

**PENGEMBANGAN KETERAMPILAN MAKAN SENDIRI (*EATING SKILLS*)
ANAK USIA 4-5 TAHUN MELALUI KEGIATAN *FUN COOKING*
(Penelitian Kualitatif di TK Islam Al-Azhar 6 Sentra Primer)
(2015)**

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ABSTRAK

Penelitian ini bertujuan untuk melihat dan medeskripsikan bagaimana TK Islam Al-Azhar 6 Sentra Primer mengembangkan keterampilan makan sendiri (*eating skills*) khususnya anak usia 4-5 tahun. Penelitian ini dilaksanakan di TK Islam Al-Azhar 6 Sentra Primer, Cakung, Jakarta Timur. Subjek penelitian ini adalah anak berusia 4-5 tahun yang berjumlah 6 orang. Metode yang digunakan dalam penelitian ini adalah metode penelitian kualitatif. Pengumpulan data dilakukan dengan mengamati dan mencari informasi mengenai bagaimana mengembangkan keterampilan makan (*eating skills*) yang ada di TK Al-azhar 6 Sentra Primer. Hasil penelitian terdapat 5 cara mengembangkan keterampilan makan sendiri (*eating skills*) anak usia 4-5 tahun yaitu melalui kegiatan term, proses keterampilan makan, peran guru, *fun cooking* dan keterampilan makan sendiri (*eating skills*). Kegiatan *fun cooking* merupakan kegiatan menyiapkan makanan, memasak makanan dan makan bersama. Hasil tersebut membuktikan bahwa dengan kegiatan *fun cooking*, memberikan pengalaman kepada anak untuk dapat menggunakan peralatan makan.

Kata Kunci : Pengembangan Keterampilan Makan Sendiri (*Eating Skills*), *Fun Cooking*, Anak Usia 4-5

**THE DEVELOPMENT *EATING SKILLS* OF CHILDREN AGES 4-5
YEARS THROUGH THE ACTIVITIES OF FUN COOKING**

*(Qualitative Research in Al-Azhar 6th Islamic Kinder garden Sentra Primer)
(2015)*

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ABSTRACT

This study aims to find and describe how the Al-Azhar 6th Islamic Kinder garden Sentra Primer, develop eating skills especially for children ages 4-5 years old. This study was carried out at Al-Azhar 6th Islamic Kinder garden Sentra Primer, Cakung, East Jakarta. With the subject who conducted in this study are 6 (six) children age 4-5 years old . The method used in this study is a qualitative research method. Data collection is gathered by observing and searching for the information on how to develop the eating skills in Al-Azhar 6th Islamic Kinder garden Sentra Primer. There are 5 (five) ways from the result in developing the eating skills of children age 4-5 years old; through the term activity, eating skills process, the role of the teacher, fun cooking, and their own eating skills. Fun cooking is an activity to preparing meals, cooking, and eating together. These results prove that the fun cooking activities, provide experience for children to be able to use the cutlery.

Keywords: Eating Skills development, Fun Cooking, Children Age 4-5 years old