

Overview of Balanced Nutrition Knowledge and Frequency of Eating during the Covid-19 Pandemic in Adoloscents in Tukum Village, Lumajang Regency.

***Karina Putri Kinanti
Clinical Nutrition Study Program
Department of Health***

ABSTRACT

Covid 19 is a new type of corona virus called Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). One of the prevention that can be done to avoid infected process and relieve symptom of Covid 19. Knowledge of the balanced nutrition can influence the choice of consumption of the nutrition foods. Eat frequency is how often people eat in a day for main dish and also side dish. This study aims to understand about the concept of knowledge balanced nutrition level and eat frequency in this Covid 19 pandemic on adolescence in Tekung sub-district, Lumajang district. This study comes under descriptive research with purposive sampling technique. The instrument used is knowledge eat frequency questioner and knowledge eat frequency online questioner. Sample obtained is 60 respondents. The conclusion from this study from the concept of knowledge balanced nutrition level in this Covid 19 pandemic on adolescence in Tukum Village, Lumajang district is found 43 adolescences (71,66 %) included in the good category however, in concept of knowledge balanced nutrition level still exist many adolescences who do not consume a variety of foods that are accordance to balanced nutrition guidelines, found 44 adolescences (73,3 %) consumed staple foods everyday (2-3x a day), 29 adolescences (48,3%) consumed animal side dishes everyday (2-3x a day), 41 adolescences (68,3%) consumed vegetable side dishes everyday (2-3x a day), 26 adolescences (43,3%), 19 adolescences (31,7%) consumed fruit 1-2 times a week, 23 adolescences (38,3%) never consumed herbal medicine, and 23 adolescences (38,3%) consumed water 5-6 times per week.

Keywords: Covid-19, Eat Frequency, Knowledge of balanced nutrition