

# Peningkatan *Ecoliteracy* Siswa Dalam Mengonsumsi Makanan Sehat Di Sekolah Melalui Model *Project Based Learning* Pada Pembelajaran IPS

Risma Prasasti  
NIM. 1507796

## ABSTRAK

Penelitian *ecoliteracy* siswa dalam mengonsumsi makanan sehat ini dilatarbelakangi oleh rendahnya kesadaran masyarakat dan para siswa akan pentingnya menjaga kesehatan terutama dalam hal mengonsumsi makanan yang sehat. Padahal mengonsumsi makanan yang sehat pada anak usia sekolah sangat penting untuk perkembangan dan pertumbuhannya. Di sisi lain, pembelajaran abad 21 yang menuntut kemampuan individu memiliki sikap *ecoliteracy* perlu didukung dengan pembelajaran yang tepat dan efektif. Tujuan dari penelitian ini adalah untuk meningkatkan *ecoliteracy* siswa dalam mengonsumsi makanan sehat melalui model pembelajaran *project based learning*. Metode yang digunakan dalam penelitian ini adalah Penelitian Tindakan Kelas (PTK) dengan subjek penelitian kelas IV SDN Pahlawan Kota Tasikmalaya sebanyak 30 orang. Hasil penelitian menunjukkan bahwa terjadi peningkatan *ecoliteracy* siswa dalam mengonsumsi makanan sehat melalui model pembelajaran *project based learning* dibandingkan dengan keadaan awal siswa sebelum adanya post tes, hasil observasi siswa, catatan lapangan dan penggunaan model pembelajaran *project based learning*. Kesimpulan dari penelitian ini adalah model pembelajaran *project based learning* dapat dijadikan salah satu alternatif model pada pembelajaran IPS dalam meningkatkan *ecoliteracy* siswa mengonsumsi makanan sehat.

**Kata Kunci** : *Ecoliteracy, Konsumsi Makanan Sehat, Project Based Learning*

# **The Improvement Of Students Ecoliteracy In Eating Healthy Food Together At Schools Through Project Based Learning On Social Subject (IPS)**

Risma Prasasti  
[rismaprasasti.spd@gmail.com](mailto:rismaprasasti.spd@gmail.com)  
Indonesian Education University Bandung

## **ABSTRACT**

This research is about the students' ecoliteracy in eating healthy food together was held because of the lack of public and students awareness to the importance of maintaining health, especially in terms of eating healthy foods. In fact, eating healthy foods in school-age children is very important for their development and growth. On the other hand, the 21st century learning demands the ability of individuals to have an ecoliteracy attitude need to be supported with appropriate and effective learning. The purpose of this research is to improve ecoliteracy students in eating healthy food together through project based learning. The method used in this research is the Classroom Action Research (CAR) with the research subject is in grade IV SDN Pahlawan of Tasikmalaya about 30 people. The results showed that there was an increasing in ecoliteracy students in eating healthy food together through project based learning, if compared to the initial condition of students before their post-test, the observation of students, field notes and the use of project-based learning model of learning. The conclusion of this study is a project based learning can be used as an alternative model of learning IPS in improving student ecoliteracy eat healthy food together.

Keywords : Ecoliteracy, Healthy Food Consumption, Project Based Learning