



## Impact of Halal Food on Early Childhood Intelligence

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**ABSTRACT:** *The most beautiful gift that is entrusted from God is the child, the child is the mandate and hope of parents, Religion and Nation. The education of children that was first obtained from the family environment to be fostered, was educated to be a healthy and intelligent future generation. In the family environment children should be given halal and healthy food to support their growth and intelligence. In order to support the development of children's intelligence parents need to know and pay attention to the halal food of children. The kinds of food and drinks greatly affect intelligence. Food consumed will produce the energy needed to carry out daily activities and activities of children. Because the normal activities of a child and an adult are very different. Child development in the golden age is very rapid as well as its energy needs every day is different from adults. the activeness of children aged 4-6 years is very fast, the tendency to be more active cannot be silent, therefore it requires a lot of energy that must be absorbed by the child. Smart children can be seen from super activity in every activity of children. Foods that enter many kinds, but need to be aware that what is needed by the child's body to help his intelligence, especially from the food he consumes, of course the types of food and beverages that have good or halal value, in this case the following exposure will provide the right answer. From food consumed greatly affects the intelligence of a child, especially children at the age of 4-6 years or the golden age, the development of which is in desperate need of nutritional intake as a helper in the development process so that children can grow healthy physically and mentally.*

**KEYWORDS:** *Halal food, Children's Intelligence*

### I. INTRODUCTION

Halal and haram is something that has been known since a long time ago, although it is different in measuring the level of prohibition, variety, and its contributing factors. Many hold on to traditional beliefs, philosophy and delusions. The Islamic view of halal and haram is a very simple and very clear view. (Yusuf Qardhawi, 2000: 16.17)

"Eat halal food again," said Allah in Al-Maaidah verse 88. Thus consuming halal and healthy foods is a must for us, especially Muslims. (Anton Apriyantono Nurbowo, 2003: 24)

Halal and healthy food is very necessary for our body, especially for early childhood. Today there are a lot of snacks and foods that need to be reviewed in terms of the nutritional value and nutrients they contain. Nutrients that are very necessary at an early age include protein, carbohydrates, fats, fiber, vitamins and minerals. All these nutrients have their own dosage for early childhood.

Children who have good memory will be more adaptable to the learning environment at school. The child will easily remember the name of the teacher and his friend, easily remember the lessons explained, and be ready to receive lessons. Healthy children are children who consume good and healthy nutrition seen from healthy skin, lightning black hair, strong nails, healthy eyes and active movements in every activity.

In addition to paying attention to nutrition coverage, as a Muslim it is also obligatory to know the halal food. Since the beginning we have begun to educate children by introducing healthy foods that are halal according to our religion. Because early childhood does not yet



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understand which foods are halal and which ones are forbidden, they only see the shape and taste. So introducing it to children is the main task of parents and also those around them.

One of its halal characteristics is the existence of a halal label from the Indonesian Ulema Council (MUI) which has been mentioned and ordered by Allah to always maintain the halal food that enters the body. Nutrition is an element contained in food used directly by the body, such as carbohydrates, protein, fat, vitamins, minerals, and water nutrients (nutrients) that enter the body are needed to be able to maintain a life. (Soenardi, 2010)

Nutrients that have been consumed by the body, will then be processed and have an impact on the whole body, besides that it will also help the development of early childhood. Adequacy of nutrition will help the development of good for children, but if excessive it will also not be good for growth for its development.

## II. LITERATURE REVIEW

### A. Theoretical Review

#### 1. Toddler

##### a. Understanding Toddler

Toddlers are children under the age of 5 years with fast growth characteristics at the age of 0-1 years, where the age of 5 months increases body weight 2 times birth weight and body weight rises 3 times the birth weight at the age of 1 year and becomes 4 times in 2 years old. Growth began slowly in the pre-school period, with a weight gain of approximately 2 kg per year, then constant growth began to end (Soetjningsih, 2001).

Toddler is a period of growth of the body and brain that is very rapid in achieving optimal function, basic growth that will affect and determine the development of language skills, creativity, social awareness, emotional and intelligence (Supartini, 2004).

