has an impact on the quality of eating. Families are the lowest level of community groups that must be aware of the importance of consuming B2SA food. The mother is responsible for selecting and preparing the family meals and ensuring that each family member consumes food to a high standard. (Nur & Dodo, 2021; Picauly et al., 2023).

People's diets still lack variety in food types and nutritional balance. The B2SA food consumption pattern provides a guideline for food use patterns to meet safety, halal, diversity, quality, and nutritional content regulations. It also aims to maximize efficiency by reducing waste in ordinary household expenses. The B2SA diet also guides the optimal use of food (*food utility*) by the body by increasing awareness of the importance of dietary variations and a balanced diet that includes calories, protein, vitamins, and minerals, as well as their safety (Aman et al., 2021; Palupi et al., 2022). Lack of knowledge about the importance of incorporating "Plan My Plate" into daily consumption patterns to achieve optimal health and a diverse, nutritionally balanced, and safe diet will cause adverse effects and even become a risk factor for cancer (Kasmawati et al., 2022; Yuniarti et al., 2021). In Indonesia, deaths due to malnutrition (both overweight and malnutrition) lead to the emergence of many non-communicable or degenerative diseases, including high blood pressure, diabetes, cancer, and stunting (Kemenkes RI, 2018; Ongko et al., 2023). Although there are indeed some residents who contract cancer and even die, it is hoped that this disease will not increase. It can be addressed by providing information about the factors associated with these symptoms and preventive measures (Fatmawati et al., 2022; Lestari, 2022; Ongko et al., 2023). Eating and living a clean lifestyle are part of the prevention.

Raudhatul Atfal (RA) Al Amin is an RA located in the middle of Tabanan City, Tabanan District, Delod Peken village. The total number of students is 92, including playgroups, Kindergarten A, and Kindergarten B. The lack of knowledge about cancer and its prevention makes teachers, committees, and parents indifferent to the food menu, snacks bought, and provisions that children bring to school. The stalls around the school that are most in demand are those that sell Pentol sauce, cold packaged drinks, and yellow rice. School principals and teachers find it challenging to increase parents' awareness of the need to provide healthy food for their children. There have been efforts every Friday to be given additional food in the form of mung bean porridge, eggs, and others, but only some of them want to eat it. Therefore, it is necessary to have an active counseling method involving teachers and school committees to socialize the B2SA government program and the Plan My Plate movement.

This community service program aims to empower teachers and committees at Raudhatul Athfal (RA) Al Amin, Tabanan, to prevent cancer from an early age. Increasing awareness and

healthy living practices are carried out through training and socialization of the B2SA Movement (Diverse, Nutritious, Balanced, and Safe) and the concept of Plan My Plate. This program is designed to equip educators with the knowledge and skills to teach healthy diets and lifestyles to prevent early childhood cancer risk factors. This knowledge and attitude will have an impact on children's diets so that it is under the purpose of the B2SA movement and the contents of Plan My Plate, which is to increase awareness and cultivate diverse, nutritious, balanced, and safe food consumption patterns for healthy, active, and productive living in the community.

## Method

This program was designed to equip educators with the knowledge and skills to teach healthy diets and lifestyles to prevent early childhood cancer risk factors. This service activity involved active counseling methods and practices involving partners, namely teachers, school committees, and guardians.

The implementation step of the activity is to conduct active counseling and practice with Partner 1 (RA Al Amin teacher) and Partner 2 (committee and guardian of students) through an active learning method that is carried out into a B2SA Movement and the contents of my plate. This implementation is more effective in active learning and practice than just counseling (Mayun et al., 2023; Palinata et al., 2023; Udayana et al., 2021). The active learning method makes partners 1 and 2 actively participate in improving program performance. It also ensures that these activities are not incidental but continuous. Role activation is carried out in Mitra 1 and Mitra 2 stages by visiting and meeting with the committee and making a joint learning plan. 2. The joint learning system is actively used through direct practice. 3. Assisting partners in socializing the B2SA program and the Plan My Plate movement and counseling. 4. Evaluation of cadres' ability to socialize the B2SA program is also carried out at the same stage. The solutions, targets, and measurement methods in this service activity are described in [Table 1](#).

