

ABSTRACT

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The description of knowledge and behavior of mother in giving vegetables to Preschool Children in Sukajaya Sub-district of Palembang

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Background: *Vegetables have several benefits such as energy source, vitamin source, supporting eye health, immunity, and building the body cells. The impact of eating fewer vegetables on preschoolers can have an impact such as malnutrition, obesity risk, anemia, body weakness, fatigue, lethargy, lack of concentration, and laziness. Vegetables play an important role in developing preschoolers. The numbers of children eat fewer vegetables under the age of 5 years reach 95.5% where in South Sumatera, the number of preschoolers who have less vegetable consumption reaches 96.5%. According to the World Health Organization, preschoolers and school-age children are encouraged to consume vegetables as much as 300-400 grams per person per day.*

Purpose: *to investigate the description of knowledge and behavior of mother in giving vegetables to preschoolers in Sukajaya village of Palembang city.*

Method: *The study is categorized as quantitative research with a descriptive design. The population used in this study are all respondents who had preschool children in Sukajaya Sub-district in Palembang city. The study used the total sampling techniques with a total sample of 70 respondents.*

Result: *The result shows that the respondents who has less knowledge are 29 respondents (41.4%), has quite good knowledge are 26 respondents (37.1%), and good knowledge are 15 respondents (21.4%). Moreover, the numbers of respondent who have good behavior in giving vegetables to their preschool children are 37 respondents (52.9%) for the mother who have negative behavior, and 33 respondents (47.1%) for the mother who have positive behavior. The result also finds that the posyandu nurses can provide a counseling program and information about basic knowledge and behavior in giving vegetables to preschool children. The mother can upgrade their knowledge and behavior in giving vegetables by finding the information from health workers and media. All of these activities can increase the knowledge and behavior of the mother.*

Keywords: *Vegetable feeds, Knowledge, Behavior.*