

DAFTAR PUSTAKA

- Agustina, D. *et al.* (2025) “Dampak Program Pemberian Makanan Di Sekolah Terhadap Asupan Gizi Pada Anak Usia Sekolah :,” pp. 311–325.
- Agustina, R., Rianda, D. and Setiawan, E.A. (2022) “Relationships of Child- , Parents- , and Environment-Associated Determinants with Diet Quality , Physical Activity , and Smoking Habits Among Indonesian Urban Adolescents,” 43(6), pp. 44–55. Available at: <https://doi.org/10.1177/03795721211046145>.
- Agustini, U. (2025) “Efektivitas dan Tantangan Kebijakan Program Makan Bergizi Gratis sebagai Intervensi Pendidikan di Indonesia,” *Jurnal Kiprah Pendidikan*, 4(3), pp. 362–368. Available at: <https://doi.org/10.33578/kpd.v4i3.p362-368>.
- Ahadi, G.D. and Zain, N.N.L.E. (2023) “The Simulation Study of Normality Test Using Kolmogorov-Smirnov ,” *Eigen Mathematics Jurnal*, 6(1), pp. 12–19.
- Al-Farhan, A.K. *et al.* (2024) “Dietary Quality Evidenced by the Healthy Eating Index and Cardiovascular Disease Risk Factors in Kuwaiti Schoolchildren,” *Nutrients*, 16(8), pp. 1–16. Available at: <https://doi.org/10.3390/nu16081243>.
- Al Khairiyah, H. *et al.* (2025) “Differences in the Nutritional and Micronutrient Malnutrition Status Among Primary School Children Aged 8–13 Years in Bogor, Indonesia,” *Amerta Nutrition*, 9(4), pp. 586–595. Available at: <https://doi.org/10.20473/amnt.v9i4.2025.586-595>.
- Andrade, C. (2021) “The Inconvenient Truth About Convenience and Purposive Samples,” *Indian Journal of Psychological Medicine*, 43(1), pp. 86–88. Available at: <https://doi.org/10.1177/0253717620977000>.
- Andrianingsih, V., Novitasari, D. and Asih, L. (2023) “Optimalisasi Uang Saku pada Siswa SMK Nurul Huda V di Desa Gingging Kecamatan Bluto Kabupaten Sumenep,” *Jurnal Abdimas Sosek*, 3(1), p. 16.
- Anggraini, N., Rohani, T. and Fauzi, Y. (2025) “Faktor-Faktor Yang Berhubungan Dengan Status Gizi Pada Anak Usia Sekolah Di SD Negeri 2 Kota Bengkulu,” *Journal of Multidisciplinary Research*, 1(2), pp. 93–98.
- Apriyani, Y. (2022) “Pengembangan Media Pembelajaran Multimedia Interaktif Berbasis Powerpoint Untuk Sekolah Dasar Kelas IV” pp. 45–56.

