

***The Relationship Between the Diversity and Quality of Food Consumption and
the Nutritional Status of Students at Vocational High School 04 Jember***

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ABSTRACT

Nutritional problems in adolescents can be caused by eating patterns that are not in accordance with recommendations. There is a close relationship between the diversity and quality of food intake and nutritional status. Poor quality and unbalanced food intake can lead to nutritional deficiencies. This study aims to analyze the relationship between the diversity and quality of food intake with the nutritional status of students at SMKN 04 Jember. This study was descriptive analytic with a cross sectional design, involving 44 students as respondents. Subject selection was done through multistage random sampling, namely cluster random sampling to determine clusters (majors) and simple random sampling to select research subjects. Data collection on nutritional status was carried out through anthropometric measurements (height and weight), while dietary diversity was assessed through interviews using the DDS (Dietary Diversity Score) questionnaire and the quality of food intake was assessed through interviews with the HEI (Healthy Eating Index) questionnaire. Statistical analysis used Fisher Exact test. The results showed that there was no significant relationship between dietary diversity and adolescent nutritional status ($p=0.653$), and there was no relationship between the quality of food intake and adolescent nutritional status ($p=0.132$).

Keywords: *Food Diversity, Quality of Food Consumption, Nutritional Status, Adolescents*