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Evaluation of the Implementation of the Early Childhood Feeding Program at Natur Islam Kindergarten, Bekasi: CIPP Method

Ani Setyaningsih*

Universitas Pancasakti Indonesia,
Indonesia

*Correspondence: E-mail: anisetya83@gmail.com

ABSTRACT

This study aims to evaluate the context, inputs, processes, and results of the lunch program at Natur Islam Kindergarten. This research is a type of research evaluation with a descriptive qualitative approach. The evaluation model used in this study is CIPP (Context, Input, Process, Product) developed by Stufflebeam. Data was collected through interviews, observation, and documentation. Data analysis is carried out by reducing data, then presented in the form of descriptions, and verified by drawing conclusions.

The results showed that the evaluation of the context of the healthy feeding program showed that the program had clear objectives and planning. Evaluation of lunch program inputs shows that the school plays a good role in running this program. Evaluation of the lunch program process shows that the implementation of this program is in accordance with the daily nutritional needs of children based on balanced nutrition guidelines and the contents of my plate. However, the obstacle faced is the lack of cooperation of parents in providing food in accordance with balanced nutrition guidelines and the contents of my plate to children at home. Evaluation of program results showed that children achieved their target weight according to their age, and none of the children experienced malnutrition or stunting.

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1. INTRODUCTION

Early childhood is the generation that will become the future of a nation. The formation of a strong, intelligent, creative, and productive generation is the responsibility of all parties. To ensure optimal growth and development of children in all aspects, attention from all parties is very important. Government policies also play a role in realizing a strong, intelligent, creative, and productive generation. One form of program that can help achieve this goal is the provision of healthy food.

The healthy food provision program is an intervention that aims to familiarize healthy eating patterns and healthy lifestyles in PAUD and PNF units. This program is also an initiative for local governments to overcome stunting problems in their areas ([Directorate General of PAUD, 2018](#)). Providing healthy food has a positive effect on the nutritional status and growth of children. Good nutritional status can be achieved when the body gets enough nutritional intake, thus allowing optimal physical growth and health. Conversely, poor nutritional status occurs when the body lacks or has excess nutrients.

Research by Purwani in [Pujiati et al. \(2021\)](#) found a relationship between feeding patterns and nutritional status of children aged 1 to 5 years in Kabunan Village, Taman District, Pemalang Regency. The results of the study showed that there was a significant relationship between feeding patterns and children's nutritional status ([Pujiati et al., 2021](#)). Therefore, it is recommended that mothers of toddlers pay attention to feeding patterns for their children to maintain good nutritional status.

According to Almatsier, eating patterns are an effort to regulate the amount and type of food by considering health, nutritional status, and disease prevention and recovery. Consumption of nutrients is also a factor that directly influences nutritional status ([Amirullah et al., 2020](#)). Paplau H, a nursing expert, explains that health is a process related to creativity, constructivity, and productivity. Therefore, health is an important aspect in forming quality human resources. The health sector needs special attention and treatment to support the development of national character ([Udu et al., 2019](#)).

According to the Ministry of Health in [Mardhiati and Fadli \(2020\)](#), signs of a healthy child have the following criteria: weight increases according to the growth line on the Healthy Menu Card (KMS), or even increases to a higher color band, height growth according to age, development of abilities according to age, rarely experiencing illness, being cheerful, active, and agile. The process of forming a child's health does not happen suddenly or instantly, but through stages that begin during the mother's pregnancy. There are many factors that affect a child's health, including breastfeeding, immunization, nutritional status, and infectious diseases in children. These factors are closely related to the child's healthy behavior and the healthy behavior of those around him ([Ridha et al., 2023](#)).

According to [Adisaputro \(2020\)](#), nutritional elements are one of the important factors in forming quality human resources, namely healthy, intelligent, and productive humans. Nutritional disorders in the early stages of life will have an impact on the quality of life in the future. Malnutrition in toddlers not only has an impact on stunted physical growth, but also affects intelligence and productivity as adults ([Dini, 2022](#)).

Eating patterns in early childhood have a very important role in their growth process, because food is a rich source of nutrition ([Muriyanti et al., 2022](#)). Forming healthy behavior in children begins at an early age, because during this period the most vital stage of brain development occurs, which reaches 80% of brain development. To achieve health conditions, it is important to change unhealthy behaviors into healthy behaviors and create a clean and healthy environment ([Oktariani et al., 2021](#)).

According to the Ministry of Health in [Wulandary \(2014\)](#), early childhood health education carried out by parents must be based on the following principles: (1) Focusing on the needs of children's growth and development. (2) Learning activities are carried out by meeting children's play needs. (3) Stimulating creativity and innovation in clean and healthy living with interesting and fun activities. (4) Providing an environment and sanitation facilities that support the learning process. (5) Developing clean and healthy living skills that help children become independent, disciplined, able to socialize, and have basic skills that are useful in the future. (6) Using various sources and learning media that are around the child. (7) Implemented gradually and repeatedly with sufficient variation, paying attention to the principles of child growth and development. (8) The educational approach includes all aspects of health for optimal child growth and development. Clean and Healthy Living Behavior (PHBS) needs to be introduced and instilled from an early age as an investment for the future to create a better environment ([Moerad et al., 2019](#)).

