Tambahan PAGE BOOKS

2012

1. Judiono; Purwaningsih; Widiastuti. 2012. KEFIR: Pangan Fungsional, Produk Olah Susu dan Khasiatnya Bagi Kesehatan. Badan Penerbit Universitas Diponegoro Semarang

**FULL ABSTRACT**

Kefir: Pangan Fungsional Produk Olah Susu dan Khasiatnya Bagi Kesehatan

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The book was written to strengthen public awareness on the importance of food and nutrition in increasing healthiness, vitality and productivity. The book is expected to give a contribution to the area of functional food. As understood by wide population, food is containing ‘only’ macro and micro nutrient. In fact it has bioactive substance in it. Furthermore, though functional food has many varieties and species in Indonesia, they have not been appreciated and used widely to increase the quality of life. As one of functional food, currently, the use of plain kefir pro-biotic yet brings pro and contra. Through a sequence of scientific research, it is expected that academician and wide population have a good understanding on the mechanism of these bioactive substance and their benefit to health. The book is divided into 5 chapters, which are Introduction, Milk Terminology, Post-harvest Handling of Milk, Probiotic Fermentation and Quality Analysis of Milk & its product.

Keywords: functional food, pro-biotic, plain kefir, health

2013

1. Forum Komunikasi Gizi Seimbang. 2013. Pedoman Gizi Seimbang untuk Anak Usia Sekolah Dasar. Editors: Kardjati, S; Achadi, E; Damayanthi, E; Putra, WKY. Yayasan Institute Danone Indonesia.

**FULL ABSTRACT**

Pedoman Gizi Seimbang untuk Anak Usia Sekolah Dasar.

Editors: Endang Achadi1, Sri Kardjati1, Evy Damayanthi1, Wahyu Kurnia Putra1.

1Forum Komunikasi Gizi Seimbang

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The module is to provide a reference on Balance Diet Messages for elementary school teacher. It is previously initiated by multi centers study including: Universitas Indonesia, Institut Pertanian Bogor, Universitas Airlangga, Universitas Hasanudin, Universitas Diponegoro, Universitas Andalas, Universitas Esa Unggul dan Universitas Kristen Indonesia. In the period of 2009 – 2011, they conducted a study aiming at improving nutritional status among school children through knowledge and behavioral changes about Balance Diet, improve the involvement of local government and advocacy in nutrition curriculum for elementary school. In 2013, Danone Institute Indonesia facilitated the development of Balance Diet module for elementary school based on their findings. It is expected to help teachers deliver the comprehensive information related to nutrition and Balance Diet.

The module consist of 4 chapters referring to 4 principles of Balance Diet messages, with more practical way of learning and according with local content.

At the end, nutrition education is expected to improve the knowledge, attitude, and behaviors of students who ultimately expected to be followed by improved nutritional status. The results of any nutrition educational benefits will last longer and will be part of a healthy lifestyle into adulthood. In addition, the community, especially families of the students, directly or indirectly will be affected through the dissemination of these nutrition messages, thus, a better community nutritional status can be achieved.

Keywords: 4 principles, Balance Diet, elementary school children, nutritional status, multi centers

1. Yayasan Institut Danone Indonesia. 2013. Bunga Rampai. Editors: Soekirman, Achadi, E; Riyanti, A. Yayasan Instititut Danone Indonesia.

**FULL ABSTRACT**

Bunga Rampai

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Since its establishment in 2007, Indonesian Danone Institute Foundation (DII) has contributed to the development of science and research in the field of nutritional health. The blue print of the activity has led the Foundation growing to be one of the 18 Danone Institute around the world and proof its continuous commitment in promoting public health, especially in the field of nutrition.

The following are the summary of its accomplishment in the period of 6 productive years: provide funding for 35 research studies, published 50 kinds of publications, including 18 articles in international journals, disseminating research results in 42 seminars, generate up to 43 articles about balanced nutrition media, 54 research reports, and variety of books and educational materials on nutrition.

This book is intended to documents all activities, achievements and the dynamics of the Foundation in the last years and expected to be digested by similar institutions, researchers, academics and to the general public.

Finally, the book is expected to be a historical record that show the color and contribution of the Foundation to the betterment of the future generation.

Keywords: Indonesian Danone Institute Foundation, activities, publication, contribution

1. Yayasan Institut Danone Indonesia. 2013. Kisah Jenaka dari Negeri Sumber Pangan. Editors: Soekirman. Ilustrator: Waloejo, DS. Script Writer: Universitas Esa Unggul. Yayasan Institut Danone Indonesia.

**FULL ABSTRACT**

Comic Kisah Jenaka dari Negeri Sumber Pangan’

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The purpose of the comic is to introduce a Balance Diet concept to school children age. This project is a continuation of the balance diet messages campaign activities. In targeting school children, we develop a picture book (comic) for elementary school children. It expected to educate them from its storyline, which featuring role of certain character or illustration. This is a complementary tool for the previous module.

The comic brings 4 principles of Gizi Seimbang (Balanced Diet) as the main messages. It is adapting messages that previously being widely disseminated by ‘Sehat & Bugar berkat Gizi Seimbang’ book. This story is set from Negeri Sumber Pangan, which taken variety of foods as their role. It is opened by a story about basic nutrition and nutrient, including the role of carbohydrate, protein, fat, vitamin and minerals. Followed by 4 principles, namely eat variety of food, healthy & clean life style, regular exercise and monitor body weight. The essence message is that even each of food have different nutrient content and different function, they will complement each other for beneficial to the body. At the end of story, the obesity issue and its impact is raised, at examining the risk of non-communicable diseases. In conclusion, we hope this comic serves a sufficient complementary to the module, in disseminating Balance Diet messages to the children.

Keywords: 4 principles, Balance Diet, obesity, school children