



**Journal of Human And Education**

Volume 5, No. 1, Tahun 2025, pp 1440-1445

E-ISSN 2776-5857, P-ISSN 2776-7876

Website: <https://jahe.or.id/index.php/jahe/index>

## **Education On Consuming Food With Balanced Nutrition In Creating Superior Resources In The Village**

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### **Abstract**

This community service was carried out in a number of villages, namely Sukaramai Satu Medan Area village, Wonosari Gempol village, and Gerit Pati village for 40 days by finding problems and solutions as follows. During the forty days of the field service, the service providers implemented vegetable and fruit standards as recommended by the Ministry of Health. The service providers not only socialized the village community theoretically, but also directly provided practices according to the financial capabilities of the service providers. Thus, the service providers believe that education on food consumption with balanced nutrition can create superior human resources in the village.

**Keywords:** *Consuming Food, Nutrition, Superior Resource*

### **INTRODUCTION**

Human resources are everything that is a company asset to achieve its goals, because the development of the company is very dependent on the productivity of the workforce in the company. According to (Lauren 2017) "human resources are a very vital organizational asset, so that their role and function cannot be replaced by other resources". Meanwhile, according to Edy Sutrisno "human resources are the only resources that have reason, feelings, desires, skills, knowledge, drive, power, and work (ratio, taste, and intention).

Therefore, human resources are an important element in achieving goals in a company, with the quality of human resources and the skills of workers can move the company properly and correctly. Human resources are often viewed as one of the factors of production in an effort to produce goods or services. Human resources must be managed properly to create a balance between employee needs and company demands. To overcome problems related to personnel or human resources, companies need experts in the field of management. There are several definitions of human resource management put forward by experts including: According to Anwar P. Mangkunegara, the definition of human resource management is the management and utilization of resources available to individuals (employees) (Jackson 2010).

According to (Simamora 2004), human resource management is management that focuses on maximizing the capabilities of employees or members through various strategic steps in order to improve employee performance towards optimizing organizational goals. According to (Maharani 2019), human resource management is the activity of planning,

procuring, developing, maintaining and using human resources to achieve goals, both individually and organizationally.

Based on the above understanding, the author concludes that human resource management can be interpreted as a science that regulates management activities that include development, utilization, inspection, selection, and reward, to achieve good goals for employees, companies, and society. The purpose of human resource management is to improve the productive contribution of workers to the company, therefore human resource management is a process of handling various problems in the scope of employees. According to Schuler "the purpose of human resource management is to improve the level of productivity, improve the level of quality of life, and ensure that the organization has met legal aspects" (Handoko 2014).

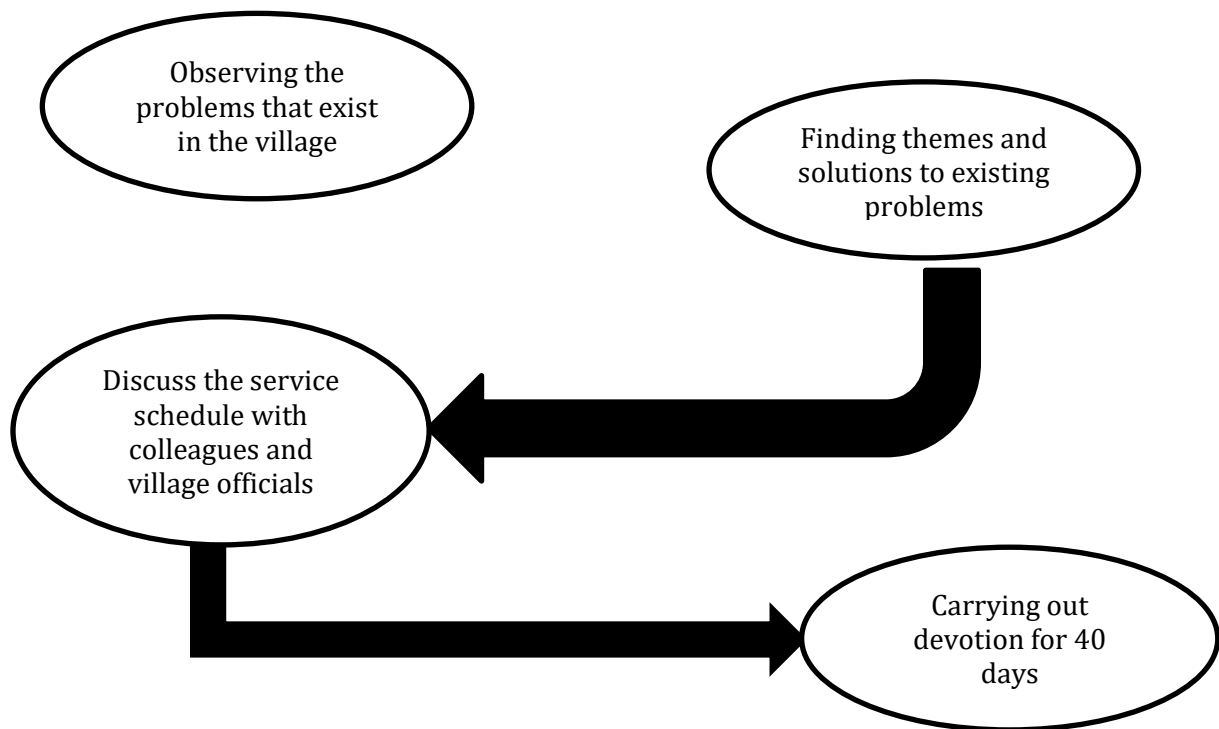
In addition, human resource management aims to help functional managers to manage all workers in a more effective way. The role of human resource management has changed and will continue to grow along with changes in the competitive market environment and the awareness that HR management must play a strategic role for the success of the organization. (Sofyandi 2008) explained that: "The challenges of human resource management are divided into three, including: a) Internal challenges arise because of human resources that pursue considerations, including financial, sales, service, production and others. b) External challenges include changes in technology, government regulations, socio-cultural factors, political factors, and others. c) Global challenges cause changes that require companies to be more adaptable, have resilience, and make changes and focus their attention on customers " (Sofyandi 2008).