The role of parents is very important in implementing clean and healthy living behaviors in children (Wulandari and Pertiwi, 2018). This is in line with research findings that conclude that parental parenting patterns influence clean and healthy living behaviors in children aged 3-4 years. Parenting patterns that tend to be non-independent include protective, permissive, rejecting, and inconsistent parenting patterns, while parenting patterns that encourage independent PHBS include demanding, dominant, and critical parenting patterns ([Wahyuni, 2024](#)).

Optimizing child growth and development can be done through three pillars of service, namely health services, nutritional intake, and psychosocial stimulation. Provision of appropriate and quality services can be done if parents, especially mothers, caregivers, and early childhood educators have knowledge and understanding of health services, nutrition, and psychosocial stimulation that are in accordance with the growth and development needs of early childhood ([Yeni et al., 2020](#)).

Based on observations of children's health records at Natur Islam Kindergarten, no children experienced malnutrition (stunting), and the children's development was quite good. However, some children looked thin and their weight did not match their age. Looking at the children's weight data, Natur Islam Kindergarten implemented a school lunch program. This program involves lunch and snacks consisting of a menu of rice, side dishes, vegetables, and fruit. Snacks are provided during breaks with a scheduled menu. The snacks provided are local foods that contain protein, carbohydrates, vitamins, and are healthy. This lunch and snack program has never been evaluated in its implementation, so the author is interested in evaluating the meal program at Natur Islam Kindergarten.

The purpose of the school lunch and snack program is to ensure that students are in good health so that all aspects of their development can develop properly and their nutritional needs are met ([Novitasari and Zaida, 2021](#)). This will prevent malnutrition. In addition, this program also aims to increase awareness of parents of students about the importance of fulfilling children's nutrition ([Vidyasari and Frianto, 2019](#)). The types of lunch and snack menus vary so that students do not get bored. The menu includes local foods from West Java and other areas that meet the nutritional needs of children's bodies. This healthy food program is also an effort by the government to implement a healthy diet in accordance with balanced nutrition guidelines consisting of 4 pillars and 10 general messages of balanced nutrition, with the aim of overcoming the problem of stunting in Indonesia ([Mardhiati, 2019](#)).

2. METHODS

This study is a qualitative study with an evaluative approach, using the CIPP model developed by Stufflebeam, to answer the problem formulation in this study. The qualitative method was chosen in order to obtain a deeper understanding and interpretation of the meaning of the phenomena that occur in the field. According to Stufflebeam, the CIPP evaluation model is a comprehensive evaluation model with formative and summative functions. The formative function of evaluation aims to provide information to improve and develop programs, while the summative function of evaluation aims to determine the success or continuation of the program (Nurdin and Anhusadar, 2020).

Stufflebeam's CIPP model is used in this study to evaluate four aspects, namely context (program background and objectives), input (activity plans, teachers, and students), process (program implementation, program mechanisms), and products (results). This research was conducted at TK Natur Islam, which is one of the Driving Schools in Bekasi City. The number of students in this study was 30 students, involving 5 teachers and 1 principal. The research was conducted during the even semester of the 2022/2023 Academic Year, from May to July, at Natur Islam Kindergarten. Data collection was carried out through observation, interviews, and documentation. Data analysis was carried out using data reduction, data display, and conclusion/verification techniques.

3. RESULTS AND DISCUSSION

The results of the study showed that there were several objectives of the meal program at Natur Islam Kindergarten that had not been achieved, namely: creating good cooperation between teachers and parents of students in implementing the same program at home, including menu variations and the implementation of balanced nutrition based on the contents of my plate in the child's meal program at home. However, the healthy food program has succeeded in achieving other objectives, such as preventing children from experiencing malnutrition or stunting, and creating awareness of the importance of health, such as washing hands before eating, consuming vegetables, and implementing clean and healthy living behaviors both at school and at home. The purpose of this healthy food program is to motivate teachers and schools to create a healthy and intelligent generation, thus producing a good generation in the future. The achievement of this goal cannot be separated from the active role of teachers in providing learning about health and hygiene, as well as the support of several parents who implement healthy eating patterns at home. This program not only has a positive impact on children, but also on teachers and school employees who receive the same meal program, so that they get sufficient nutritional intake and knowledge about healthy food. The results of other studies also show a positive and significant relationship between mothers' knowledge in providing healthy food and children's nutritional status.

Based on the findings of the context evaluation in this study, the program objectives, unachieved objectives, and easily achievable objectives can be identified. These three things are part of program planning and determine program needs. This context evaluation provides an overview of the situation or background that influences program planning. By knowing these weaknesses and strengths, the evaluator can provide direction for necessary improvements. Judging from the objectives of the feeding program at Natur Islam Kindergarten, it can be seen that the objectives have been well-directed and planned, thus helping in the implementation of the program. However, the weakness that exists is the limited school budget to finance the feeding program, which is then charged to parents. The advantage of this program is the strong enthusiasm and motivation from teachers and the school, which supports the smooth running of the feeding program at school.

