

ABSTRAK

Elby Saputra. *Gambaran Kebiasaan Konsumsi Makanan Cepat Saji (Fastfood), Sayur dan Buah serta Status Gizi pada Remaja di SMP Negeri 3 Kota Pekanbaru.* Dibimbing oleh **Irma Susan Paramita, S.Gz, M.Kes.**

Remaja merupakan kelompok usia yang rentan mengalami gangguan gizi akibat pola konsumsi yang tidak seimbang. Penelitian ini bertujuan untuk mengetahui gambaran konsumsi fast food, konsumsi sayur dan buah, serta status gizi siswa kelas VII-1 di SMP Negeri 3 Kota Pekanbaru. Penelitian menggunakan metode deskriptif kuantitatif dengan pendekatan cross-sectional. Jumlah responden sebanyak 38 siswa yang dipilih dengan teknik purposive sampling. Data konsumsi fast food serta sayur dan buah dikumpulkan melalui kuesioner FFQ (Food Frequency Questionnaire), sedangkan status gizi dinilai menggunakan pengukuran IMT/U berdasarkan Permenkes No. 2 Tahun 2020. Hasil menunjukkan bahwa sebagian besar siswa (79%) jarang mengonsumsi fast food, namun konsumsi sayur dan buah juga tergolong rendah pada 79% siswa. Status gizi responden menunjukkan 44,7% memiliki gizi baik, sedangkan sisanya mengalami gizi kurang (13,2%), gizi lebih (34,2%), dan obesitas (7,9%). Hasil ini memperlihatkan bahwa meskipun konsumsi fast food tidak tinggi, rendahnya konsumsi sayur dan buah berkontribusi terhadap status gizi yang tidak optimal. Oleh karena itu, diperlukan peningkatan edukasi gizi kepada siswa dan dukungan dari lingkungan sekolah serta keluarga untuk menciptakan pola konsumsi yang sehat dan seimbang pada remaja.

Kata kunci: Fast food, sayur, buah, status gizi, remaja.

ABSTRACT

Elby Saputra. *An Overview of Fast Food, Vegetable, and Fruit Consumption Habits and Nutritional Status Among Adolescents at SMP Negeri 3 Kota Pekanbaru.* Supervised by **Irma Susan Paramita, S.Gz, M.Kes.**

Adolescents are a vulnerable age group at risk of nutritional problems due to unbalanced dietary patterns. This study aims to describe the consumption of fast food, vegetables, and fruits, as well as the nutritional status of seventh-grade students at SMP Negeri 3 Kota Pekanbaru. This research used a descriptive quantitative method with a cross-sectional approach. The total number of respondents was 38 students, selected using purposive sampling technique. Data on fast food, vegetable, and fruit consumption were collected through a Food Frequency Questionnaire (FFQ), while nutritional status was assessed using BMI-for-age (BMI/A) based on Ministry of Health Regulation No. 2 of 2020. The results showed that most students (79%) rarely consumed fast food, but vegetable and fruit intake was also low among 79% of them. Nutritional status data indicated that 44.7% of students had normal nutritional status, while the rest were categorized as undernourished (13.2%), overweight (34.2%), and obese (7.9%). These findings indicate that although fast food consumption was not high, the low intake of vegetables and fruits contributed to suboptimal nutritional status. Therefore, it is necessary to enhance nutrition education for students and encourage support from schools and families to promote a healthy and balanced diet among adolescents.

Keywords: Fast food, vegetables, fruits, nutritional status, adolescents.