

Literature Review Perbedaan Tingkat Konsumsi Zat Gizi Makro, Status Gizi dan Indeks Prestasi Anak Usia Sekolah Antara School Feeding dan Non School Feeding

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ABSTRACT

School age children are a group of children aged 6 to 12 years. Children do more activities at school and outside of school. Children's activity levels are relatively high, and have irregular eating habits often lead to an imbalance between nutrient intake and the adequacy of proper nutrients. Imbalance between intake and proper nutritional adequacy can cause nutritional problems, including overnutrition and undernutrition. The school feeding program that is given to students in the form of complete meals or snacks by taking into account the aspects of food quality and safety is called school feeding. The purpose of this study was to determine differences in the level of macronutrient consumption, nutritional status and achievement index of school-age children between school feeding and non-school feeding. The research method is Systematic Literature Reviews (SLR) and searches data on online databases such as Google Scholar and Scient Direct. This stage is carried out through problem identification, data search, screening, quality assessment, and data extraction to obtain 9 literatures. The results of the review show that there are differences in the level of consumption of macronutrients and the nutritional status of school-age children between school feeding and non-school feeding. However, there is no difference in the achievement index of school-age children between school feeding and non-school feeding.

Keywords: *Achievement, Level of Consumption of Macro Nutrients, Non School Feeding, Nutritional Status, School Feeding, School Age Children*