

**GAMBARAN PENGETAHUAN GIZI, POLA MAKAN DAN  
STATUS GIZI REMAJA KELAS XI DI SMA Dr.  
SOETOMO KOTA SURABAYA**

**ABSTRAK**

**Latar belakang,** Kesehatan gizi remaja perlu mendapat perhatian khusus karena berdampak signifikan terhadap pertumbuhan dan perkembangan mereka saat dewasa. Pengetahuan gizi dan pola makan saling berkaitan dengan status gizi. Berdasarkan data Riskesdas 2018, proporsi status gizi (IMT/U) anak usia 10-19 tahun di Jawa Timur tertinggi, yaitu 67,69%, sementara 13,19% anak mengalami kekurangan berat badan. Sementara itu, di Surabaya, prevalensi status gizi (IMT/U) tertinggi adalah normal, yaitu 58,69%. **Tujuan penelitian,** Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan gizi, pola makan dan status gizi siswa di SMA Dr. Soetomo Kota Surabaya.. **Metode penelitian,** Penelitian ini diklasifikasikan sebagai penelitian deskriptif. Dilakukan dari bulan Januari sampai bulan Februari 2025. Dalam penelitian ini, menggunakan proposional random sampling, dan sampelnya sebanyak 50 orang. Data berat badan dan tinggi badan diperoleh melalui pengukuran antropometri, sedangkan pola makan diperoleh melalui wawancara menggunakan form SQ-FFQ dan pengetahuan gizi diperoleh melalui wawancara menggunakan kuesioner. Univariat dan bivariat digunakan dalam analisis. **Hasil penelitian,** menunjukkan siswa dengan status gizi buruk sebesar 2,0%, gizi kurang sebesar 16,0%, gizi baik sebesar 46,0%, gizi lebih sebesar 22,0%, obesitas sebesar 14,0%, sebesar 14,0%, siswa dengan pengetahuan kurang sebesar 28,0%, cukup sebesar 46,0%, baik sebesar 26,0% dan pola makan siswa berdasarkan jenis makanan beragam 80,0%, frekuensi makanan sebesar 72,0% baik. **Kesimpulan,** sebagian besar siswa memiliki pengetahuan cukup, sebagian besar siswa memiliki pola makan berdasarkan jenis, frekuensi, dan asupan makanan baik dan sebagian besar siswa memiliki status gizi baik. **Saran,** disarankan kepada siswa agar dapat menerapkan pengetahuan gizi yang baik dalam kehidupan sehari-hari dan menjalankan baik dalam memilih dan mengonsumsi makanan.

*Kata kunci : Pengetahuan Gizi, Pola Makan, dan Status Gizi*

**DESCRIPTION OF NUTRITIONAL KNOWLEDGE, EATING PATTERNS AND  
NUTRITIONAL STATUS OF CLASS XI ADOLESCENTS  
AT Dr. SOETOMO HIGH SCHOOL, SRABAYA CITY**

**ABSTRACT**

**Background,** Adolescent nutritional health should receive special attention because it has a great influence on their growth and development as adults. Nutritional knowledge and diet are interrelated with nutritional status. Based on Riskesdas 2018 data, the proportion of nutritional status (BMI/U) in children aged 10-19 years in East Java who showed the most below 67.69% had normal status, 13.19%. Meanwhile, in the city of Surabaya, the prevalence of nutritional status (BMI/U) is very high at 58.69%. **The purpose of** this research is to find out the overview of nutritional knowledge, diet and nutritional status of students of Dr. Soetomo High School Surabaya City. **Research method,** This research is classified as descriptive research. It will be carried out from January to February 2025. In this study, proportional random sampling was used, and the sample was 50 people. Weight and height data were obtained through anthropometric measurements, while diet was obtained through interviews using the SQ-FFQ form and nutritional knowledge was obtained through interviews using questionnaires. Univariate and bivariate are used in the analysis. **The results of the study** showed that students with malnutrition status were 2.0%, malnutrition was 16.0%, good nutrition was 46.0%, overnutrition was 22.0%, obesity was 14.0%, students with poor knowledge were 28.0%, adequate was 46.0%, good by 26.0% and students' diet based on various types of food was 80.0%, food frequency was 72.0% good. **In conclusion,** most students have enough knowledge, most students have a good diet based on the type, frequency, and intake of food and most students have good nutritional status. **Suggestions** are given to students so that they can apply good nutritional knowledge in daily life and run well in choosing and consuming food.

*Keywords: Nutritional Knowledge, Diet, and Nutritional Status*