**Table 1.** Solutions and Targets

<b>Solution</b>	<b>Target</b>	<b>Measurement Method</b>
Increasing Teacher's Participation in Cancer Prevention Early Through the B2SA Food Method and the Contents of My Plate	Teachers' knowledge about cancer prevention from an early age through the B2SA food method and the contents of my plate has increased so that it can be taught to students	<ul style="list-style-type: none"> <li>▪ Checklist, Pretest, post-test, Observation during active learning</li> <li>▪ Indicators of achievement: Post-test score above 90; Be able to conduct active counseling</li> </ul>
Increasing the participation of the committee in the prevention of cancer from an early age through the B2SA food method and the contents of my plate	Partners can motivate parents to prevent cancer early by running the method of filling my plate	The committee's activity in discussing and practicing the contents of my plate
Empowering the RA al Amin Tabanan committee in early cancer prevention through the B2SA program and filling my plate	The knowledge of partners (committees) increased about early cancer prevention through the B2SA food method and the contents of my plate	Kuisisioner pretest-posttest. Observation during active learning. Indicators of success of post-test scores above 90

In achieving goals and solutions, activities to apply science and technology to the community must be carried out to increase the role of health workers, cadres, and the

community, including B2SA activities and the concept of "Plan My Plate" (Benyamin, 2013; Indriyati et al., 2023; Rahmanindar & Harnawati, 2020). Success measurement was carried out by filling out checklists and questionnaire data by partners 1 and 2, as well as participating community groups. An indicator of success is that the score of the questionnaire post-test is higher than that of the pretest.

## Results and Discussion

Community service activities in the form of the B2SA Movement and the concept of "Plan My Plate" began on January 10, 2024, starting from the preparation stage of the Harvest Analysis in the form of visits and coordination with teachers in kindergarten. The application of the principles of B2SA in this activity is: 1) Diverse (more diverse and complete nutritional content), 2) Nutritious consists of macronutrients (carbohydrates, proteins, fats, and vitamins and minerals), 3) Balanced (the amount must be appropriate for age, gender, activity, ideal body weight, food group, and meal time), 4) Safe from chemical hazards (inappropriate BTP), physical, and biological. It must be delicious, attractive, easy, and marketable. More and more people who understand B2SA food are expected to produce quality and competitive human resources for the next generation, who will realize the importance of a good menu and nutritional intake for children. The activity took place at Al-Amin Tabanan Kindergarten/RA.

The first training is for partners, namely teachers, while the second training is to partners, namely the committee and parents of students. This training began with a pretest to measure the extent of the partner's knowledge and attitude towards the implementation of B2SA and the concept of "Plan My Plate" at home and at school. After the training and discussion, the handover of funds for routine fruit purchases.

This active training is carried out in three activities, the first is to provide socialization and direction by gathering teachers, committees, and guardians of students (Figure 1A), the second is to conduct active training for teachers (Figure 1B) and active training for committees and guardians of students (Figure 1C).



**Figure 1.** Training with partners

(A) Gathering of committees and guardians, (B) Training for teachers of Al Amin Tabanan Kindergarten/RA, (C) Training for committees and guardians

Trained teachers motivate students by eating fruit together while telling stories about agile and strong monkeys. The school committee also motivated the student's parents to apply the "Plan My Plate" concept in their family diet. After active training activities, mentoring was carried out for teachers, committees, and guardians to provide motivation and practice to students to motivate and develop a habit of eating fruits and vegetables, as well as examples of diverse menus at affordable and healthy prices as shown in [Figure 2](#) and [Figure 3](#). It is the application of B2SA and the contents of my plate in order to prevent cancer from an early age.

Cancer prevention is a preventive step that must be taken early by consuming food according to the B2SA pattern and applying the method of filling my plate. It is recommended to regularly eat fruits and vegetables that contain antioxidants that function to prevent cancer (Alzate-Yepes et al., [2023](#); Amaliah et al., [2020](#)). Besides that, in a balanced and safe menu, it is hoped that it can prevent contact with ingredients that cause carcinogens.



