

# GAMBARAN POLA MAKAN DAN STATUS GIZI SISWA KELAS 5 SEKOLAH DASAR MUHAMMADIYAH 4 PUCANG SURABAYA

## Abstrak

Polamakansehatadalahsuatucaraatausahadalampengaturanjumlahdanjenismakanandenganmaksudtertentu, sepertimempertahankankesehatan, status nutrisi, mencegahataumembantukesembuhanpenyakit.

Anakusiasekolahmembutuhkangiziseimbanguntuk proses pertumbuhanperkembangan. Dalammeningkatkan status gizianakusiasekolahmemerlukanasupanmakanan yang memilikikandungangiziseimbangesuaikebutuhan.

Tujuanpenelitianiniyaituuntukmengetahuigambaranpolamakandan status gizisiswakelas 5 SD Muhammadiyah 4 Pucang Surabaya.

Penelitianinimerupakanpenelitianeksploratif yang menyajikangambaranpolamakandan status gizisiswa kelas 5 SD Muhammadiyah 4 Pucang Surabaya.Penelitian yang diadakan di SD Muhammadiyah 4 Pucang Surabayainimelibatkan 54 siswa.Teknikpengambilan sample menggunakanteknik*Systematic Random Sampling*. Metodepengumpulan data dengan recall 2x24 jam dan questioner.

Hasilpenelitianinimenunjukkan 59,2% asupanenergi normal dengan rata-rata asupan energi sebesar 1952,9 kkal/hari, 57,3% asupan protein diataskebutuhan dengan rata-rata 70,3 gr/hari sedangkan kebutuhan normal asupan protein dalam satu hari yaitu sebesar 56-60 gr/hari, 87,03% jenismakananbervariasi dimana sudah memenuhi variasi makanan dan kelompok zat gizi makanan, 59,2% frekuensimakanbaik yaitu dengan 3 kali makan utama dan 2 kali makan selingan, dan 50% status gizi normal. Dalam pemilihan bahan makanan sebaiknya siswa diberikan kebiasaan mengkonsumsi aneka ragam makanan yang sesuai dengan PUGS (Pedoman Umum Gizi Seimbang) supaya siswa tidak terbiasa memilih-milih makanan sehingga status gizi siswa menjadi normal serta pertumbuhan dan perkembangan siswa menjadi optimal.

Kata kunci :*status gizi, polamakan, siswa SD*

## DESCRIPTION OF DIET AND NUTRITIONAL STATUS OF PRIMARY SCHOOL CLASS 5 MUHAMMADIYAH 4 PUCANG SURABAYA

### Abstract

A healthy diet is a way of effort in setting the amount and type of food with a specific purpose, such as maintaining the health, nutritional status, preventing or curing the disease. School age children need balanced nutrition for growth and development process. In improving the nutritional status of school-age children requires the intake of foods that have a balanced nutritional content as needed. The purpose of this study is to describe the diet and nutritional status of students in grade 5 Pucang Surabaya Muhammadiyah elementary school.

This study was an exploratory study that presents an overview of diet and nutritional status of students in grade 5 Pucang Surabaya Muhammadiyah elementary school. Research conducted in SD Muhammadiyah 4 Surabaya Pucang involves 54 students. Sampling technique using Systematic Random Sampling technique. Methods of data collection with 2x24 hour recall and questionnaire.

The results showed 59.2% of normal energy intake by an average energy intake was 1952.9 kcal/day, 57.3% of protein intake above the needs of the average 70.3g/day, while the normal requirement of protein intake in one day amounting to 56-60g/day, 87.03% type of food varies where it meets a variety of food and nutrition food group, 59.2% frequency of eating well is the 3 main meals and 2 meals a distraction, and 50% normal nutritional status. In the selection of food stuffs students should be given the habit of eating a variety of foods in accordance with the PUGS (General Guidelines for Balanced Nutrition) so that students are not accustomed to picking foods so that the student becomes a normal nutritional status as well as the growth and development of student to be optimal.

Keywords: *nutritional status, diet, elementary school students*