

The Impact of Healthy Canteen Policy on the Dynamics of Teaching and Learning Process

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ABSTRACT

Education plays an important role in supporting the development of healthy and high-quality human resources. One of the factors that can affect the quality of education is the school environment, including the existence of a canteen. The purpose of this study was to analyze the impact of canteen policies on the dynamics of the teaching and learning process in the school environment. Through a qualitative approach with observation, interviews, questionnaires and documentation techniques, this study shows that the implementation of canteen policies includes regulations on operating hours, types of food sold, student health, student concentration, and discipline. The results of the analysis show that a well-managed canteen supports the creation of a more conducive learning atmosphere, reduces student tardiness after breaks, and increases active student participation in learning activities. Conversely, less than optimal policy implementation actually causes problems such as long queues and student delays in returning to class. This knowledge continues to emphasize the importance of planning and evaluating canteen policies to support the effectiveness of the teaching and learning process

Keywords: canteen policy, teaching and learning process, classroom dynamics, student discipline

1 Introduction

Student health is an important factor in the success of the teaching and learning process. One of the government and school efforts to improve the quality of student health is by implementing a healthy canteen policy. School canteens not only function as a place to meet students' food needs, but also play a role in forming healthy and nutritious eating patterns. The healthy canteen policy in schools aims to provide food that supports students' health, which in turn is expected to affect the dynamics of the teaching and learning process. This study aims to analyze the impact of the healthy canteen policy on the dynamics of the teaching and learning process in Senior High Schools. In this context, the dynamics of the teaching and learning process include interactions between teachers and students, learning concentration, motivation, and student activity in class.

2 Literature Review

The healthy canteen policy is part of an effort to improve the quality of student nutrition in the school environment. According to research, healthy canteens contribute to improving student health by providing nutritious food and reducing the consumption of unhealthy foods. School canteens play an important role in providing food and beverages for students during school hours [1]. In the context of education, healthy canteen policies have a positive impact on students' concentration and academic achievement. Studies show that students who eat healthy foods have higher levels of focus and better memory [2]. Cognitive theory states that good nutritional intake plays a role in improving brain function, thus supporting a more effective learning process [3].

The success of organizing a healthy canteen in schools requires support from various parties, both canteen staff and students as the main consumers in the canteen. The consumption patterns of ado-

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lescent students who prefer certain types of food can also be a factor that influences the products sold by canteen staff. Previous research revealed that most students tend to choose food based on taste and price, so intervention through healthy canteens is important in forming better eating habits [4]. Meanwhile, canteen staff try to provide products according to the needs or desires of consumers, as a form of realizing their economic interests. This is closely related to the aspect of food availability that affects student consumption as consumers in the school canteen. Therefore, the school management needs to bridge this by paying attention to the needs of canteen users, so that it can be in line with the provision of healthy food through the organization of the school canteen [5].

The healthy canteen policy also needs support from the government as Permendikbud No. 41 of 2022 states that schools are required to provide a learning environment that supports health, including a healthy canteen. The criteria for a healthy canteen include serving nutritious food, not containing hazardous chemicals, and being hygienic [6].

3 Research Methods

This study uses a qualitative approach with a case study method in several high schools in the Tombolopao sub-district. Data was collected through in-depth interviews with teachers, school principals, and canteen managers, as well as observations of classroom dynamics after the implementation of the healthy canteen policy. Additionally, data was obtained through questionnaires distributed to students to explore their perceptions of the healthy canteen and its impact on the learning process.

4 Result and Discussion

That has a point :

1. Changes in Student Consumption Patterns 85% of students stated that they started consuming healthier foods such as fruits, vegetables, and low-sugar foods. Previously, high-sugar snacks and sodas were very dominant. The availability of nutritious food provides enough energy for students to follow lessons throughout the day.

2. Student Concentration Level in Class Based on the results of teacher observations and questionnaires distributed in schools that have implemented a healthy canteen policy, as many as 86% of teachers stated that students seemed more focused when studying, especially during class hours after the break. This phenomenon shows a relationship between healthy food intake consumed by students and an increase in their concentration in class.

3. Student Physical Health and Attendance Attendance data showed a decrease in the level of student absence due to illness by 15% compared to before the policy was implemented. Students who previously often experienced digestive problems now reported more stable conditions.

4. Student and Teacher Response to Policy Most students (82%) and teachers (85%) support the continuation of the healthy canteen program. However, some students expressed objections to the price of healthy food which tends to be higher. The results of the study show that the healthy canteen policy has a positive impact on the dynamics of the teaching and learning process. Healthier consumption patterns contribute to improving students' physical condition, which in turn affects their attendance and ability to concentrate during learning.

5 Conclusion

The healthy canteen policy has a real positive impact on the dynamics of the teaching and learning process at the high school level. Providing nutritious and hygienic food not only increases students' concentration and energy, but also contributes to the creation of a more effective, active, and quality learning atmosphere. The results of teacher observations and questionnaires show that most students appear more focused, especially during class hours after the break, which indicates a direct influence of healthy food intake on their learning performance. The implementation of this policy also encourages changes in student consumption behavior towards a healthier direction. Students become more aware of the importance of choosing balanced nutritious food, and understand its impact on health and academic achievement. Overall, the healthy canteen policy is not only a preventive effort in maintai-

ning student health, but also functions as a supporting strategy in improving the quality of education in schools.

References

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