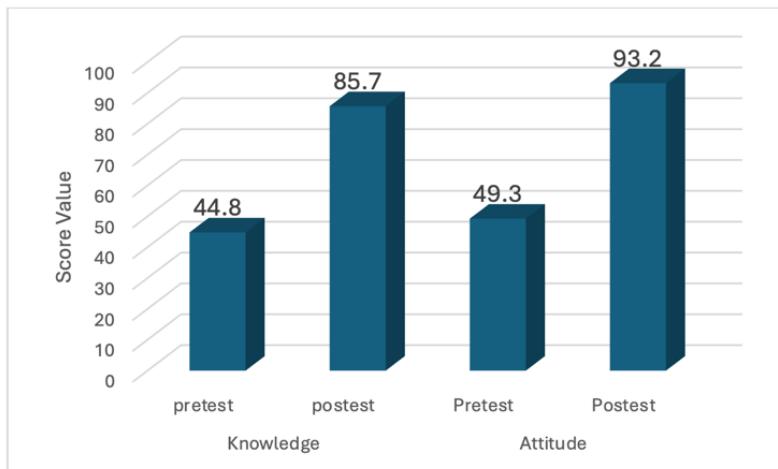
**Figure 2.** Assistance when the teacher motivates eating bananas by telling stories and playing (A). Children who are already motivated to scramble to pick their fruit (B).



**Figure 3.** Assistance and counseling on healthy menus from the committee to parents of students  
 (A) A series of activities, including blood pressure and blood sugar checks.  
 (B) there was a change in the meeting of the guardians, and it was seen that consumption had provided much fruit.

The success of this activity was measured by evaluating the results of pretests and post-tests, as well as making direct observations of changes in children's diets. The results of the pretest questionnaire were taken at the beginning of the program, and the results of the post-

test were taken at the last meeting. The graph shows an increase in knowledge and attitude. Scores above 80 occurred in all respondents, or the increase in knowledge and attitudes in respondents reached 100%. The Partner Knowledge and Attitude Improvement graph is shown in [Figure 4](#) below.



**Figure 4.** Graph of Knowledge and Attitude Improvement in Teachers, School Committees and the Guardian of the Students about B2SA and the concept of Plan My Plate.

Statistically, there was a significant difference in the increase in knowledge and attitude ( $p < 0.05$ ). The results of statistical tests using t-pair analysis on pre-test and post-test data can be seen in [Table 2](#).

**Table 2.** Results of t-pair test analysis on knowledge and attitude

Variable	Evaluation test	Average score	SD	t	p
Knowledge	Pre-test	44.80	9.95	-26.346	0.000
	Post-test	85.70	5.60		
Attitude	Pre-test	49.25	8.89	-31.414	0.000
	Post-test	93.18	5.02		

In Table 2,  $p < 0.05$  was obtained, which shows a difference between the pre-test and the post-test in the evaluation of knowledge and attitude. Based on the average score in Table 2, it was obtained that the average pretest score on knowledge was 44.80, while the average post-test on knowledge was 85.70, or experienced an increase in knowledge of 91.3%. Meanwhile, the average pretest on attitude was 49.25, and the average post-test was 93.18 or experienced an increase in attitude/behavior of 89.2%. Implementing the B2SA movement and the concept of 'Plan My Plate' impacted changes in diet and lifestyle based on recognition from participants. It can also be seen in the food provided by children at school.

The success of this activity is also in line with the service activities carried out by several other researchers who use the B2SA method or the concept of "Plan My Plate" (Asfina et al., 2021; Briliannita et al., 2022; Dini et al., 2022; Fitri et al., 2023). There is a strong relationship between knowledge and attitudes towards fruit and vegetable consumption in the context of cancer prevention (Dhanti et al., 2022; Hadi & Sembiring, 2023). Increasing knowledge and

attitudes towards cancer prevention efforts early can be done with the B2SA method and the "Plan My Plate" movement (Aman et al., 2021; Kurniawan et al., 2023). The results of this study prove that the increase in knowledge that occurs in teachers, committees, and parents also impacts their attitudes toward diet and daily lifestyle.

