

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA POLITEKNIK KESEHATAN
KEMENKES RIAU.**

JURUSAN DIIRI GIZI

PROPOSAL, TUGAS AKHIR 2021

SUCI TRI HARTATY YARMAN

**GAMBARAN POLA KONSUMSI SAYUR DAN BUAH PADA MAHASISWA TK. II
POLTEKKES KEMENKES RIAU**

xi : 41 halaman + 3 tabel + 4 Lampiran

INTISARI

Sayur dan buah merupakan sumber zat gizi mikro yang diperlukan untuk proses metabolisme tubuh. Pentingnya konsumsi buah dan sayur masih kurang disadari oleh penduduk Indonesia. Rendahnya konsumsi buah dan sayur pada mahasiswa yang kemudian sering diikuti dengan tingginya mengonsumsi *fast food* dapat meningkatkan resiko terjadinya obesitas. Tujuan penelitian ini adalah untuk mengetahui gambaran pola konsumsi sayur dan buah pada mahasiswa TK. II Poltekkes Kemenkes Riau.

Penelitian ini menggunakan metode deskriptif kuantitatif desain *cross sectional*. Populasi penelitian ini adalah mahasiswa tingkat II jurusan Kebidanan, Keperawatan, dan Gizi yang berjumlah 225 orang. Pengambilan sampel pada penelitian ini menggunakan metode *accidental sampling* sebanyak 70 orang. Data konsumsi sayur dan buah diperoleh dari wawancara kuesioner virtual, selanjutnya dianalisa secara univariat.

Hasil penelitian ini menunjukkan bahwa konsumsi sayur mahasiswa tingkat II kategori sering mengonsumsi sayur 11 responden (15,7%) dan kategori jarang 59 responden (84,3%). Konsumsi buah kategori sering 9 responden (13%) dan kategori jarang 61 responden (87%).

Daftar Pustaka : 22 (2016-2021)

Kata Kunci : Konsumsi sayur dan buah

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA HEALTH
POLYTECHNIC MINISTRY OF HEALTH RIAU.**

DIII NUTRITION DEPARTMENT

PROPOSAL, FINAL PROJECT 2021

SUCI TRI HARTATY YARMAN

**DESCRIPTION OF VEGETABLE AND FRUIT CONSUMPTION PATTERNS IN TK
STUDENTS. II POLTEKKES KEMENKES RIAU**

xi : 41 pages + 3 tables + 4 appendices

ABSTRACK

Essence Vegetables and fruits are sources of micronutrients needed for the body's metabolic processes. The importance of fruit and vegetable consumption is still not realized by the Indonesian population. The low consumption of fruits and vegetables in students which is then often followed by eating fast food can increase the risk of obesity. The purpose of this study was to describe the pattern of consumption of vegetables and fruit in kindergarten students. II Poltekkes Ministry of Health Riau.

This study uses a quantitative descriptive method with a cross sectional design. The population of this study were second-level students majoring in Midwifery, Nursing, and Nutrition which opened 225 people. Sampling in this study using the accidental sampling method as many as 70 people. Vegetable and fruit consumption data were obtained from virtual questionnaire interviews, then analyzed univariately.

The results of this study indicate that the vegetable consumption of second-level students often consume vegetables by 11 respondents (15.7%) and in the rare category 59 respondents (84.3%). Consumption of fruit in the frequent category 9 respondents (13%) and the rare category 61 respondents (87%).

Bibliography : 22 (2016-2021)

Keywords : Consumption of vegetables and fruit

