GAMBARAN POLA MAKAN DAN STATUS GIZI

SISWA KELAS 3, 4 DAN 5 SDN KERTAJAYA 1 KOTA SURABAYA

ABSTRAK

Status gizi baik akan meningkatkan derajat kesehatan dan performa belajar. Pola makan yang baik beriringan dengan keadaan gizi yang baik. Penelitian ini bertujuan mengetahui pola makan dan status gizi siswa kelas 3, 4, dan 5 SDN Kertajaya 1 Kota Surabaya. Penelitian ini merupakan penelitian deskriptif.Sampel dalam penelitian ini adalah siswa kelas 3, 4 dan 5 SDN Kertajaya 1 yang dipilih secara Proportional Random Sampling dengan sampel 57 siswa. Pengumpulan data dilakukan dengan pengukuran antropometri dan wawancara FFQ. Hasil penelitian menunjukkan pola makan siswaberdasarkan frekuensi konsumsi makanan pokok tergolong biasa dikonsumsi, protein hewani kadang dikonsumsi, protein nabati jarang dikonsumsi, sayuran dan buah jarang dikonsumsi dan minumam selain air putih biasa dikonsumsi. Jenis bahan pangan yang sering dikonsumsi yaitu nasi (98,2%), telur ayam (24,6%), tempe (12,3%), wortel (14%), pisang (17,5%) dan susu (31,6). Status Gizi siswa sebagian besar tergolong normal71,9% (41 siswa). Akan tetapi pola makan sebagian siswa belum seimbang. Pihak sekolah dapat memberikan pembelajaran tentang pola makan yang baik bagi siswa.

Kata Kunci : Pola Makan, Status Gizi, Anak Usia Sekolah

DESCRIPTION OF DIET AND NUTRITIONAL STATUS
STUDENTS OF CLASS 3, 4 AND 5 AT SDN KERTAJAYA 1 SURABAYA

ABSTRACT

Good nutritional status will improve health status and improve learning performance. A good diet goes hand in hand with a good nutritional state. This study aims to describe the eating patterns and nutritional status of students in grades 3, 4 and 5 at SDN Kertajaya 1 Surabaya City. This research is a descriptive research. The sample in this study were students in grades 3, 4 and 5 of SDN Kertajaya 1 who were selected by Proportional Random Sampling with a sample of 57 students. Data collection was carried out by anthropometric measurements and FFQ interviews. The results showed that the students' dietary patterns based on the frequency of consumption of staple foods were classified as commonly consumed, animal protein was sometimes consumed, vegetable protein was rarely consumed, vegetables were rarely consumed, fruit was rarely consumed, and beverages (other than water) were usually consumed. The types of food that are often consumed are rice (98.2%), chicken eggs (24,6%), tempe (12,3%), carrots (14%), bananas (17,5%), and milk (31,6%). Most of the students' nutritional status was classified as normal 71.9% (41 students). In conclusion, most of the students' nutritional status was normal. However, the diet of some students is not balanced. The school can provide learning about good eating patterns for students.

Keywords: Diet, Nutritional Status, School Age Children