Therefore, based on the results and findings of the research from this service activity, it is recommended that counseling on B2SA and the "Plan My Plate" movement should be followed by practical activities for the direct community, such as parents and teachers, to build good knowledge and the right attitude to prevent cancer from an early age so that the harmful consequences of the impact of cancer can be prevented as early as possible.

## Conclusion

Based on the results and discussions in this research and community service activity, it can be concluded that cancer prevention can be done early by empowering teachers, committees, and guardians of students through the B2SA and Plan My Plate movements. Improving the knowledge and attitude of teachers, committees, and parents of students can be done by utilizing active counseling and practice of applying B2SA and the concept of Plan My Plate. The increase in knowledge of partners of this service activity (teachers, committees, and guardians) reached 91.3%, while the increase in attitudes reached 89.2%. The increase in knowledge among teachers, committees, and parents also impacts attitudes toward the diet and daily lifestyle, as well as the food provided by children at school.

## Acknowledgments

The author team would like to thank the Institute for Research and Community Service of Warmadewa University for financing this service activity. We would also like to express our gratitude to the Al Amin Foundation, the teachers, the committee, and the guardians of RA Al Amin Tabanan as the participants of this program.

## References

Alzate-Yepes, T., Pérez-Palacio, L., Martínez, E., & Osorio, M. (2023). Mechanisms of Action of Fruit and Vegetable Phytochemicals in Colorectal Cancer Prevention. In *Molecules* (Vol. 28, Issue 11). <https://doi.org/10.3390/molecules28114322>

Amaliah, L., Witri, W., & Hadiansyah, F. R. (2020). Tingkat Pendidikan dan Pengetahuan Wanita tentang Masalah Gizi Kanker Payudara. *Ghidza: Jurnal Gizi Dan Kesehatan*, 4(2), 216–225. <https://doi.org/10.22487/ghidza.v4i2.187>

Aman, D. A. N., Rangka, B. S. A. D., Dampak, M., Minggu, L. A. S., Marturia, J., Selatan, O., & Kupang, K. (2021). Implementation Food Consumption Patterns Different , Nutritional , Balanced and Safe (B2Sa) in Anticipating the Impact of Covid-19 Scope of Sunday School Children South Oesapa Marturia Congress, *Jurnal Pengabdian Pada Masyarakat Kepulauan Lahan Kering*, 2(2), 80–88.

Asfina, S., Nasution, H., & Rahman, S. (2021). Edukasi Isi Piringku Kepada Anak dan Orang Tua Sebagai Pencegahan Stunting Pada Masyarakat Kelurahan Pasar Merah Barat. *Jurnal Implementa Husada*, 2(4), 328–331. <https://doi.org/10.30596/jih.v2i4.11644>

Benyamin, D. (2013). Pelayanan Kesehatan Masyarakat Di Puskesmas Sempaja Kecamatan Samarinda Utara. *Ejurnal Administrasi Negara*, 1(2), 440–452.

Briliannita, A., Sada, M., & Matto, M. A. (2022). Peningkatan Pengetahuan Masyarakat Tentang Peran Gizi Seimbang Dengan Komposisi Isi Piringku Pada Masa Pandemi Covid-19. *Panrita Abdi-Jurnal Pengabdian pada Masyarakat*, 6(2), 420-427. <https://doi.org/10.20956/pa.v6i2.13726>

Dhanti, M., Ibnu, I. N., & Reskiaddin, L. O. (2022). Hubungan Pengetahuan dan Sikap dengan Perilaku Kebiasaan Sarapan, Konsumsi Buah dan Sayur pada Siswa SMP Negeri 24 Kota Jambi Tahun 2021. *Jurnal Kesmas Jambi*, 6(2), 17–25. <https://doi.org/10.22437/jkmj.v6i2.19731>