- Arifin, S.R. *et al.* (2025) “The impact of a free nutritious meal program on elementary school students’ concentration levels,” *Action: Aceh Nutrition Journal*, 10(3), p. 790. Available at: <https://doi.org/10.30867/action.v10i3.2737>.
- Assa Riswan Jurnal Ilmiah Society (2022) “Jurnal Ilmiah Society,” *Faktor Penyebab Anak Putus Sekolah Di Desa Sonuo Kecamatan Bolangitang Barat Kabupaten Bolaang Mongondow Utara*, 2(1), pp. 1–12.
- Aurup, A. V. *et al.* (2025) “Is underweight associated with poorer diet, nutrient status, bone and cardiometabolic health, and school performance in Danish 8-11-year-olds?,” *European Journal of Nutrition*, 64(1), pp. 1–12. Available at: <https://doi.org/10.1007/s00394-024-03528-2>.
- Ayu Ariyanti, N. *et al.* (2018) “Edukasi, Tingkat Pengetahuan, Tingkat Konsumsi Zat Gizi dan Kadar Hemoglobin Anak Sekolah Dasar,” *Jurnal Informasi Kesehatan Indonesia*, 4(1), pp. 33–42.
- Biosci, I.J., Bato, M.S.G. and Flores, R.B. (2023) “Effectiveness of feeding program and the nutritional status of grade 4 pupils towards academic performance in science subject in Geotina Elementary School, Rizal II District, Division of Dinagat Islands,” *International Journal of Biosciences (IJB)*, 6655, pp. 164–168. Available at: <https://doi.org/10.12692/ijb/23.2.164-168>.
- Braune, T. *et al.* (2025) “Interpersonal determinants of diet quality and eating behaviors in people aged 13–30 years: A systematic scoping review,” *Obesity Reviews*, 26(1), pp. 1–14. Available at: <https://doi.org/10.1111/obr.13835>.
- Capra, M.E. *et al.* (2024) “Nutrition for Children and Adolescents Who Practice Sport: A Narrative Review,” *Nutrients*, 16(16), pp. 1–16. Available at: <https://doi.org/10.3390/nu16162803>.
- Christiana Hertiningdyah Sulistiani and Luh Seri Ani (2020) “Gambaran Status Gizi Anak Berdasarkan Pola Makan Dan Pola Asuh Di Sekolah Dasar Negeri 3 Batur,” *Jurnal Medika Udayana*, 9(7), p. 2020. Available at: <https://ojs.unud.ac.id/index.php/eum>.
- Cipta, E.S. *et al.* (2023) “Analisis Pengaruh Media Digital terhadap Perkembangan Karakter Siswa Sekolah Dasar,” *Ainara Journal (Jurnal Penelitian dan PKM Bidang Ilmu Pendidikan)*, 4(3), pp. 109–115. Available at: <https://doi.org/10.54371/ainj.v4i3.271>.

- Colozza, D. and Avendano, M. (2019) "Urbanisation, dietary change and traditional food practices in Indonesia: A longitudinal analysis," *Social Science and Medicine*, 233(February), pp. 103–112. Available at: <https://doi.org/10.1016/j.socscimed.2019.06.007>.
- Desalegn, T.A., Gebremedhin, S. and Stoecker, B.J. (2022) "Effect of school feeding program on the anthropometric and haemoglobin status of school children in Sidama region, Southern Ethiopia: a prospective study," *Journal of Nutritional Science*, 11, pp. 1–7. Available at: <https://doi.org/10.1017/jns.2022.73>.
- Dewi, N.U. *et al.* (2023) "Factors Associated with Diet Quality among Adolescents in a Post-Disaster Area: A Cross-Sectional Study in Indonesia," *Nutrients*, 15(5), pp. 1–20. Available at: <https://doi.org/10.3390/nu15051101>.
- Ernawati, F. *et al.* (2023) "Micronutrients and Nutrition Status of School-Aged Children in Indonesia," *Journal of Nutrition and Metabolism*, 2023. Available at: <https://doi.org/10.1155/2023/4610038>.
- Fadila, W. and Komala, R. (2018) "Hubungan Tingkat Pengetahuan dan Pendidikan Ibu dengan Rendahnya Pemberian ASI Eksklusif di Posyandu Lestari Desa Tanjung Raya Kota Bandar Lampung Tahun 2018," *Jurnal Gizi Aisyah*, 01(01), pp. 22–35. Available at: <http://journal.aisyahuniversity.ac.id/>.
- Febry, F. *et al.* (2023) "Identifikasi Pola Makan dan Skrining Status Gizi Anak Sekolah di SDN 129 Palembang," *Jurnal SOLMA*, 12(3), pp. 1450–1458. Available at: <https://doi.org/10.22236/solma.v12i3.13205>.
- Guimar, R., Camargo, M. and Caivano, A. (no date) "Qualitative evaluation of school meal menus offered in Brazilian municipalities Avaliação qualitativa de cardápios escolares oferecidos em municípios brasileiros," pp. 2207–2214. Available at: <https://doi.org/10.1590/1413-81232021266.11642019>.
- Haney, E. *et al.* (2023) "Dietary quality of school meals and packed lunches: A national study of primary and secondary schoolchildren in the UK," *Public Health Nutrition*, 26(2), pp. 425–436. Available at: <https://doi.org/10.1017/S1368980022001355>.
- Hasanah, A. *et al.* (2024) "Food diversity: its relation to children's health and consequent economic burden," *BMC Public Health*, 24(1), pp. 1–8. Available at: <https://doi.org/10.1186/s12889-024-18530-w>.
- Hazizah, Wafiq, A., Embrik, Solihati, I. and Pratiwi, A. (2024) "Gudang Jurnal Ilmu Kesehatan Pengaruh Sarapan Pagi Terhadap Konsentrasi Belajar Pada Anak Kelas V Di SDN 04 Tigarasa," *Gudang Jurnal Ilmu Kesehatan*, 2(2), pp. 323–328.

