

**LEVEL OF NUTRITIONAL KNOWLEDGE,  
FOOD CONSUMPTION PATTERNS AND NUTRITION STATUS  
STUDENT SENIOR HIGH SCHOOL STATE 1 TEGALLALANG  
DISTRICT GIANYAR  
BALI PROVINCE**

**ABSTRACT**

This study aims to assess the level of knowledge of balanced nutrition, food consumption patterns, and determine the nutritional status of students of SMA Negeri 1 Tegallalang. This type of research is observational with cross sectional research design. The study was conducted in May 2018. The population is all students in SMA Negeri 1 Tegallalang with a sample size of 62 students. Based on the result of research on the level of knowledge of balanced nutrition, 30 (48,4%) sample have enough knowledge, 8 (13%) sample have less knowledge level, and 24 (38,7%) sample have good knowledge level. For food consumption patterns based on various types of consumption in general, the good category is 49 (79.1%) of the sample, where most of the samples consume more than 12 types of food. Assessment of nutritional status using IMT / U indicator according to WHO 2005 standard. The sample have good nutrition status as many as 55 (88,8%) sample, there are 1 (1,6%) sample, there are 3 (4.8%) , and obesity there are 3 (4.8%) samples. Based on cross-tabulation analysis of balanced nutrition knowledge level and frequency, type, and amount of consumption there is no tendency of correlation of knowledge level of balanced nutrition and frequency, type, and amount of consumption. Based on cross-tabulation analysis of frequency, type, and quantity of food and nutritional status, frequency, type and amount of energy (kcal) there is no tendency to correlate with nutritional status while protein protein amount (gram) based on cross-tabulation analysis that there is a tendency of protein feeding (gram) with nutritional status.

Keywords: knowledge balanced nutrition, food consumption, nutritional status

**TINGKAT PENGETAHUAN GIZI SEIMBANG,  
POLA KONSUMSI MAKANAN DAN STATUS GIZI  
SISWA SEKOLAH MENENGAH ATAS NEGERI 1 TEGALLALANG  
KABUPATEN GIAN YAR  
PROVINSI BALI**

**ABSTRAK**

Penelitian ini bertujuan untuk menilai tingkat pengetahuan gizi seimbang, pola konsumsi makanan, dan menentukan status gizi siswa SMA Negeri 1 Tegallalang. Jenis penelitian adalah observasional dengan desain penelitian cross sectional. Penelitian sudah dilaksanakan pada Mei 2018. Populasi adalah seluruh siswa di SMA Negeri 1 Tegallalang dengan jumlah sampel 62 siswa. Berdasarkan hasil penelitian tentang tingkat pengetahuan gizi seimbang , 30 (48,4%) sampel memiliki pengetahuan cukup, 8 (13%) sampel memiliki tingkat pengetahuan yang kurang, dan 24 (38,7%) sampel memiliki tingkat pengetahuan baik. Untuk pola konsumsi makanan berdasarkan berbagai jenis konsumsi secara umum termasuk kategori baik adalah 49 (79,1%) sampel, di mana sebagian besar sampel mengkonsumsi lebih dari 12 jenis makanan. Penilaian status gizi menggunakan indikator IMT/U menurut standar WHO 2005. Ditemukan sampel memiliki status gizi baik sebanyak 55 (88,8%) sampel, kurus ada 1(1,6%) sampel, gemuk ada 3 (4,8%) sampel, dan obesitas ada 3 (4,8%) sampel. Berdasarkan analisis tabulasi silang tingkat pengetahuan gizi seimbang dan frekuensi, jenis, dan jumlah konsumsi tidak ada kecendrungan hubungan tingkat pengetahuan gizi seimbang dan frekuensi, jenis, dan jumlah konsumsi. Berdasarkan analisis tabulasi silang frekuensi, jenis, dan jumlah makanan dan status gizi, frekuensi, jenis dan jumlah energi (kkal) tidak ada kecendrungan hubungan dengan status gizi sedangkan jumlah bahan makanan protein (gram) berdasarkan analisis tabulasi silang bahwa ada kecendrungan jumlah bahan makan protein (gram) dengan status gizi.

Kata kunci: tingkat pengetahuan gizi seimbang, konsumsi makanan , status gizi