

## DAFTAR ARTI LAMBANG DAN SINGKATAN

BSR	= <i>Bulbar Synchronizing Regional</i>
KEK	= Kurang energi kronis
NREM	= <i>Non Rapid Eye Movement</i>
PSG	= Pedoman Gizi Seimbang
PSQI	= <i>Pittsburgh quality scale index</i>
PUGS	= Pedoman Umum Gizi Seimbang
REM	= <i>Rapid Eye Movement</i>
SAR	= Sistem Aktivasi Retikular
TGS	= Tumpeng Gizi Seimbang
WHO	= <i>World Health Organization</i>
Riskesdas	= Riset Kesehatan Dasar
IMT	= Indeks Massa Tubuh
SMA	= Sekolah Menengah Atas
Kemendes RI	= Kementerian Kesehatan Republik Indonesia
FAO	= <i>Food and Agriculture Organization</i>
PGS	= Pedoman Gizi Seimbang
KBBI	= Kamus Besar Bahasa Indonesia
UNICEF	= <i>United Nations International Children's Emergency Fund</i>
BMI	= <i>Body mass index</i>
SD	= Sekolah Dasar
IMT/U	= Indeks Massa Tubuh menurut Umur
Depkes RI	= Departemen Kesehatan Republik Indonesia
PMK	= Peraturan Menteri Kesehatan
SPSS	= <i>Statistical Package for the Social Sciences</i>
OSIS	= Organisasi Siswa Intra Sekolah
UKS	= Unit Kesehatan Siswa
GES	= <i>Galas Eco School</i>
SKI	= Sie Kerohanian Islam

PMR = Palang Merah Remaja  
GEC = *Galas English Club*