##### b. Characteristics of Toddlers

Septiari (2012) states that the characteristics of children under five are divided into two, namely:

###### 1) Children aged 1-3 years

Ages 1-3 years are passive consumers, meaning children receive food provided by their parents. The growth rate of toddlers is greater than preschool age, so a relatively large amount of food is needed. A smaller stomach causes the amount of food that can be received in a single meal is smaller when compared to children who are older because of that, the diet given is a small portion with frequent frequency.

###### 2) Preschoolers (3-5 years)

3-5 years old children become active consumers. Children have started to choose the foods they like. At this age the child's weight tends to decrease, because the child has more activities and begins to choose or reject the food provided by his parents.

#### 2. Knowledge

##### a. Understanding

Knowledge is the result of sensing a person towards an object through the human senses (vision, hearing, smell, taste and touch) (Notoatmodjo, 2003). Knowledge is very closely related to education, a high level of education is expected by an individual to be more knowledgeable, low education does not mean his knowledge is also low. Increased knowledge is not absolutely obtained from formal education, however, it can be obtained through non-formal education. Knowledge of an object contains two aspects, positive aspects and negative aspects (WHO in Notoatmodjo, 2007).

##### b. Knowledge level

Notoatmodjo (2003) states that knowledge or cognitive is the domain of the formation of one's actions (overt behavior). Behavior based on knowledge will be more lasting than behavior that is not based on knowledge. Knowledge covered in the cognitive domain has 6 levels, namely:

###### 1) Know



Tofu is interpreted as remembering a specific material that has been learned (recall) from all the materials studied.

#### 2) Understanding

Understanding is the ability to explain objects that have been known and can interpret correctly. People who understand an object can mention examples, conclude and predict an object that has been studied.

#### 3) Application (application)

Application is the ability to use material that has been studied in real (actual) situations or conditions.

#### 4) Analysis (analysis)

Analysis is the ability to describe the material of an object into components that are still related to one another.

#### 5) Synthesis

Synthesis is the ability to form new formulations from existing formulations.

#### 6) Evaluation

Evaluation is related to the ability to justify or evaluate a material or object.

These assessments are based on predetermined criteria.

#### c. Factors Affecting Knowledge

The factors that influence knowledge according to Notoatmodjo (2003) are:

##### 1) Internal Factors

Internal factors that affect knowledge include:

###### a) Education

Education means the guidance given by someone to the development of others towards certain ideals. Education is needed to get information to increase knowledge so that it can improve the quality of life.

###### b) Work

According to Thomas quoted by Nursalam (2003), work is a tedious, repetitive way to make a living and there are many challenges that must be done especially to support life.

###### c) Age

The age starts from birth to birthday. The more age, the level of maturity and strength of a person will be more mature in thinking and working.

##### 2) External Factors

External factors that influence knowledge are:

###### a) Environmental Factors

Environment is all conditions that exist around individuals and can affect the development and behavior of individuals or groups.

###### b) Socio-Culture

The socio-cultural system that exists in society can influence a person's attitude in receiving information.

#### c. How to get knowledge

Notoatmodjo (2010) states, how to obtain knowledge can be grouped into 2, namely:

##### 1) Traditional Ways

a) The trial and error method is done by using several possibilities in solving the problem, and if the possibility is not successful, try another alternative possibility.

b) Done because of accident by the person concerned.

c) The way of power (authority) where knowledge is obtained based on power, both traditional authority, government authority, leader authority, and the authority of scientific experts.

d) Based on experience carried out by way of repeating the experience that has been obtained in solving problems that have been faced before.

e) Through the way the human mind is able to use its reasoning in gaining knowledge.



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## B. Nutritional Needs for School-Age Children

Determination of children's nutritional requirements in general is based on the Recommended Daily Allowances (RDA) or Nutrition Adequacy Rate (AKG) (Arisman, 2008). AKG is the amount of each essential nutrient that must be fulfilled especially from food and covers almost all ages of healthy people with the aim of preventing nutritional deficiencies. Things that can affect RDA such as age, gender, activity, body weight, height, genetics and physiological conditions (Department of Nutrition and Public Health, 2007).

