

***The Relationship Between the Energy, Protein and Zinc Intake at Breakfast
with Student Level of Learning Concentration SDN Popoh Wonoayu District
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ABSTRACT

Elementary school children are in the age group 6-12 years old who start participating in learning activities at school. Many things can improve students' memory while studying, one of which is breakfast habit. Some nutrients that can affect students' concentration power include energy, protein and zinc. Many as 26% of Indonesian children only consume drinks at breakfast, either water, tea or milk and only 10.6% whose breakfast includes energy intake of 30%. The purpose of this study was to analyze the relationship of the intake of energy, protein and zinc intake from breakfast to the learning concentration of SDN Popoh students. This research is a correlational study with a cross sectional approach. The number of subjects in this study were 37 students. The result shows that there is a correlation between energy contribution and learning concentration of elementary school students ($p=0.036$), there is no relationship between protein intake and learning concentration of elementary school students ($p=0.051$), there is no relationship between zinc intake and learning concentration of elementary school students ($p=0.056$).

Key words: *energy, learning concentration, protein, breakfast, zinc.*