

***The Relationship Between Breakfast Habits and Snack Food
Consumption and Lunch Plate Waste Among Students at
SD Al-Irsyad Al-Islamiyyah Jember***

Weny Putri Isnaniah

Clinical Nutrition Study Program

Departement of Health

ABSTRACT

Plate waste refers to the amount of food that remains uneaten after it has been served. This study aimed to analyze the relationship between breakfast habits and snack consumption and lunch plate waste among elementary school students at SD Al-Irsyad Al-Islamiyyah Jember. This was an analytical observational study using a cross-sectional design. The study involved 109 fourth- and fifth-grade students who met the study criteria. Samples were selected using the proportionate stratified random sampling technique. Data on breakfast habits were collected using a breakfast habits questionnaire, snack consumption was assessed using a Snack Food Frequency Questionnaire (FFQ), and lunch plate waste was measured using the Visual Comstock form. Data were analyzed using the Kendall's Tau correlation test. The results showed that there was no significant relationship between breakfast habits and lunch plate waste ($p = 0.625$), and no significant relationship between snack consumption and lunch plate waste ($p = 0.057$). It can be concluded that breakfast habits and snack consumption were not significantly associated with lunch plate waste among students at SD Al-Irsyad Al-Islamiyyah Jember. Future studies are recommended to investigate other factors associated with students' lunch plate waste, such as food preferences, menu variety, and the eating environment.

Keywords: Breakfast Habits, Snack Consumption, Lunch Plate Waste.