Human resource management is a part of management science that focuses on the regulation of the role of human resources in the activities of an organization or company. The role of human resource management according to experts is: According to Mila Badriyah, the role of human resource management includes (Wirawan 2009): a) Conducting job analysis; b) Planning workforce needs and recruiting prospective workers; c) Selecting prospective workers; d) Providing orientation and training for employees; e) Arranging wages and salaries; f) Providing incentives and welfare; g) Assessing performance; h) Communicating training and development; i) And building employee commitment. Meanwhile, according to Emron Edison, the role of HR in the past was more emphasized on administrative tasks, wages and absences. While in the present it is more complex including analysis tasks, performance measurement, career planning, motivating, building positive behavior through organizational culture, coordinating training plans in all parts and being customer-oriented.

Good Human Resource Management can create superior Resources and contribute well and significantly to the development of a region. Superior Resources are very much needed for every region, especially rural areas that have slower economic development and growth compared to development and growth in urban areas. Resources that can be realized if the Humans are healthy as previous research results show (Zulyanto 2016) Health has a great influence in creating superior Resources. Based on this, the author has an initiative to socialize a healthy lifestyle in order to create superior Resources in the village.

## **IMPLEMENTATION METHOD**

This community service was carried out in a number of villages, namely Sukaramai Satu Medan Area village, Wonosari Gempol village, and Gerit Pati village for 40 days by finding problems and solutions as follows:



## **IMPLEMENTATION RESULTS**

### **Human Resource**

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### **Education on Consuming Food with Balanced Nutrition in Creating Superior Resources in the Village**

Nutritious food is food that contains all the essential nutrients in sufficient quantities to meet the body's needs. Vegetables and fruits are sources of various vitamins, minerals, and dietary fiber. The vitamins and minerals contained in vegetables and fruits act as antioxidants or antidotes to bad compounds in the body. Certain vegetables provide carbohydrates, such as carrots and potatoes, while certain fruits also provide unsaturated fats such as avocados and red fruits. Therefore, consuming vegetables and fruits is an important part of realizing balanced nutrition (Lestari, Sarfiah, and Jalunggono 2021)

In school-age children, the body requires nutrients not only for life processes, but

more than that also for growth and cognitive development. Therefore, children need macronutrients such as carbohydrates, fats, and proteins; and also micronutrients such as vitamins and minerals (Meidina and S. 2022). For the Indonesian people, especially toddlers and school-age children, it is recommended to consume 300-400 grams of vegetables and fruits per day and for adolescents and adults as much as 400-600 grams per person per day. About two-thirds of the recommended consumption is a portion of vegetables (Suryagustina 2018). Consumption of vegetables and fruits in children is still very minimal and still not in accordance with recommendations, therefore currently the Healthy Living Community Movement (Germas) is being carried out by the Government, one of the forms of activity of which is the consumption of vegetables and fruits every day.

According to data from the Health Research and Development Agency (Balitbangkes) in the 2015 Indonesian Health Profile, consumption of vegetables and processed vegetables among the Indonesian population is still low, namely 57.1 grams/person/day, and also in the fruit and processed vegetables group, namely 33.5 grams/person/day. Data from the 2013 Riskesdas stated that 93.5% of the population aged >10 years consumed vegetables and fruits below the recommendation. In North Sumatra Province, the percentage of people who consumed less vegetables and fruits was >90%. Meanwhile, according to data from the 2007 North Sumatra Riskesdas, in Deli Serdang Regency, the percentage of people aged ≥10 years who ate less vegetables and fruits was 95.2%. This condition is in line with the findings of the Individual Food Consumption Survey (SKMI) in the 2014 Total Diet Study (SDT) that the population's consumption of vegetables and fruits and all their processed products was still low (Yasin et al. 2022).

During the forty days of the field service, the service providers implemented vegetable and fruit standards as recommended by the Ministry of Health. The service providers not only socialized the village community theoretically, but also directly provided practices according to the financial capabilities of the service providers. Thus, the service providers believe that education on food consumption with balanced nutrition can create superior human resources in the village.

## **CONCLUSION**

During the forty days of the field service, the service providers implemented vegetable and fruit standards as recommended by the Ministry of Health. The service providers not only socialized the village community theoretically, but also directly provided practices according to the financial capabilities of the service providers. Thus, the service providers believe that education on food consumption with balanced nutrition can create superior human resources in the village.

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