

# The Importance of "Optimizing Children's Nutrition During a Pandemic", UPNVJ Nutrition Holds Series 5 Nutrition Talks

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**HumasUPNVJ** - The covid 19 virus that is currently spreading has forced the world's people to stay at home with all the circumstances that occur. Maintaining health for toddlers to the elderly must be done so that the immune system remains strong in the current conditions.

Quoting [Republika.co.id](https://www.republika.co.id), the number of toddlers in the country reaches 25 million with a high birth rate of 4.5 million in a year. The Director General of Public Health at the Ministry of Health Dr. Kirana Pritasari MQIH has emphasized to parents to pay more attention to their children's nutritional needs during the COVID-19 pandemic.

On that basis, the Nutrition Science Study Program, Faculty of Health Sciences, UPN Veterans Jakarta, in collaboration with the Jakarta II Ministry of Health Poltekkes conducted the Series 5 Online Nutrition Chat Webinar (OBRAS) on Tuesday, June 23, 2020.

As many as 2,139 people took part in this online chat by presenting resource person Iin Fatmawati, UPNVJ Nutrition Science Study Program Lecturer, Dr. Siti Mutia Rahmawati, Lecturer at the Department of Nutrition, Poltekkes Kemenkes Jakarta II, Sintha Fransiske Lecturer at UPNVJ's Bachelor of Nutrition Science Study Program, and Meilinasari, M.Kes Lecturer at the Department of Nutrition, Poltekkes Kemenkes Jakarta II

With the theme "Optimizing Child Nutrition During a Pandemic" this event received quite good enthusiasm from various groups, especially parents.

Dr. Siti Mutia Rahmawati, discussing the theme "School Children's Nutrition Welcomes New-Normal" in her discussion she explained that school children experienced physiological changes including childhood, muscle strength, increased fat tissue (19% for women, 14% for boys), increased muscle tissue in children. For men, strict and wrong diets can reduce the growth and development of children. Characteristics The growth and development of children's physical growth, requires a pattern of healthy eating, proper nutrition.

He also conveyed several problems in the nutrition of school children, including stunting and obesity.

Here are some things that can be known in maintaining school children's nutrition during the new normal, namely by eating a variety (as needed), PHBS (Clean and Healthy Living Behavior), doing physical activity, monitoring weight and having breakfast habits as a way to maintain body weight . The breakfast habit rate in Indonesia is 44.6%, which is still lacking. The breakfast habit of Indonesians is only based on carbohydrates, fat and sweet drinks, so it is not in accordance with balanced nutrition because breakfast contributes 15-30% of daily nutritional needs.

The discussion was continued by two other speakers with a discussion on Optimizing Child Nutrition during a Pandemic by UPNVJ Nutrition lecturer Sintha Fransiske S, and Dealing with Snacks and School Supplies in the New-Normal Period delivered by Meilina Sari, M.Kes, a lecturer in the department of nutrition, Poltekkes Kemenkes Jakarta II.

For those of you who want to know the material clearly, you can see it on the page <https://fikes.upnvj.ac.id/id/berita-umum/2020/06/webinar-obras-gizi-5-optimalisasi-gizi-anak-saat-pandemi.html>

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