

The Correlation of Nutrition Knowledge, Food Satisfaction, and Pocket Money with Food Waste Students of Al-Irsyad Al-Islamiyyah Elementary School, Jember

Dahlia Indah Amareta, S.KM., M.Gizi as chief counselor

Savika Dwi Risqi Ilahi

Program Studi Gizi Klinik

Jurusan Kesehatan

ABSTRACT

School-aged children are a group vulnerable to nutritional problems due to an imbalance between nutrient intake and nutritional requirements. One indicator of the success of school lunch programs is the low amount of food waste generated. A food waste can be influenced by several factors, including nutrition knowledge, food satisfaction, and pocket money. This study aimed to analyze the relationship between nutrition knowledge, food satisfaction, and pocket money with food waste students at Al-Irsyad Al-Islamiyyah Elementary School, Jember. This study employed an analytical observational design with a cross-sectional approach. The study population consisted of 109 fourth- and fifth-grade students selected using a simple random sampling technique. Data on nutrition knowledge, food satisfaction, and allowance were collected using questionnaires, while lunch plate waste data were obtained through direct observation using the Comstock method. Data were analyzed using the Chi-Square test. The Chi-Square test indicated a significant relationship between nutrition knowledge and food waste ($p=0.012$), between food satisfaction and food waste ($p=0.001$), and between pocket money and food waste ($p=0.042$). It can be concluded that nutrition knowledge, food satisfaction, and pocket money are associated with food waste students at Al-Irsyad Al-Islamiyyah Elementary School, Jember.

Keywords: food satisfaction, nutrition knowledge, food waste, pocket money.