- Hidayat, Z.F., Marjan, A.Q. and Wahyuningsih, U. (2024) “Z. Hidayat 2024,” 8(3), pp. 402–411. Available at: <https://doi.org/10.20473/amnt.v8i3SP.2024.40>.
- Hong, S. (2025) “Essential micronutrients in children and adolescents with a focus on growth and development: a narrative review,” *Journal of Yeungnam Medical Science*, 42, pp. 1–12. Available at: <https://doi.org/10.12701/jyms.2025.42.25>.
- Illescas-Zárate, D. *et al.* (2024) “Association between consumption of nonessential energy-dense food and body mass index among Mexican school-aged children: a prospective cohort study,” *International Journal of Obesity*, 48(9), pp. 1292–1299. Available at: <https://doi.org/10.1038/s41366-024-01552-0>.
- Jenau, P.L. *et al.* (2024) “ISSN Print : 2442-5885 ISSN Online : 2622-3392 Hubungan Upaya Pemberantasan Sarang Nyamuk dengan Kejadian DDB di Wilayah Kerja Puskesmas Sikumana Kota Kupang Tahun 2024 The Relationship Between Mosquito Nest Eradication Efforts and the Incidence of Dengue,” *Afiasi: Jurnal Kesehatan Masyarakat*, 10(1), pp. 11–21.
- Kekalih, A. *et al.* (2025) “Dietary intakes, nutritional and biochemical status of 6 months to 12-year-old children before the COVID-19 pandemic era: The South East Asian Nutrition Survey II Indonesia (SEANUTS II) study in Java and Sumatera Islands, Indonesia,” *Public Health Nutrition*, 28(1), pp. 1–14. Available at: <https://doi.org/10.1017/S1368980024001654>.
- Khusun, H. *et al.* (2023) “Breakfast Consumption and Quality of Macro- and Micronutrient Intake in Indonesia: A Study from the Indonesian Food Barometer,” *Nutrients*, 15(17), pp. 1–16. Available at: <https://doi.org/10.3390/nu15173792>.
- Koivuniemi, E. *et al.* (2021) “Development of a stand-alone index for the assessment of diet quality in elementary school-aged children,” 24(17), pp. 5629–5640. Available at: <https://doi.org/10.1017/S1368980021003657>.
- Lastyana, W. *et al.* (2025) “Artikel History Abstrak Tujuan Metode Hasil Kata Kunci ;,” 6(2), pp. 155–162.
- Lwanga, S. and Lemeshow, S. (1991) “Sample Size Determination In Health Studies”. World Health Organization.
- Mahardika, P. *et al.* (2024) “Description of Macro Nutrition Intake, Snack Consumption Habits with Nutritional Status in Elementary School Children at UPT SDN 86 Gresik,” *Journal of Nutrition Explorations*, 2(3), pp. 395–404. Available at: <https://doi.org/10.36568/jone.v2i3.350>.