Absolute nutrient requirements increase in school-age children compared to childhood due to increased growth and body size. Boys need greater nutrient intake than girls because there are differences in growth and development (Institute of Medicine [IOM], Food and Nutrition Board, 2001). Nutritional needs of school-age children in detail can be seen in the following table.

**Tabel 1.**  
**Nutritional adequacy of school-age children (Based on AKG 2013)**

Gender	Age	Energy (Kkal )	Protein (g)	Makronutrien			Carbo hydrate (g)	Water
				Fat				
				Tot al	n-6	n-3		
Boy	7-9 yr	1850	49	72	10	0,9	254	1900
	10-12 yr	2100	56	70	12	1,2	289	1800
Girl	7-9 yr	1850	49	72	10	0,9	254	1900
	10-12 yr	2000	60	67	10	1,0	275	1800

Source: Table of Nutrition Adequacy Figures (AKG 2013)

The energy needs of school-age children are determined based on original metabolism, speed of growth, and energy expenditure. Energy from food consumption must meet growth needs. Energy requirements for boys aged 7-9 years are 1850 Kcal and 10-12 years old are 2100 Kcal. Energy requirements for girls aged 7-9 years are 1850 Kcal and 10-12 years old are 2000 Kkal.

The importance of consuming interlude food while at school is so that blood sugar levels remain well controlled, so that children remain concentrated in the learning process at school. Adequacy of nutrients is influenced by age and sex. Children aged 10-12 years are relatively larger in nutrition than those aged 7-9 years, due to relatively fast growth, especially in the child's height and weight. There are differences in the growth of boys and girls starting at the age of 10 years the nutritional adequacy of boys is different from girls (BPOM RI, 2013).

## 2. Nutrition Knowledge

Knowledge of nutrition is something that is known to be related to food and its relationship to optimal health. Nutrition knowledge includes knowledge about daily selection and consumption and knowledge of all nutrients needed for normal bodily functions. The selection and consumption of food ingredients will affect one's nutritional status. Good nutritional status or optimal nutritional status occurs when the body gets enough nutrients the body needs. Poor nutritional status occurs when the body has a deficiency (deficit) of one or more essential nutrients. While more nutritional status occurs when the body obtains excessive amounts of nutrients, causing harmful effects on health (Almatsier, 2009).

Knowledge of nutrition is knowledge about food and nutrients such as the source of nutrients contained in food, the safety of food to be consumed and how to process good and



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correct food. Knowledge of nutrition can also be interpreted as a person's understanding of balanced nutrition needed by the body so that it can maintain health in order to remain optimal. Someone who has good nutrition knowledge is expected to have good nutritional intake (Notoatmodjo, 2010).

Measurement of nutritional knowledge can be done using instruments in the form of multiple choice questions, this instrument is the most frequently used form of objective tests. In compiling this instrument, the answers listed above are needed. Respondents only choose the answer that they think is right (Khomsan, 2007). The nutrition knowledge category can be divided into 2 groups, namely good and less. The way of categorizing is done by setting the cut of point from the score that has been made percent.

### 3. Snack food

#### a) Definition of Snack Food

FAO defines snack foods as food and beverages that are served in containers or means of sale on the roadside, public places or other places that have been prepared first, cooked at the production site, at home or at a place to sell. Snack foods can be drinks or foods with varied and interesting types, flavors and colors. Variations in taste, type and especially color are things that can attract the interest of school children to buy snacks. Based on the results of a survey conducted by Guhardja et al (2004) stated that as much as 36% of the energy needs of school children were obtained from snack foods consumed (RI POM Agency, 2008). According to the Decree of the Minister of Health of the Republic of Indonesia Number 942 / Menkes / SK / VII / 2003, snack foods are food and beverages processed by food vendors at the point of sale and served as ready-to-eat food for sale in addition to serving food, restaurants or restaurants. and hotel.

Snack food is food and drink prepared for sale by street vendors on the streets and in other public places. These foods and drinks are consumed directly without further processing or preparation. Snacks sold also include fresh fruits and vegetables that are sold outside the authority of the market area for direct consumption (WHO, 2015).

