

# Pengaruh optimized food-based recommendation dan biskuit dengan fortifikasi asam lemak esensial dan mikronutrien terhadap performa kognitif siswa sekolah Myanmar = Effect of optimized food-based recommendation and biscuits fortified with essential fatty acids and micronutrients on cognitive performance of Myanmar school children

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## Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh dari optimized food-based recommendation FBR dan biskuit fortifikasi terhadap performa kognitif siswa sekolah dasar. Cluster randomized controlled trial selama enam bulan pada anak sekolah usia 7-9 tahun n=252 dilaksanakan di 12 sekolah di Kota Nyaundon yang terdiri dari 3 kelompok; kombinasi optimized FBR dan biskuit fortifikasi, optimized FBR, dan kontrol. Performa kognitif, antropometri, dan indikator biokimia diukur sebagai outcome. Pada kedua kelompok intervensi optimized FBR dengan biskuit fortifikasi dan optimized FBR terdapat pengaruh yang significant terhadap performa kognitif, weight-for-age z-scores dan kadar besi serum. Akan tetapi kombinasi optimized FBR dengan biskuit fortifikasi menghasilkan skor performa kognitif yang lebih tinggi dibandingkan optimized FBR saja dengan skor yang lebih tinggi secara signifikan pada daya ingat 1.1 0.1: p-value

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The study aimed to determine the effect of optimized food-based recommendation FBR and fortified biscuits on cognitive performance of primary school children. A six-month cluster randomized controlled trial among 7-9 years old school children n=252 were conducted at 12 schools in Nyaungdon Township with three intervention groups; optimized FBR with fortified biscuits, optimized FBR, and control. The cognitive performances, anthropometry and biochemical indicators were assessed as outcomes. Analysis of covariance and multiple linear regression analysis were done. Both intervention optimized FBR with fortified biscuits and optimized FBR groups had significant effect on the cognitive performances, weight-for-age z-scores and serum iron status. But combined optimized FBR with fortified biscuits improved cognitive performances higher scores than optimized FBR alone with significantly higher in memory 1.1 0.1: p-value.