

HUBUNGAN TINGKAT PENGETAHUAN GIZI DAN KETERSEDIAAN PANGAN TERHADAP POLA KONSUMSI SAYUR DAN BUAH SELAMA PANDEMI COVID-19 PADA SISWA KELAS 5 MI MA'ARIF SAMBIROTO

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ABSTRAK

Latar Belakang Buah merupakan tumbuhan banyak sumber zat gizi dan mengandung vitamin, mineral baik untuk tubuh, buah biasanya bisa dikonsumsi tanpa dimasak terlebih dahulu atau dikonsumsi segar. Sedangkan sayuran merupakan tanaman sumber zat gizi lain serta sumber vitamin, mineral yang umumnya dapat dikonsumsi bagian berupa daun, bunga, buah dan umbinya. Dimasa pandemi, kebutuhan zat gizi mikro sangat penting dibutuhkan oleh anak, karena dapat meningkatkan sistem kekebalan tubuh untuk melawan virus. faktor yang mempengaruhi pola konsumsi sayur dan buah pada anak meliputi pengetahuan, sikap, *preferensi*/ kesukaan, ketersediaan, pendidikan orang tua, pendapatan keluarga, teman sebaya dan kebiasaan keluarga **Tujuan penelitian** mengetahui tingkat pengetahuan, dan ketersediaan pangan terhadap pola konsumsi sayur dan buah selama pandemi covid-19 pada siswa kelas 5 sekolah dasar Mi Ma'arif Sambiroto **Jenis penelitian** *observasional analitik* dengan rancangan penelitian *cross sectional study*. Dilakukan dengan teknik *non probability sampling* sebanyak 35 responden.. Analisa *bivariate* menggunakan uji statistik non parametrik yaitu *uji spearman* **Hasil Penelitian** didapatkan tidak ada hubungan yang signifikan antara tingkat pengetahuan dengan pola konsumsi sayur dan buah selama pandemi covid-19 ($p\text{-value} = 0,138$) dan adanya hubungan yang signifikan antara ketersediaan pangan dengan pola konsumsi sayur dan buah selama pandemi covid-19 ($p\text{-value} = 0,028$). **Kesimpulan** sebagian besar tingkat pengetahuan, ketersediaan pangan sayur dan buah serta pola konsumsi sayur dan buah pada siswa MI Ma'arif Sambiroto dalam kategori kurang

Kata kunci : *Pengetahuan, Ketersediaan pangan, Pola konsumsi sayur dan buah*

**RELATIONSHIP OF KNOWLEDGE NUTRIENT AND FOOD
AVAILABILITY TO VEGETABLE AND FRUIT CONSUMPTION
PATTERNS DURING THE COVID-19 PANDEMIC ON CLASS 5 MI
MA'ARIF SAMBIROTO STUDENTS**

ABSTRACT

Background Fruit is a plant source of many nutrients and contains vitamins and minerals that are good for the body, fruit can usually be consumed without being cooked first or consumed fresh. Meanwhile, vegetables are plant sources of other nutrients as well as sources of vitamins, minerals which can generally be consumed in the form of leaves, flowers, fruit and tubers. During a pandemic, the need for micronutrients is very important for children, because it can increase the immune system to fight the virus. factors that affect the pattern of consumption of vegetables and fruit in children include knowledge, attitudes, preferences / preferences, availability, parental education, family income, peers and family habits **The research objective** was to determine the level of knowledge and availability of food on the pattern of consumption of vegetables and fruit during the Covid-19 pandemic in 5th grade students of Mi Ma'arif Sambiroto elementary school **This type** of analytic observational research with a cross sectional study design. Performed with non-probability sampling technique of 35 respondents. Bivariate analysis uses non-parametric statistical tests, namely the Spearman test. **The results** showed that there was no significant relationship between the level of knowledge and the pattern of consumption of vegetables and fruit during the Covid-19 pandemic ($p\text{-value} = 0.138$) and there was a significant relationship between food availability and the pattern of consumption of vegetables and fruit during the Covid-19 pandemic ($p\text{-value} = 0.028$) **The conclusion** is that most of the level of knowledge, the availability of vegetable and fruit food and the pattern of vegetable and fruit consumption among MI Ma'arif Sambiroto students are in the poor category.

Keywords: *Knowledge, Food availability, Vegetable and fruit consumption patterns*