

ABSTRACT

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DIFFERENCES IN FOOD INTAKE OF ELEMENTARY SCHOOL-AGE CHILDREN IN RURAL AND URBAN AREAS (Study at SDN 3 Sukasari, Sukasari Village and SDN 1 Benda, Nagarasari Village)

Differences in access to food that occur in rural and urban areas affect differences in rural and urban communities in obtaining a variety of foods and adequate amounts of nutrients for elementary school-age children. This study aimed to analyze the differences in the food intake of elementary school-age children in rural and urban areas in terms of the variety of types of food consumed and the amount of nutrient intake of elementary school-age children in rural and urban areas. Methods: This study used a cross-sectional approach. The total sample is 38 students at SDN 3 Sukasari, Sukasari Village, and 40 students at SDN 1 Benda, Nagarasari Village using a purposive random sampling technique. The tests used were the Independent t-test and Mann-Whitney with a significance level ($p < 0.05$). Results: The analysis results of this study showed a difference in food types consumed by primary school children in rural and urban areas with $p = 0.003$ ($p < 0.05$). There were no differences in energy intake ($p = 0.280$), protein ($p = 0.593$), fat ($p = 0.154$), and carbohydrates ($p = 0.308$) for elementary school-age children in rural and urban areas because ($p > 0.05$). Conclusion: It is necessary to pay attention to the food intake of elementary school-aged children and fulfill their needs in rural and urban areas. Expected to the mother/guardian of the child will pay more attention to the importance of meeting the nutritional needs of elementary school-age children from food with the support of programs held by health workers.

Keywords: *food intake, elementary school-age children, rural, urban.*