## III. RESEARCH METHODS

Food is anything that comes from biological and water sources, both processed and unprocessed, which have a function as food and drink for human consumption. Whereas Article 1 number 5 Government Regulation number 69 of 1999 concerning Labels and Advertisements states that halal food is food that does not contain elements or ingredients that are unclean or prohibited for consumption by Muslims, whether used for food raw materials, food additives, auxiliary materials and other helpers whose management is carried out in accordance with the provisions of Islamic religious law.

In terminology, the word halal comes from Arabic which means to let go and not be bound, whereas ethically, halal means something that is permissible and can be done because it is free from the provisions that prohibit it.

In Al-Quran the Al-Baqoroh verse 168 contains the meaning that Muslims are encouraged to consume Halal food and also Thayyib (good), which reads as follows:

<sup>1</sup> Zulham. *Protection Law*..... Page. 109.

يَا أَيُّهَا النَّاسُ كُلُوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا ۚ وَلَا تَتَّبِعُوا خُطَاةَ الشَّيَاطِينِ إِنَّهُ لَكُم مَّا عَدُوٌّ مُّبِينٌ .

Regarding the verse, not all halal food will become Thayyib for its consumers. For example diabetics who have a negative impact if you consume sugar. Even though sugar is halal for consumption but not Thayyib or good for these consumers. Then Thayyib can be interpreted as food that is not dirty or damaged in terms of substances that are not mixed with unclean objects with good understanding.

#### A. Category of Halal Food Products



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In general there are three categories of food consumed by humans, namely vegetable, animal and processed products, with the following description:

1. Food with vegetable ingredients as a whole is halal, it can be consumed except those which are poisonous, filthy, and / or intoxicating.
2. Eating with animal ingredients is divided into two, namely the first is marine animals that can be consumed as a whole, while the second is land animals that only a small portion should not be consumed.
3. Foods from processed products with halal or prohibited foods depend on raw materials, additives, and / or helpers and the production process.

B. Terms of halal food products in accordance with Islamic Shari'a, include:

1. Does not contain pork and ingredients derived from pork.

C. Early Childhood

The definition of early childhood in general is children under the age of 6 years. The government through the National Education System Law defines early childhood as children with an age range

0-6 years old. Soemiarti Patmonodewo cited the opinion of early childhood according to Biecheler and Snowman, who meant preschoolers were those between the ages of 3-6 years.

The limits used by the National Association for Education of Young Children (NAEYC), and experts in general are: "Early childhood" early childhood is a child from birth to the age of eight. So starting from the child is born until he reaches the age of 6 years he will be categorized as an early childhood. Some people refer to this phase or period as the golden age because this period really determines what they will be if they mature both in terms of physical, mental and intelligence.

Whereas the essence of early childhood is a unique individual where he has a pattern of growth and development in specific physical, cognitive, socio-emotional, creativity, language and communication aspects that are in accordance with the stages being passed by the child. From various definitions, researchers concluded that early childhood is a child aged 0-8 years who is in the stage of growth and development, both physically and mentally.

## IV. RESULT & DISCUSSION

A. Results

Law No. 36 of 2009 concerning Health states,

"Everyone is obliged to participate in realizing, maintaining the highest degree of public health where the implementation includes individual health efforts, public health efforts, and health-minded development."

a. Healthy Lifestyle for Children

A healthy lifestyle will make the immune system better as well as children. Those who have a good immune system will affect the quality of life better too. In other words, a child's immune system will affect optimal physical growth during and development. Children can have good concentration, have an understanding of subjects, thus impacting academic achievement. Endurance affects children emotionally. Children are able to develop good potential and be fun. Here is an example of a healthy lifestyle for children

b. Intake of food with balanced nutrition

Nutritional composition from carbohydrates, proteins, fats, vitamins and minerals. Things that must be considered for each type of food or drink that is consumed by children that come from natural ingredients and also maintain cleanliness. In increasing children's appetite, they can make varied menus without eliminating the nutrients they need every day.

c. Apply a clean lifestyle

Get used to children with a clean lifestyle everyday. For example, getting children to wash their hands before eating, bathing every day morning and evening. This method can



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prevent children from germs entering their bodies. Get used to applying a clean lifestyle starting at the age of five so that it becomes a good habit.

