

**GAMBARAN PENGETAHUAN, PERILAKU KONSUMSI JAJANAN  
SEKOLAH DAN STATUS GIZI PADA SISWA SEKOLAH DASAR  
NEGERI LATUKAN KABUPATEN LAMONGAN**

**ABSTRAK**

**Latar Belakang:** Pertumbuhan dan perkembangan anak usia sekolah dasar sangat membutuhkan zat gizi. Studi pendahuluan yang dilakukan pada 10 siswa di SD Negeri Latukan menunjukkan 20% status gizi lebih, 60% status gizi baik dan 20% status gizi kurang. Studi pendahuluan ini belum dapat menggambarkan pengetahuan, perilaku konsumsi jajanan sekolah dan status gizi pada siswa Sekolah Dasar Negeri Latukan Kabupaten Lamongan. **Tujuan:** Untuk Mengetahui gambaran mengenai pengetahuan, perilaku konsumsi jajanan sekolah dan status gizi pada siswa Sekolah Dasar Negeri Latukan Kabupaten Lamongan. **Metode Penelitian:** Jenis penelitian deskriptif. Populasi berjumlah 66 siswa. Jumlah sampel 40 siswa dengan metode *proportional random sampling*. Pengumpulan data dilakukan dengan wawancara menggunakan kuesioner dan form *food frequency questionnaire*. **Hasil:** Data tingkat pengetahuan sebagian besar pada kategori baik sebanyak 55%, tingkat perilaku sebagian besar pada kategori cukup sebanyak 55%, frekuensi konsumsi jajanan sekolah sebagian besar pada kategori sering sebanyak 57,5% dan status gizi sebagian besar pada kategori gizi baik sebanyak 62,5% serta kategori gizi lebih sebanyak 22,5%. **Kesimpulan:** Penelitian ini diharapkan bisa menjadi informasi bagi masyarakat agar lebih memperhatikan pengetahuan gizi dan konsumsi jajanan sekolah pada anak usia sekolah.

Kata kunci: *Pengetahuan, Perilaku Konsumsi Jajanan Sekolah, Status Gizi*

**DESCRIPTION OF KNOWLEDGE, SCHOOL SNACK CONSUMPTION  
BEHAVIOR AND NUTRITIONAL STATUS OF ELEMENTARY SCHOOL  
LATUKAN, LAMONGAN REGENCY**

**ABSTRACT**

**Background:** The growth and development of elementary school aged children really need nutrients. The preliminary study conducted on 10 students of elementary school Latukan, showed that 20% nutritional status had overweight status, 60% good nutritional status and 20% thinness status. This preliminary studies have not been able to describe the knowledge, school snack consumption behavior and nutritional status of elementary school Latukan, Lamongan regency. **Purpose:** For determine the description of knowledge, consumption behavior of school snacks and nutritional status of elementary school Latukan, Lamongan regency. **Methods:** The type of research is descriptive. The population totaling 66 students. the samples in this study were 40 students by *proportional random sampling*. Data collection was carried out by interviews using a questionnaire and a food frequency questionnaire. **The results:** the highest level of knowledge in the good category was 55%, the highest level of behavior was in the sufficient category 55%, the highest frequency of school snacks consumption was in the frequently category 57,5%, and the highest nutritional status was in the good status category 62,5% and overweight category 22,5%. **Conclusion:** This research is expected to provide information for the community to pay attention to nutritional knowledge and consumption of school snacks in school-age children.

Keywords: *Knowledge, School Snack Consumption Behavior, Nutritional Status*