

**GAMBARAN POLA MAKAN DAN STATUS GIZI PADA ANAK
PRASEKOLAH DI TK DHARMA PRAJA KELURAHAN KEBRAON
SURABAYA**

ABSTRAK

Latar belakang: Anak prasekolah mengalami pertumbuhan fisik dan psikis yang cepat. Pola makan anak adalah komponen berharga dalam proses tumbuh kembangnya karena status gizi anak dipengaruhi oleh pemenuhan makanan yang sehat. **Tujuan penelitian:** Untuk menggambarkan pola makan dan status gizi pada anak prasekolah di TK Dharma Praja Kebraon Surabaya. **Metode penelitian:** merupakan studi deskriptif yang melibatkan responden sebanyak 46 orang tua dan siswa. Pengumpulan data pola makan menggunakan pengisian kuesioner *SQ-FFQ* melalui wawancara dengan orang tua siswa dan data status gizi siswa didapatkan melalui pengukuran antropometri tinggi badan dan berat badan. Analisa data menggunakan uji statistik deskriptif. **Hasil penelitian:** Pola makan responden sebagian besar berkategori kurang baik (76,1%) yang disebabkan oleh konsumsi responden dalam salah satu kelompok jenis, jumlah dan frekuensi makan terdapat hasil yang kurang atau lebih dari batas normal yang dianjurkan sehingga pola makan yang dihasilkan dalam kategori kurang baik. Namun demikian status gizi sebagian responden berkategori normal (78,1%). **Kesimpulan:** Sehubungan dengan pola makan anak yang kurang baik dengan porsi yang lebih sedikit standar dan cenderung mengonsumsi jajanan daripada makan utama, apabila hal tersebut dipraktikkan dalam jangka panjang dapat menyebabkan anak memiliki status gizi kurang sehingga disarankan untuk orang tua agar lebih teliti dalam memberikan porsi dan frekuensi makan anak agar tepat sesuai anjuran.

Kata kunci : *pola makan, status gizi, anak prasekolah.*

DESCRIPTION OF EATING PATTERN AND NUTRITIONAL STATUS IN PRESCHOOL CHILDREN AT DHARMA PRAJA KINDERGARTEN, KEBRAON SURABAYA

ABSTRACT

Background: Preschoolers experience rapid physical and psychological growth. A child's diet is an important component in the process of growth and development because a child's nutritional status is influenced by the fulfillment of healthy food. **Research objectives:** To describe dietary patterns and nutritional status in preschool children at Kindergarten Dharma Praja Kebraon Surabaya. **Method:** is a descriptive research that received responses from 46 parents and students in total. Parents' interviews were utilized to gather dietary data using the SQ-FFQ questionnaire, and anthropometric measures of height and weight were performed to get information on children' nutritional status. Analyses of data employed descriptive statistical tests. **Results:** Most of the respondents' eating patterns were in the unfavorable category (76.1%) which was caused by the consumption of respondents in one type group, the amount and frequency of eating resulted in less or more than the recommended normal limit so that the resulting eating patterns were in the unfavorable category. However, the nutritional status of some respondents was in the normal category (78.1%). **Conclusion:** In connection with a child's eating pattern which is not good with portions that are less than standard and tends to consume snacks rather than the main meal, if this is practiced in the long term it can cause children to have poor nutritional status so it is recommended for parents to be more careful in giving the portion and frequency of eating for children so that it is exactly as recommended.

Keywords: *diet, nutritional status, preschool children*