#### d. Familiarize Exercise and Sports

The body that is always active will make the immune system. Likewise with those who always invite to choose exercise and regular exercise so that they have an immune system. Maintain a healthy body and avoid being overweight. For those who sit for a long time watching television or playing games should be balanced with the exercise routine that you schedule. Regular exercise such as swimming and cycling for 30 minutes to 60 minutes is recommended, at least 3 times a week. It's best if it can be done every day. By maintaining these habits so that they will be able to maintain a healthy lifestyle until adulthood.

#### e. Get enough rest

Physical activity must be balanced with adequate rest. Children must sleep at least 8 hours per day. If needed, rest for 1-2 hours during the day. Parents need to set a child's bedtime, so that it becomes a habit. Rest is very important to restore the function of the cells of the body after the child does activities. If not accompanied by adequate rest, it is feared that the immune system will decrease. This condition makes it easier for germs to attack the body.

#### f. Creating a Healthy Environment

The child's environment can affect the immune system. As much as possible to avoid environmental pollution. Healthy homes are far from sources of pollution, waste water, factories, smoke, and so on. Clean and healthy environment to minimize the presence of bacteria and germs that can attack children. In addition, cleanliness in a child's room is very important to note, usually used by children in playing and learning.

By paying attention to healthy life patterns it has provided the best habits for children in the next age. For those who maintain a healthy life for children, it really depends on the role in remembering the child is still under supervision so that the best life is in care. Noting especially in terms of food, now many foods that are sold freely are packaged in attractive forms that attract the hearts of children, many of which are consumed by children but contain foods that are harmful to health, especially the nerve center, thus disrupting cognitive development, it is certainly disturbing intelligence.

## V. DISCUSSION

### A. Effect of Halal Food on the Human Soul

At this time many foods and drinks are found in their types and types along with technological developments. The culture of eating and drinking is far from the basic values that are supposed to be, namely to fulfill the needs which are biologically in order to live life in the world. But at this time, food and beverages have entered the global lifestyle area which is a part of modern life. Food and drink is no longer a basic human need. However, it has penetrated into a web of cultural perceptions that have no clear basis. For example, if a modern man dares to articulate his concept of heaven, he would describe a situation such as a mall, supermarket, restaurant, cafe, or whatever his name is available with all kinds of food and drinks which he considers reflect modern trends with the present type. Pizza hut, hamburgers, lasagna, steak, ice cream rockets, fruit punch, orange juice, coca cola sprites and so on, which are used as a symbol of the establishment of someone in living this life that is seen with the style of food and drink.

Surely Allah za Almighty Allah has designed human beings with all nature that is fitrah. Therefore, humans are also designed to accept everything in accordance with the nature of their creation. Among these fitrah is the body's acceptance of halal food. Why is this part of human nature? Because the greatest fitrah in humans is Islam. Islam has regulated halal and haram. This has been pointed out through the words of the Prophet sallalla 'alayhi wasallam," Every child is born in a state of fitrah. His father and mother made him Jewish, Christian or



Magi. "(Narrated by Bukhari-Muslim). So the task of parents and educators of children is to maintain the nature of our students.

Why are these halal-haram matters so important to learn and understand? Because there are so many life problems that intersect with them. Therefore, learning and understanding it is a way that we take to avoid ourselves and our families from all the unclean elements that can pollute the body and soul's nature. Halal and haram are very influential on several aspects.

B. Clean or dirty heart.

In QS. Al-Maa'idah: 41-42 states that the hypocrites are a people who will get a painful punishment, humiliation in the world and the hereafter, and their hearts will not be sanctified by Allah. So that the hypocrites are ignorant of guidance. Why? Because among the nature of the hypocrites is like listening to lies and eating ill-gotten property. Na'udzubillahi min dzalik. The heart is like a commander, oral and other limbs are his army. So if the heart is dirty and hindered from getting His guidance, surely he will keep people away from the deeds that Allah loves.

