

# HUBUNGAN KONSUMSI *FROZEN FOOD* DENGAN STATUS GIZI REMAJA DI SMK SAHID JAKARTA

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**ABSTRAK :** Ketidakseimbangan antara asupan zat gizi yang masuk dengan penggunaan zat gizi atau zat gizi yang keluar dalam tubuh merupakan masalah yang akan menimbulkan masalah gizi. Kelebihan berat badan sangat erat kaitannya dengan pola makanan, terutama penyumbang kalori (gula dan lemak). Remaja lebih menyukai makanan yang mudah, praktis dan ekonomis. Makanan siap saji merupakan makanan yang sudah dimasak dan disimpan dengan menggunakan bahan pengawet ataupun menggunakan metode penyimpanan. Salah satu produk makanan siap saji yang digemari masyarakat saat ini adalah produk *frozen food*. Penelitian ini menggunakan desain metode *cross-sectional*, Lokasi Penelitian ini dilakukan di SMK Sahid Jakarta. Pengambilan sampel pada peneliti ini menggunakan teknik *purposive non-probability sampling*, Besar sampel dalam penelitian ini didapatkan melalui perhitungan menggunakan rumus Slovin, dan didapatkan hasil sebesar 60 responden. Pengumpulan data didapatkan melalui wawancara menggunakan kuesioner dengan kriteria tertentu. Berdasarkan penelitian yang dilakukan, didapatkan hasil bahwa terdapat hubungan yang signifikan antara jenis *frozen food* olahan daging dengan status gizi dengan nilai *p-value* 0,037 (<0,05) dan terdapat hubungan antara jenis *frozen food* olahan telur dengan status gizi dengan nilai *p-value* 0,004 (<0,05). Makanan siap saji atau makanan olahan *frozen food* sendiri tetap bisa di konsumsi dengan baik dan aman dengan memperhatikan 3 hal yaitu, mengurangi jumlah dan frekuensi makan, Kemudian tidak lupa untuk menambahkan sayuran dan tidak lupa juga tetap mengkonsumsi buah-buahan, selain dengan menjaga pola makan, kita juga harus rutin melakukan aktivitas fisik guna menjaga agar tubuh kita tetap sehat.

**Kata kunci:** *Frozen Food*, Pola Makan, Remaja, Status Gizi

**ABSTRACT :** Confusion between the intake of incoming nutrients and the use of nutrients or nutrients that are excreted in the body is a problem that will cause nutritional problems. Excess body weight is closely related to food patterns, especially contributors to calories (sugar and fat). Teenagers prefer food that is easy, practical and economical. Ready-to-eat food is food that has been cooked and stored using preservatives or other storage methods. One of the ready-to-eat food products that is popular with the public today is *frozen food* products. This research uses a cross-sectional design method. The location of this research was conducted at SMK Sahid Jakarta. The sample taken by this researcher used a purposive non-probability sampling technique. The sample size in this study was obtained through calculations using the Slovin formula, and the results were 60 respondents. Data collection was obtained through interviews using a questionnaire with certain criteria. Based on the research conducted, it was found that there was a significant relationship between frozen food processed meat and nutritional status with a p-value of 0.037 (0.05) and there was a relationship between frozen food processed eggs and nutritional status with a p-value of 0.004 (0.05). Ready-to-eat food or processed frozen food itself can still be consumed properly and safely by paying attention to 3 things, namely, reducing the amount and frequency of eating, then don't forget to add vegetables and don't forget to also continue to consume fruit, apart from maintaining a diet, we also have to do regular physical activity to keep our bodies healthy.

**Keywords:** *Adolescents, Diet, Frozen Food, Nutritional Status*

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