

The Relation of Food Consumption Level and Physical Activity About Nutrition Status One of The Student Activity's Unit Student Regiment (Menwa) Polytechnic of Jember.

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ABSTRACT

Nutrition status is a measure to show the condition of body that it can be seen from the consumed food and the using of substance nutrient in the body. The level of food consumption influences someone's nutrition status, because the level food consumption is not enough for quality and quality of body's neceeity that it is potential to cause nutritio problem such as obesity. In addition, physical activity is one of activity that influences nutrition status. The lack of physical activity caused many stored energy as fat, so that tends one less put up being fat. This report aims to review the relation of the consumption level of energy, protein, fat, carbohudrates and physical activity to nutrition status of one of the student activity's unit, students regriment (Menwa) Polytechnic of jember.

This research used cross sectional method taking the sample was used total sampling. The research carried out in August until September 2016. Data collection was used questionnaire, food record form wich it involved 25 respondents.

Based on bivariat analysis that already performed by spearman rank correlation test obtained results, there is a meaningful between the level of energy consumption on nutrition 0,007 ($\rho < 0,05$), there was no connection between the level of protein on nutrition 0,363 ($\rho > 0,05$), there are meaningful relations between the level of consumption of fat by nutritional status of 0,004 $\rho < 0,05$), there are meaningful relations between the level of consumption carbohydrates on nutrition 0,034 ($\rho < 0,05$), it are meaningful relations between physical activity on nutrition unit student regiment (Menwa) Polytechnic of Jember 0,040 ($\rho < 0,05$).

Keywords: Food Comsumption Level, Physical Activity