C. Good or bad behavior.

QS. Thoha: 21 has captured the story of Adam and Eve. Due to being enslaved by the devil's whisper, they eat something that is forbidden by God. Then notice what the consequences are? The opening of aurat. Today, if aurat is exposed so rampant, the first thing we need to correct is halal and haram. Similarly, if our sister or even our own daughter are so heavy to cover aurat according to Shari'ah's rules, we should reasonably wonder, "Did I put the elemental ilam in her?" Allahu musta'an.

D. The impetus to do good or bad.

"Allah said, 'O apostles, eat of the good (good) and do good!' (Al-Mu'minun: 51) I know all that you do. God called on the apostles to eat something good, then followed by the call to do good. This verse is a lesson for us, that good food can lead us to do good. If the halal food is the cornerstone of charity, then the illegal food becomes a bad charitable supporter.

E. The tolerance of prayer.

Hadith shahih and famous about a man who is a tangled giant who is on a journey away, then in the middle of the journey he raised his hand to pray to God. But it turns out he first lived from the illegal property. The Messenger of Allah (may peace be upon him) said, "How can God allow his prayer?" Notice that in the man there are several reasons for prayer. Among the reasons for prayer is prayer is in a state of apprehension, earnest in her prayers and even in a state of safari. But it turns out, the illegal property has made his prayers obstructed.

F. Healthy or physical illness.

Halal and illegal matters are not just commands and prohibitions. Because everything that has been outlined by the shari'ah is worth the good. While forbidden is certain because there is an element of harm in it.

G. Strong or weak generation.

So impressive is the story of the ulama 'salaf, especially the description of their struggle and intelligence in studying. One of the great scholars was Imam Bukhari, the Book of Sahih Bukhari, one of his masterpieces. The book which is referred to as the saheeh book number two after the Qur'an is born of a clever and clear mind of a man born of parents who are so wara (guarding themselves from the elements of syubhat especially haram).

## VI. CONCLUSION & SUGGESTION

### A. Conclusion

Based on the discussion above, it can be concluded that the body needs adequate intake of nutrients for the development and growth of the body. Every nutrient has a specific function for the body. Each nutrient cannot stand alone in building the body and carrying out metabolic processes. But these nutrients have a variety of different functions. The three main functions of nutrients in food for the body are:





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- (1) as an energy source, namely carbohydrates, fats, proteins that can be found in rice, corn, etc.
- (2) for growth and building of body tissues, namely protein, fat, minerals, and vitamins
- (3) as a regulator of processes in the body, namely, minerals, vitamins, water, and protein. If the body does not get enough nutrition or consume too much junk food then this can cause various health problems.

Regular eating patterns are also important in health. Unhealthy eating patterns continuously will cause various adverse effects on health, among others, are experiencing impaired absorption of nutrients, digestive disorders, and impaired absorption of nutrients.

## B. Suggestions

Every parent would want their children to be healthy and smart. So that various efforts will be made one of which is to provide halal and good food. During this time, the role of food has been recognized for its influence on brain performance. Foods that are nutritious and contain high nutrition are believed to improve the intellectual performance of the brain. Conversely, foods that are not healthy because they are low in nutrition or contain addictive substances, are believed to reduce brain performance, even damage it. Some books even take this matter seriously, in classical Islamic literature this seems to have received great attention too. Ta'lim Al-Muta'allim, a literature on effective learning tutorials, for example, mentions several types of foods that can reduce concentration, intelligence and memory. Thus also mentioned foods that are recommended as enhancers of memory, concentration, and intelligence.

Things that need to be considered by parents in understanding ways to improve the memory of the child's brain to have memory and intelligence, in addition to consuming halal and healthy food, accustoming positive habits and leaving negative activities, providing story books about adventure, providing parents' time for children by discussing what they do not know, turn off television in family clocks, and most importantly pay attention to food consumed and most importantly sharpen and stimulate and motivate eight competencies and intelligence of children.

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