

**ABSTRACT**

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***The Effect of Balanced Nutrition Education Using Audio Visual Media on Mother's Nutritional Knowledge and Feeding Pattern in Toddler Ages 24-59 Months***

*Nutritional knowledge is knowledge about food and nutrients, sources of nutrients, and foods that are safe to consume, and how to process them so that the nutrients in food are not lost. Nutritional knowledge and feeding patterns for toddlers can influence food consumption patterns. The mother's role is very important in fulfilling toddler nutrition for their growth and development. Counseling is a nutritional education method that is often used to increase a person's knowledge. This study aims to analyze the effect of nutrition education using audio visual media on nutritional knowledge and maternal feeding patterns for toddlers aged 24-59 months at Posyandu Melati Sukanagara Village. This research method is quantitative research with a quasi-experimental type of research with a one group pre-post test without control design. The population in this study were all mothers who had toddlers aged 24-59 months at Posyandu Melati with a total of 30 people. The research sample was 30 people with a sampling technique, namely total sampling. The analysis used to test the influence between the independent variable and the dependent variable uses the paired sample test and Wilcoxon test. The results of this study show that there is an influence of balanced nutrition education using audio-visual media on maternal nutritional knowledge ( $p=0.000$ ) and feeding patterns ( $p=0.000$ ). It is hoped that mothers of toddlers will further increase their nutritional knowledge, especially about toddler nutrition, by actively coming to the posyandu and being more aware of the importance of the toddler's growth period.*

**Keywords:** *Education, Balanced Nutrition, Mothers of Toddlers, Audio Visual Media, Feeding Patterns.*