

**GAMBARAN KEBIASAAN SARAPAN PAGI, STATUS GIZI DAN
TINGKAT PRESTASI BELAJAR SISWA MADRASAH IBTIDAIYAH
AL-HUDA KEPUHBENER KABUPATEN NGANJUK**

ABSTRAK

Pendahuluan, Sarapan memberikan sumbangan energi kepada tubuh kita yang berguna sebagai melakukan aktivitas keseharian. Selain berfungsi sebagai menyumbang energi pada tubuh, sarapan atau makan pagi sangat memiliki banyak sekali manfaat untuk anak usia sekolah. **Tujuan,** penelitian ini bertujuan untuk mengetahui gambaran kebiasaan sarapan pagi, asupan sarapan pagi, status gizi dan tingkat prestasi belajar MI Al-Huda Kepuhbener Kabupaten Nganjuk. **Metode Penelitian,** Jenis penelitian ini adalah deskriptif melalui teknik *propotional random sampling*. Cara pengambilan data adalah dengan cara pengukuran antropometri, wawancara menggunakan kuesioner, wawancara *food recall* 3 kali sarapan, observasi buku raport siswa semester ganjil. **Hasil** Berdasarkan hasil dari penelitian diperoleh data status gizi berdasarkan (IMT/U) sebanyak (76,9%) siswa mempunyai status gizi baik, (66,7%) memiliki kebiasaan sarapan cukup, (38,5%) memiliki tingkat konsumsi energi defisit berat, (56,3%) memiliki tingkat konsumsi asupan protein defisit dan sebanyak (89,7%) memiliki tingkat prestasi belajar baik. **Kesimpulan,** Dapat ditarik bahwa sebagian besar siswa mempunyai status gizi normal, siswa yang mempunyai kebiasaan sarapan baik namun tingkat konsumsi masih defisit, siswa yang memiliki tingkat konsumsi defisit namun tingkat prestasi belajar baik. **Saran,** Disarankan kepada siswa agar mengonsumsi makanan yang seimbang serta biasakan sarapan pagi.

Kata Kunci : Kebiasaan Sarapan, Asupan Sarapan, Status Gizi, Tingkat Prestasi

**DESCRIPTION OF BREAKFAST HABITS, NUTRITIONAL STATUS
AND LEVEL OF ACHIEVEMENT OF AL-HUDA MADRASA
IBTIDAIYAH KEPUHBENER NGANJUK REGENCY**

ABSTRACT

Background, Breakfast contributes energy to our body which is useful for carrying out daily activities. Apart from functioning as contributing energy to the body, breakfast has many benefit for school-age children. **The purpose** is to know the description of breakfast habits, breakfast intake, nutritional status and level of learning achievement at MI Al-Huda Kepuh Bener, Nganjuk Regency. Research Methods. **Research method** is descriptive using a proportional random sampling technique. The way to collect data is by means of anthropometric measurements, interviews using questionnaires, food recall interviews 3 times breakfast, observation of odd semester student report cards. **The results of the study,** it was obtained data on nutritional status based on (BMI/U) as many as (76.9%) students had good nutritional status, (66.7%) had sufficient breakfast habits, (38.5%) had a deficit energy consumption level weight, (56.3%) had a deficit consumption level of protein intake and as many as (89.7%) had a good level of academic achievement. **Conclusion,** It can be concluded that most students have normal nutritional status, students who have good breakfast habits but a deficit consumption level, students have a deficit consumption level but a good level of learning achievement. **Suggestion,** it is recommended for students to eat a balanced diet and get used to breakfast.

Keywords: Breakfast Habits, Breakfast Intake, Nutritional Status, Learning Achievement Level