

**POLITEKNIK KESEHATAN TANJUNGPUR**  
**JURUSAN GIZI**  
**Laporan Tugas Akhir, 2023**

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Gambaran Preferensi Sayur Dan Buah Pada Siswa Kelas 5 Di SDN 2  
Perumnas Way Kandis Bandar Lampung 2023

xiv + 39 Halaman, 10 tabel, 2 gambar, dan 10 Lampiran

**ABSTRAK**

Konsumsi sayur dan buah adalah salah satu pesan penting dalam pedoman gizi seimbang agar menuju masyarakat hidup sehat. Hasil Riset Kesehatan Dasar Tahun 2018 menunjukkan bahwa penduduk usia  $\geq 5$  tahun yang kurang mengkonsumsi sayur dan buah di Provinsi Lampung sejumlah 95,% (Riskesdas 2018). Tujuan penelitian ini adalah untuk mengetahui Gambaran Preferensi Sayur dan Buah Pada Siswa SDN 2 Perumnas Way Kandis Bandar Lampung Tahun 2023.

Jenis penelitian yang digunakan adalah metode deskriptif dengan pendekatan survei. Sampel penelitian adalah seluruh anak kelas 5 yang tercatat sebagai siswa SDN 2 Perumnas Way Kandis Bandar Lampung yang berjumlah 70 siswa. Lokasi penelitian dilaksanakan di SDN 2 Perumnas Way Kandis pada bulan mei 2023. Analisis data dalam penelitian ini menggunakan univariant.

Penelitian diperoleh anak yang baik mengkonsumsi buah sebesar 57,1% dan yang kurang baik mengkonsumsi buah sebesar 42,8%. Anak yang baik mengkonsumsi sayur sebesar 47,1% dan yang kurang mengkonsumsi sayur sebesar 52,8%. Sayur dan buah yang sering dikonsumsi oleh responden adalah bayam, kangkung dan wortel sedangkan untuk buah yang sering dikonsumsi adalah buah jeruk, mangga, dan semangka.

Diharapkan kepada sekolah mengadakan program edukasi tentang pentingnya makan sayur dan buah seperti makan buah dan sayur bersama, lalu memasang poster dengan tema manfaat konsumsi sayur dan buah.

Kata Kunci : Konsumsi, Sayur, Buah, Preferensi  
Daftar Bacaan : 31 (2013-2021)

**TANJUNGPURBA HEALTH POLYTECHNIC**  
**DEPARTMENT OF NUTRITION**  
**Final Report, 2023**

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Description of Vegetable and Fruit Preferences in Grade 5 Students at  
SDN 2 Perumnas Way Kandis Bandar Lampung 2023

xiv + 39 Pages, 12 tables, 2 pictures, and 5 attachments

**ABSTRACT**

Consumption of vegetables and fruit is one of the important messages in the guidelines for balanced nutrition in order to lead a healthy living society. The results of the 2018 Basic Health Research show that 95.% of the population aged  $\geq 5$  years consumes less in Lampung Province (Risksdas 2018). The purpose of this study was to find out the description of vegetable and fruit preferences in students of SDN 2 Perumnas Way Kandis Bandar Lampung in 2023.

Method: The type of research used was descriptive method with a survey approach. The research population was all 5th grade students who were registered as students at SDN 2 Perumnas Way Kandis Bandar Lampung, totaling 70 students. The research location was carried out at SDN 2 Perumnas Way Kandis in May 2023. Data analysis in this study used univariant.

Results: The study found that children who consumed fruit well consumed more fruit than children who consumed fruit less well, 57.1% of children consumed fruit well and 42.8% of children who consumed fruit were not good, and 47.1% of children who consumed vegetables and 52.8%. Vegetables and fruit that were often consumed by respondents were spinach, kale and carrots, while fruits that were often consumed were oranges, mangoes and watermelon.

It is hoped that schools will hold educational programs about the importance of eating vegetables and fruit in attractive forms such as eating fruits and vegetables together, then sticking posters with the theme of the benefits of consuming vegetables and fruit and encouraging consumption of vegetables and fruit to increase student awareness in consuming vegetables and fruit, and parents need to motivate parents to provide vegetables and fruit every day such as making vegetables and fruit the family's favorite menu by making it more interesting and varied so that children do not feel bored.

Keyword : Consumption , fruit ,Vegetables , Preferensi  
Reading List : 31 (2015-2021)