

ABSTRAK

ADELIA SHALSABILA. Gambaran Kesesuaian Komponen Makan Siang Dengan Pedoman Gizi Seimbang Isi Piringku Pada Anak Usia Sekolah Dibimbing oleh Yessi Marlina,S.Gz,MPH,Dietisien.

Masalah gizi pada anak usia sekolah masih menjadi perhatian serius di Indonesia karena dapat memengaruhi tumbuh kembang, konsentrasi belajar, dan risiko penyakit di masa depan. Upaya perbaikan pola makan salah satunya dilakukan melalui penerapan pedoman Isi Piringku yang menekankan keseimbangan konsumsi makanan pokok, lauk pauk, sayur, buah, serta kebiasaan sehat lainnya. Penelitian ini bertujuan untuk mengetahui kesesuaian menu makan siang anak sekolah dengan pedoman Isi Piringku di SDN 94 Pekanbaru. Penelitian menggunakan desain deskriptif kuantitatif dengan pendekatan cross sectional pada 55 responden siswa kelas V. Data diperoleh melalui wawancara dan observasi menggunakan lembar formulir wawancara konsumsi makan siang, kemudian dibandingkan dengan standar pedoman gizi seimbang. Hasil penelitian menunjukkan bahwa konsumsi makanan pokok anak sekolah sudah tergolong cukup (70,9%), sementara lauk pauk masih kurang (58,2%). Konsumsi sayur juga masih kurang (61,8%), sedangkan buah hampir seluruh responden tidak mengonsumsi pada saat makan siang (94,5%). Hal ini menggambarkan bahwa secara umum komposisi menu makan siang anak sekolah belum sesuai dengan pedoman Isi Piringku. Kesimpulan penelitian ini adalah masih kurangnya kecukupan konsumsi lauk pauk, sayur, dan buah pada anak sekolah dasar. Intervensi edukasi gizi bagi siswa dan orang tua perlu ditingkatkan agar pola makan anak lebih seimbang sesuai pedoman gizi.

Kata Kunci : Isi Piringku; anak sekolah; menu makan siang; gizi seimbang

ABSTRACT

ADELIA SHALSABILA. Description of the Suitability of Lunch Components with the Balanced Nutrition Guidelines for My Plate for School-Age Children Supervised by Yessi Marlina, S.Gz, MPH, Dietitian.

Nutritional problems among school-age children remain a major concern in Indonesia, as they may affect growth, learning concentration, and the risk of future health disorders. One of the efforts to improve dietary patterns is through the implementation of the *Isi Piringkull* (My Plate) guidelines, which emphasize the balance of staple foods, animal and plant protein, vegetables, fruits, as well as other healthy habits. This study aimed to analyze the conformity of school children's lunch menus with the —*Isi Piringkull* guidelines at SDN 94 Pekanbaru. The study employed a descriptive quantitative design with a cross-sectional approach involving 55 fifth-grade students. Data were collected through interviews and observation using a dietary form for lunch consumption, then compared with the balanced nutrition guideline standards. The results showed that consumption of staple foods was generally adequate (70.9%), while animal and plant protein dishes were insufficient (58.2%). Vegetable intake was also lacking (61.8%), and almost all respondents did not consume fruits during lunch (94.5%). These findings indicate that the overall composition of school children's lunch menus has not yet met the recommendations of the —*Isi Piringkull* guidelines. In conclusion, the adequacy of protein dishes, vegetables, and fruits remains low among elementary school children. Nutrition education interventions for both students and parents are necessary to improve children's dietary balance in accordance with national guidelines.

Keywords : My Plate; school children; lunch menu; balanced nutrition; nutritional status