The meal program at Natur Islam Kindergarten is carried out every effective school day, involving all students from various classes. The implementation of this program involves an

important role from the principal, teachers, and school employees. School management has a significant role in the implementation of this program and works with the government to run a healthy food program. The facilities and infrastructure needed in this program, such as a kitchen complete with equipment, cleaning tools, and hand washing tools, are provided to ensure the cleanliness of the school environment and maintain the cleanliness of children. This meal program not only involves the principal, but also all teachers who have an important role in running the program. In addition, training is carried out for parents to educate them about the school meal program. The purpose of this program is to ensure that all students have good nutritional status and are not stunted, as well as to achieve the government's goal of eradicating stunting in Indonesia. In addition, this meal program also has a positive impact on students in understanding the importance of health and consuming healthy foods.

During the implementation of the meal program at Natur Islam Kindergarten, the program was carried out for five days a week, during break time and lunch time. The preparation of the program involved the principal, teachers, and kitchen head in planning the food menu and managing the budget. The processing of food ingredients was carried out by the school chef in accordance with established procedures, including maintaining cleanliness and using healthy food ingredients. During the meal activity, the teacher explained the types of food, how to process them, the names of the foods, and their nutritional content to the students. The teacher conveyed this information well and in a language that was easy for the children to understand. The program evaluation was carried out by the principal by involving teachers in collecting data on children's weight. The results of this evaluation were recorded and presented in a management meeting to determine further action. Although the implementation of the meal program at Natur Islam Kindergarten went well, there were several obstacles encountered, such as the high cost of procuring food ingredients and employee salaries. In addition, a better understanding of the kitchen team about food processing methods is needed so that nutrition is maintained without reducing the image and taste of the food.

In another study conducted at TK Natur Islam, the results showed that the implementation of the Holistic Integrative PAUD program has a clear legal basis and TK Natur Islam has met the requirements in implementing this program. This school has followed the Independent Curriculum, has a structured SOP, learning has been in accordance with the child's development stage and parents' expectations. The school has an SOP for teacher duty, welcoming the arrival and return of students. The lunch provided by the school has met the daily nutritional needs of children and children are prohibited from buying snacks outside the school environment.

In implementing the healthy food program at TK Natur Islam Bekasi, the study found several obstacles that emerged. One of them is the need for large costs for the procurement of food ingredients and employee salaries. Another obstacle is the need to continue to strengthen the kitchen team's understanding of food processing methods so that nutrition is maintained without reducing the image and taste of the food.

In product evaluation, the achievement of the objectives of the healthy food program at Natur Islam Kindergarten can be seen from the Body Mass Index (BMI) of children. Each child has a different BMI because of their varying ages. This program aims to ensure that children have development that is appropriate to their age and have good health by paying attention to the equality of the child's weight with their age. Based on the weight table of students at Natur Islam Kindergarten Bekasi consisting of 30 children, there are several children whose weight is less than their age and several children who are overweight. However, in general, children in the ideal category based on the weight of boys and girls aged 5 years are between

13 kg and 24 kg. From the results of this study, it can be concluded that the healthy food program at Natur Islam Kindergarten has succeeded in achieving its objectives in terms of fulfilling children's nutrition and preventing malnutrition or stunting.

From this assessment, it can be said that the products produced from the healthy food program are good and have a positive impact on meeting the daily nutritional needs of children at school. In addition, this program also trains children to pay attention to meeting health needs, personal hygiene, and maintaining the cleanliness of schools, homes, and classes from an early age. This has a positive impact when they are adults, namely becoming adults who are able to live clean, healthy, and consume nutritious food, and avoid hazardous materials (Jatmiko et al., 2023).

Natur Islam Kindergarten has succeeded in implementing a feeding program as one of the important programs for child growth and development. The results of other studies concluded that there is a relationship between feeding practices and the nutritional status of children aged 3-5 years, with a p value <0.05. Children who are less than optimal in feeding are 8 times more likely to have a thin nutritional status compared to parents who are optimal in feeding (Perdani, et al., 2016).

The school has made good efforts in developing a feeding program. Product evaluation shows that the healthy food program at Natur Islam Kindergarten has achieved good results, where all students do not experience stunting or malnutrition. This evaluation is an important step to evaluate the results achieved in implementing the program.

4. CONCLUSION

Overall, the evaluation of the healthy feeding program at Natur Islam Kindergarten showed positive results. The context evaluation showed that the feeding program had clear goals and planning. The input evaluation showed a good role from the school and government in implementing the program. The process evaluation showed that the implementation of feeding was in accordance with the procedures that had been provided, although there were obstacles in parental cooperation at home. The product evaluation showed that the target weight of children according to their age had been achieved, and no children experienced malnutrition or stunting. Thus, it can be concluded that the healthy feeding program at Natur Islam Kindergarten has succeeded in achieving the expected goals, namely fulfilling children's nutrition and preventing stunting in Indonesia.

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