

GAMBARAN TINGKAT PENGETAHUAN IBU DAN KONSUMSI SAYUR BUAH PADA ANAK USIA PRASEKOLAH DI TK GEMBIRA KECAMATAN TAMBAKSARI KOTA SURABAYA

Oleh

Anis Nailun Nabilah Azzayyani

ABSTRAK

Latar Belakang : Masalah gizi pada anak usia prasekolah sangat mempengaruhi tingkat kesehatan masyarakat. Menurut data Riskesdas (2018), konsumsi buah/sayur masih rendah, salah satu faktor yang memiliki pengaruh yaitu tingkat pengetahuan ibu. **Tujuan :** Untuk mendeskripsikan tingkat pengetahuan ibu dan konsumsi sayur buah pada anak usia prasekolah di TK Gembira Surabaya. **Metode:** Jenis penelitian ini adalah penelitian deskriptif dengan jumlah sampel 42 responden ibu yang memiliki anak usia prasekolah di TK Gembira. Data tingkat pengetahuan ibu didapatkan dengan metode wawancara dengan pengisian kuesioner dan data konsumsi sayur buah didapatkan dengan pengisian *form recall* 2x24 jam. **Hasil :** Sebagian besar pengetahuan ibu yaitu pada kategori cukup sebanyak 20 responden (47,6%), konsumsi sayur pada kategori kurang sebanyak 42 responden (100%), konsumsi buah pada kategori kurang sebanyak 26 responden (61,9%). **Kesimpulan:** Konsumsi sayur dan buah pada anak usia prasekolah masih dibawah standar rekomendasi pedoman gizi seimbang 2014.

Kata Kunci : Pengetahuan Ibu, Konsumsi Sayur dan Buah

***DESCRIPTION OF MOTHER'S KNOWLEDGE LEVEL AND VEGETABLE
FRUIT CONSUMPTION IN PRESCHOOL AGE CHILDREN IN GEMBIRA
KINDERGARTEN, TAMBAKSARI DISTRICT, SURABAYA***

By

Anis Nailun Nabilah Azzayyani

ABSTRACT

Background: Nutritional problems in preschool age children affect the level of the public health. According to Risesdas data (2018), consumption of fruit/vegetable is still low, one of the factors that has an influence is mother's knowledge. **Objective :** To describe the mother's level of knowledge and consumption of fruit and vegetables in preschool children in Gembira Kindergarten Surabaya. **Methods:** This type of research is a descriptive study with a sample size of 42 mothers who have preschool-aged children at Gembira Kindergarten. Mother's knowledge level data was obtained by interview method by filling out questionnaires and fruit vegetable consumption data was obtained by filling out *recall form* 2x24 hour. **Results:** Most of the knowledge of mothers, namely in the sufficient category as many as 20 respondents (47.6%), vegetable consumption in the less category as many as 42 respondents (100%), fruit consumption in the low category. less category as many as 26 respondents (61.9%). **Conclusion :** Consumption of vegetables and fruit in preschool age children is still below the recommended standard of balanced nutrition guidelines in 2014.

Keywords: *Mother's Knowledge, Consumption of Vegetables and Fruits*