

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
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Gambaran Konsumsi Buah dan Sayur Pada Anak Sekolah Dasar Kelas VI di SDN Bumisari Natar Lampung Selatan

xiii + 55 halaman + 13 tabel + 2 gambar + 2 lampiran

ABSTRAK

Konsumsi sayur dan buah yang cukup merupakan indikator gizi seimbang. Dari survei 10 kelas VI SDN Bumisari hanya sebesar 30% yang mengonsumsi buah dan sayur. Konsumsi sayur yang rendah dikarenakan kelompok tersebut kurang disukai anak-anak padahal zat gizi yang terdapat dalam sayur sangat dibutuhkan anak untuk tumbuh kembang.

Penelitian ini adalah penelitian deskriptif dimana peneliti akan menganalisis fakta-fakta yang berhubungan dengan konsumsi sayur dan buah pada siswa VI di SDN Bumisari Natar Lampung Selatan pada bulan April 2023. Sampel penelitian ini berjumlah 104 siswa. Data penelitian diolah menggunakan aplikasi SPSS, secara univariat dengan tabel frekuensi meliputi pengetahuan, jumlah konsumsi, frekuensi konsumsi, jenis-jenis buah dan sayur yang sering dikonsumsi, ketersediaan, serta pengaruh teman sebaya.

Konsumsi sayur dan buah pada siswa kelas VI SDN Bumisari masuk dalam kategori kurang sebanyak 89,4%, dan kategori cukup sebanyak 10,6%. Pengetahuan tentang buah dan sayur dengan kategori kurang sebanyak 26%, kategori cukup sebanyak 51%, dan kategori baik sebanyak 23%. Frekuensi konsumsi buah dan sayur pada siswa dengan kategori baik sebanyak 20,2%, dan kategori tidak baik sebanyak 79,8%. Jenis buah yang sering dikonsumsi siswa yaitu, jeruk, kurma, pisang, semangka, apel, pepaya, nanas, dan melon. Jenis sayur yang sering dikonsumsi siswa yaitu, kangkung, bayam, daun singkong, sop, dan kembang kates. Ketersediaan buah dan sayur di rumah dengan kategori tidak baik sebanyak 19,2%, kategori cukup sebanyak 48,1%, dan kategori baik sebanyak 32,7%.

Sekolah diharapkan mengadakan penyuluhan gizi khususnya tentang sayur dan buah, menempelkan poster tentang sayur dan buah di ruang kelas, dan rutin mengajak anak membawa bekal sesuai pedoman isi piringku dari rumah. Orang tua diharapkan rutin membawakan bekal untuk anak dengan gizi seimbang sesuai dengan pedoman isi piringku.

Kata Kunci : sayur, buah, sekolah dasar
Daftar Bacaan : 26 (2006-2022)

TANJUNGKARANG HEALTH POLYTECHNIC
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Description of Fruit and Vegetable Consumption in Grade VI Elementary School
Children at SDN Bumisari Natar South Lampung

xiii + 55 pages + 13 tables + 2 pictures + 2 attachment

ABSTRACT

Adequate consumption of vegetables and fruit is an indicator of balanced nutrition. Of the 10th grade students at SDN Bumisari, only 30% consumed fruit and vegetables. Low consumption of vegetables is because this group is less liked by children, even though the nutrients contained in vegetables are needed by children for growth and development.

This research is a descriptive study in which researchers will analyze facts related to the consumption of vegetables and fruit in students VI at SDN Bumisari Natar South Lampung in April 2023. The sample for this study was 104 students. The research data was processed using the SPSS application, in a univariate manner with frequency tables covering knowledge, amount of consumption, consumption frequency, types of fruits and vegetables that are often consumed, availability, and influence of peers.

Vegetable and fruit consumption in class VI of SDN Bumisari students was in the less category at 89.4%, and the sufficient category was 10.6%. Knowledge of fruits and vegetables in the less category is 26%, the sufficient category is 51%, and the good category is 23%. The frequency of fruit and vegetable consumption among students in the good category was 20.2%, and in the bad category was 79.8%. The types of fruit that are often consumed are oranges, student dates, bananas, watermelons, apples, papayas, pineapples, and melons. The types of vegetables that are often consumed are kale, student spinach, cassava leaves, soup, and kates flowers. Availability of fruits and vegetables at home in the not good category was 19.2%, the sufficient category was 48.1%, and the good category was 32.7%.

Schools are expected to hold nutrition counseling, especially about vegetables and fruit, put up posters about vegetables and fruit in the classroom, and routinely invite children to bring their lunch according to my plate guidelines from home. Parents are expected to routinely bring packed lunches for children with balanced nutrition according to my plate guidelines

Keywords : vegetables, fruits, elementary school

Reading list : 26 (2006-2022)