

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PROGRAM STUDI DIPLOMA III GIZI**

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**RINI FADILA**

**GAMBARAN PENGETAHUAN DAN KONSUMSI SAYUR DAN BUAH  
PADA MAHASISWA TINGKAT I JURUSAN GIZI POLTEKKES  
KEMENKES RIAU**

**xiv, 46 halaman, 6 tabel, 2 gambar, 4 lampiran**

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**ABSTRAK**

Konsumsi sayur dan buah merupakan bagian penting dalam mewujudkan gizi seimbang. Bagi mahasiswa gizi, faktor pengetahuan seharusnya tidak berpengaruh karena pendidikan mengenai makanan dan gizi sudah didapatkan dalam pembelajaran di kampus, namun dalam penerapan sehari-hari masih ditemukan perilaku makan yang tidak seimbang antara jumlah konsumsi dengan kebutuhan yang diperlukan. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan dan konsumsi sayur dan buah pada mahasiswa Tingkat I Jurusan Gizi Poltekkes Kemenkes Riau.

Jenis penelitian adalah deskriptif dengan desain *cross-sectional*. Populasi penelitian adalah mahasiswa Tingkat I Jurusan Gizi Poltekkes Kemenkes Riau. Teknik pengambilan sampel total sampling dengan sampel mahasiswa berjumlah 73 orang. Alat ukur yang digunakan untuk pengetahuan adalah kuisisioner melalui *google form* dan untuk konsumsi sayur dan buah menggunakan metode Semi Kuantitatif *Food Frequency Questionnaire* (SQ-FFQ). Data dianalisa menggunakan analisa univariat.

Hasil penelitian menunjukkan bahwa tingkat pengetahuan mahasiswa Tingkat I Jurusan Gizi Poltekkes Kemenkes Riau tentang sayur dan buah banyak yang termasuk baik (61.6%) dan sedang (28.8%) daripada yang berpengetahuan kurang (9.6%). Konsumsi sayur pada mahasiswa termasuk kurang (80.8%), yang tergolong cukup (19.2%), begitu juga dengan konsumsi buah dalam jumlah kurang (56.2%), yang tergolong cukup (43.8%). Disarankan kepada mahasiswa untuk meningkatkan asupan sayur dan buah sehari-hari sesuai anjuran pedoman gizi seimbang serta lebih banyak lagi membaca dari buku dan melalui media massa tentang sayur dan buah guna untuk meningkatkan pengetahuan sayur dan buah.

**DaftarPustaka : 34 Referensi (2002 - 2020)**

**Kata Kunci : Pengetahuan,Konsumsi Sayur dan Buah**

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA  
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**RINI FADILA**

**DESCRIPTION OF KNOWLEDGE AND CONSUMPTION OF  
VEGETABLES AND FRUIT IN LEVEL I NUTRITION DEPARTMENT  
STUDENTS OF POLTEKKES KEMENKES RIAU**

**xiv, 46 pages, 6 tables, 2 pictures, 4 appendices**

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**ABSTRACT**

Consumption of vegetables and fruit is an important part in achieving balanced nutrition. For nutrition students, the knowledge factor should not have an effect because education about food and nutrition has been obtained in learning on campus, but in daily application it is still found that eating behavior is not balanced between the amount of consumption and the required needs. This study aims to determine the description of knowledge and consumption of vegetables and fruit in Level I students of the Department of Nutrition, Poltekkes, Ministry of Health, Riau.

This type of research is descriptive with a cross-sectional design. The population of this research is the level I students of the Department of Nutrition, Poltekkes, Ministry of Health, Riau. The sampling technique was total sampling with a sample of 73 students. The measuring instrument used for knowledge is a questionnaire via google form and for consumption of vegetables and fruit using the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) method. Data were analyzed using univariate analysis.

The results showed that the level of knowledge of Level I students in the Department of Nutrition, Poltekkes, Ministry of Health, Riau, about vegetables and fruits was mostly good (61.6%) and moderate (28.8%) than those with less knowledge (9.6%). Consumption of vegetables among students is low (80.8%), which is quite sufficient (19.2%), as well as fruit consumption in less amounts (56.2%), which is classified as sufficient (43.8%). It is recommended for students to increase their daily intake of vegetables and fruits according to the recommended balanced nutrition guidelines and read more from books and through mass media about vegetables and fruits in order to increase their knowledge of vegetables and fruits.

**Bibliography : 34 Reference (2002-2020)**

**Keywords : Knowledge, consumption of vegetables and Fruit**