Dini, C. Y., Zakiya, F. F., Apriliani, D., Amelia, A., Windatari, L., Chayani, C. G., Aqilalhasib, M. T., Nugroho, D. P., Marolop, S. E., Aditya, D., R, M. S., A, D. A., Salsabila, A. P., Ramadhan, R. D., Kamilah, A. N., Kusuma, A. A., Afifah, C. A. N., Ruhana, A., Pratama, S. A., ... Imron, A. (2022). Penurunan Prevalensi Stunting Di Desa Sudimoroharjo Kabu-paten Nganjuk Sebagai Luaran Program Pendampingan Intensif Lintas Sektor Kepada Ibu Dengan Baduta Stunting. *Media Gizi Indonesia*, 17(1SP), 221–229. <https://doi.org/10.20473/mgi.v17i1sp.221-229>

Fatmawati, Mumthi'ah Al-Kautsar, A., & Alza, N. (2022). Manajemen Asuhan Kebidanan Pada Balita Dengan Gizi Kurang (Literature Review). *Jurnal Midwifery*, 4(1), 43–52. <https://doi.org/10.24252/jmw.v4i1.27883>

Fitri, F., Restusari, L., & Arsil, Y. (2023). Edukasi Gizi Pada Remaja di SMP Negeri 11 Pekanbaru Kecamatan Tenayan Raya Kota Pekanbaru. *Jurnal Pengabdian Kesehatan Komunitas*, 2(3), 238–246. <https://doi.org/10.25311/jpkk.vol2.iss3.1384>

Hadi, N. N., & Sembiring, N. P. (2023). Hubungan Pengetahuan dan Sikap Terhadap Konsumsi Buah dan Sayur Pada Siswa MTSN 2 Rokan Hulu. *Seminar Nasional Ketahanan Pangan*, 1, 1–74. <https://ketahanan-pangan.uin-suska.ac.id/index.php/home/article/view/8>

Indriyati, L., Wahyudin, A., & Sulistyowati, E. (2023). Evaluasi Program Pilot Project Transformasi Layanan Primer di Puskesmas Telaga Bauntung Kabupaten Banjar Tahun 2022. *Jurnal Kebijakan Pembangunan*, 18(1), 65–80. <https://doi.org/10.47441/jkp.v18i1.311>

Jia, T., Liu, Y., Fan, Y., Wang, L., & Jiang, E. (2022). Association of Healthy Diet and Physical Activity With Breast Cancer: Lifestyle Interventions and Oncology Education. *Frontiers in Public Health*, 10, 797794. <https://doi.org/10.3389/fpubh.2022.797794>

Kasmawati, K., Gobel, S. Y. V., Astat, A., & Harikedua, V. T. (2022). Media Kartu Isi Piringku Meningkatkan Pengetahuan Anak Usia Sekolah tentang Gizi Seimbang: Penelitian Kuasi Eksperimen. *Health Information: Jurnal Penelitian*, 14(2), 261–270. <https://doi.org/10.36990/hijp.v14i2.762>

Kemenkes RI. (2018). *Riset Kesehatan Dasar*. Direktorat Kementerian Kesehatan RI.

Kurniawan, B. A., Pramuditha, E., Melati, N. F. A., & Maulidi, A. I. (2023). Penerapan konsumsi pangan b2sa (beragam, bergizi, seimbang dan aman) dalam pola makan hidup sehat di lingkungan SMKN 6 Surabaya. In *Seminar Nasional dan Call For Paper 2023 dengan tema "Penguatan Kapasitas Sumber Daya Manusia Menuju Indonesia Emas 2045" PSGESI LPPM UWP*, 10(1), 50–57. <https://doi.org/10.38156/gesi.v10i1.258>

Lestari, D. P. (2022). Upaya Pencegahan Risiko Gizi Buruk pada Balita: Literature Review. *Jurnal Ilmiah Universitas Batanghari Jambi*, 22(1), 532. <https://doi.org/10.33087/jiubj.v22i1.1828>

Marino, P., Mininni, M., Deiana, G., Marino, G., Divella, R., Bochicchio, I., Giuliano, A., Lapadula, S., Lettini, A. R., & Sanseverino, F. (2024). Healthy Lifestyle and Cancer Risk: Modifiable Risk Factors to Prevent Cancer. In *Nutrients* (Vol. 16, Issue 6). <https://doi.org/10.3390/nu16060800>

