

**GAMBARAN ASUPAN JAJANAN DAN KONTRIBUSI ENERGI,
PROTEIN SERTA STATUS GIZI PADA SISWA KELAS VII DI SMPN 2
KECAMATAN BONDOWOSO
KABUPATEN BONDOWOSO
TAHUN 2019**

ABSTRAK

Latar Belakang Keadaan gizi juga akan mempengaruhi kemampuan anak dalam mengikuti pelajaran di sekolah dan akan mempengaruhi prestasi belajar, kurang gizi akan menyebabkan kegagalan pertumbuhan fisik dan perkembangan kecerdasan, menurunkan daya tahan, meningkatkan kesakitan dan kematian

Berdasarkan hal tersebut di atas, maka kami ingin mengetahui gambaran asupan jajanan dan kontribusi energi, protein serta status gizi siswa kelas VII di SMPN 2 Kecamatan Bondowoso Kabupaten Bondowoso.

Metode Penelitian yang digunakan bersifat deskriptif analitik yang dilakukan dengan cara Crosssectional, untuk mengetahui faktor – factor yang mempengaruhi status gizi makanan jajanan dari kontribusi asupan energy dan asupan protein pada siswa kelas VII di SMPN 2 Kecamatan Bondowoso Kabupaten Bondowoso. Dari 200 siswa diambil 67 siswa secara acak dengan tehnik *Simple Random Sampling*

Berdasarkan penelitian ini dapat diketahui bahwa mayoritas siswa kelas VII di SMPN 2 Kecamatan Bondowoso Kabupaten Bondowoso memiliki status gizi normal dengan asupan energy kurang sebanyak 24 siswa dari 67 siswa yaitu sebanyak 35,8% dan asupan protein kurang sebanyak 25 siswa dari 67 siswa yaitu sebanyak 37,3%.

Dari Penelitian tersebut dapat di ketahui bahwa asupan energi dan protein dari jajanan sekolah siswa kelas VII di SMPN 2 Kecamatan Bondowoso Kabupaten Bondowoso adalah kurang karena mereka terbiasa membeli jajanan yang rendah kandungan energi dan proteinnya.

Kata kunci : Asupan Jajanan, kontribusi energi dan protein, status gizi

**DESCRIPTION OF SNACK INTAKE AND ENERGY CONTRIBUTION,
PROTEIN AND NUTRITION STATUS IN VII CLASS STUDENTS IN
BONDOWOSO PRIVATE VOCATIONAL SCHOOL 2
BONDOWOSO DISTRICT
2019**

ABSTRACT

Background Nutritional conditions will also affect the ability of children to take lessons in school and will affect learning achievement Nutritional deficiencies will cause physical growth failure and intelligence development, reduce endurance, increase pain and death

Based on the above, we want to know the description of snack intake and contribution of energy, protein and nutritional status of class VII students at SMPN 2 Bondowoso District, Bondowoso District.

The research method used was descriptive analytical conducted by Crosssectional method, to determine the factors that influence nutritional status of snack foods from the contribution of energy intake and protein intake to class VII students at SMPN 2 Bondowoso District, Bondowoso District. From 200 students 67 students were taken randomly with Simple Random Sampling technique Based on this research, it can be seen that the majority of grade VII students at SMPN 2 Bondowoso, Bondowoso District have normal nutritional status with less energy intake of 24 students from 67 students, namely 35.8% and less protein intake as many as 25 students from 67 students, 37, 3%.

From this research, it can be seen that energy and protein intake from school snacks for seventh grade students at SMPN 2 Bondowoso in Bondowoso District is lacking because they are used to buying snacks that are low in energy and protein content.

Keywords: Snack intake, contribution of energy and protein, nutritional status