Mayun, S. L., Susanti, N., & Mashar, H. M. (2023). Pengaruh Penggunaan Alat Peraga Isi Piringku Terhadap Pengetahuan dan Keterampilan Ibu Balita Tentang Pemberian Makan Anak di Desa Ipu Mea. *Jurnal Forum Kesehatan: Media Publikasi Kesehatan Ilmiah*, 13(2), 85–90. <https://doi.org/10.52263/jfk.v13i2.252>

Nur, M., & Dodo, D. (2021). Penerapan Pola Konsumsi B2SA dalam Mengantisipasi Covid-19 Lingkup Anak Sekolah Minggu. *Jurnal Pengabdian Kepada Masyarakat Undana*, 15(2 SE-Articles). <https://doi.org/10.35508/jpkmlppm.v15i2.6049>

Ongko, F., Willyana, C., Liman, M., & Atzmardina, Z. (2023). Kasus Gizi Buruk pada An. MFA dengan Pendekatan Kedokteran Keluarga di Wilayah Kerja Puskesmas Gembong, Kecamatan Balaraja, Kabupaten Tangerang, Provinsi Banten Periode: 10 November 2022 – 12 Desember 2022. *Malahayati Nursing Journal*, 5(8), 2518–2537. <https://doi.org/10.33024/mnj.v5i8.9311>

Palinata, Y. J., Baun, A., Leko, J. J., Charter, J., & Nope, F. E. (2023). Edukasi dan Pelatihan Makanan Beragam, Bergizi Seimbang dan. *Jurnal Pendidikan Tambusi*, 7(1), 98–103.

Palupi, F. H., Sulistyorini, E., Noviati, T. D., & Mahmudah, H. (2022). Pola Makan Sehat dan Keamanan Pangan Sebagai Wujud dalam Solidaritas Pangan. *Media Pengabdian Kepada Masyarakat (MPKM)*, 1(02), 78–86.

Picauly, I., Sakke Tira, D., & Pellokila, M. (2023). Pentingnya Pola Makan Beragam, Bergizi, Seimbang, dan Aman Dalam Upaya Percepatan Penurunan Stunting di Wilayah Kerja Puskesmas Sumlili Kecamatan Kupang Barat Kabupaten Kupang. *Jurnal Pengabdian Pada Masyarakat Kepulauan Lahan Kering*, 4(1 SE-), 9–17. <https://doi.org/10.51556/jpkmkelaker.v4i1.235>

Rahmanindar, N., & Harnawati, R. (2020). Pengaruh penyuluhan program isi piringku terhadap peningkatan sikap dan perilaku ibu dalam manangani balita gizi buruk. *Jurnal Medikes (Media Informasi Kesehatan)*, 7(2 SE-Articles). <https://doi.org/10.36743/medikes.v7i2.235>

Rusminan, S. A., Ulfia, M., Fitria, Z., Mega, P., Fitria, Z., & Sandria, S. (2023). Penyuluhan mengenai pencegahan dan deteksi dini kanker pada masyarakat Kota Prabumulih. *Jurnal Pengabdian Masyarakat: Humanity and Medicine*, 4(3), 197–209. <https://doi.org/10.32539/hummed.v4i3.104>

Udayana, I. G. B., Agung, A., Mayun, N., & Warmadewa, U. (2021). Kintamani Bali Arabica Coffee Marketing Strategy Through the Supply Chain and Marketing Mix. *Proceedings of the 3rd Warmadewa Research and Development Seminar, WARDS 2020, 21 December 2020, Denpasar-Bali, Indonesia*, 1–10. <https://doi.org/10.4108/eai.21-12-2020.2305841>

Yuniarti, H., Susanto, E., & Kemenkes Palembang, P. (2021). Improvement of Balanced Nutritional Knowledge and Skills Through the Demonstration of Isi Piringku in Basic School Children. *JCES (Journal of Character Education Society)*, 4(2), 495–503. <http://journal.ummat.ac.id/index.php/JCES/article/view/4314>