- Mahmud, S., Hidayani, M. and Syakhrani, A.W. (2024) "Evaluation of The Effectiveness of School Meal Program on Nutritional Status and Learning Concentration of Elementary School Students," *Indonesian Journal of Education (INJOE)*, 4(2), pp. 632–642.
- Maneschy, I. *et al.* (2024) "Eating Behaviours and Dietary Intake in Children and Adolescents: A Systematic Review," *Current Nutrition Reports*, 13(3), pp. 363–376. Available at: <https://doi.org/10.1007/s13668-024-00544-w>.
- Mawandri, D. *et al.* (2024) "Gambaran Status Gizi Anak Sekolah Dasar Yayasan Pendidikan Islam (YPI) Kecamatan Deli Tua Kabupaten Deli Serdang," 1(2), pp. 66–75.
- Mikulic, N. *et al.* (2024) "Dairy Consumption at Breakfast among Southeast Asian Children: Associations with Nutrient Intake from the South East Asian Nutrition Surveys II (SEANUTS II)," *Nutrients*, 16(19), pp. 1–23. Available at: <https://doi.org/10.3390/nu16193229>.
- Mohammed, B. *et al.* (2023) "Corrigendum: Effect of school feeding program on body mass index of primary school adolescents in Addis Ababa, Ethiopia: a prospective cohort study (Front. Nutr., (2023), 9, 1026436, 10.3389/fnut.2022.1026436)," *Frontiers in Nutrition*, 10. Available at: <https://doi.org/10.3389/fnut.2023.1339283>.
- Muhimah, H. and Farapti, F. (2023) "Ketersediaan dan Perilaku Konsumsi Makanan Jajanan dengan Status Gizi pada Anak Sekolah Dasar," *Media Gizi Kesmas*, 12(1), pp. 575–582. Available at: <https://doi.org/10.20473/mgk.v12i1.2023.575-582>.
- Mulyani, P.S. (2024) "Archives of The Medicine and Case Report s," 5(1), pp. 573–576.
- Munte, R.S. *et al.* (2023) "Jenis penelitian eksperimen dan noneksperimen (design klausal komparatif dan design korelasional)," *Jurnal Pendidikan Tambusai*, 7(3), pp. 27602–27606.
- Murakami, K. and Livingstone, M.B.E. (2016) "Associations between energy density of meals and snacks and overall diet quality and adiposity measures in British children and adolescents: The National Diet and Nutrition Survey," *British Journal of Nutrition*, 116(9), pp. 1633–1645. Available at: <https://doi.org/10.1017/S0007114516003731>.
- Murti, N.P. *et al.* (2022) "SPRINTER : Jurnal Ilmu Olahraga Profil Status Gizi Anak Sekolah Dasar Kabupaten Banyuwangi," 3(3), pp. 260–264.

- Mushofa, M., Hermina, D. and Huda, N. (2024) “Memahami Populasi dan Sampel: Pilar Utama dalam Penelitian Kuantitatif,” *Jurnal Syntax Admiration*, 5(12), pp. 5937–5948. Available at: <https://doi.org/10.46799/jsa.v5i12.1992>.
- Oddo, V.M. *et al.* (2022) “Evidence-Based Nutrition Interventions Improved Adolescents’ Knowledge and Behaviors in Indonesia,” *Nutrients*, 14(9), pp. 1–11. Available at: <https://doi.org/10.3390/nu14091717>.
- Paramastuti, R., Rachma, Y.A. and Kamil, R.Z. (2025) “The Paradox of Knowledge and Practice: Nutritional Status and Diet Quality Among Indonesian Food and Nutrition Science Students,” *Journal of Applied Food Technology*, 12(1), pp. 39–44. Available at: <https://doi.org/10.17728/jaft.26985>.
- Peraturan Menteri Kesehatan Republik Indonesia Nomor 25 Tahun 2014. (n.d.).
- Permatasari, I., Ritanti, R. and Siregar, T. (2023) “Hubungan Pola Makan Anak dan Status Gizi Anak Usia Sekolah,” *Jurnal Kesehatan*, 12(1), pp. 209–213. Available at: <https://doi.org/10.46815/jk.v12i1.114>.
- Pongutta, S. *et al.* (2022) “Impacts of School Nutrition Interventions on the Nutritional,” *Nutrients*, 14, pp. 1–16.
- Pramesthi, I.L. *et al.* (2025) “Evaluating the Impact of Indonesia’s National School Feeding Program (ProGAS) on Children’s Nutrition and Learning Environment: A Mixed-Methods Approach,” *Nutrients*, 17(22), pp. 1–21. Available at: <https://doi.org/10.3390/nu17223575>.
- Pratiwi, Y.A. *et al.* (2025) “Nutritional Status of Elementary School-Age Children in Oransbari About Cognitive and Motoric Ability,” *Al-Kauniyah: Jurnal Biologi*, 18(2), pp. 341–348. Available at: <https://doi.org/10.15408/kauniyah.v18i2.40608>.
- Di Prima, S. *et al.* (2022) “Home-Grown School Feeding: Implementation Lessons From a Pilot in a Poor Ethnic Minority Community in Vietnam,” *Food and Nutrition Bulletin*, 43(3), pp. 271–302. Available at: <https://doi.org/10.1177/03795721221088962>.
- Putri, P.A. *et al.* (2024) “HARENA: Jurnal Gizi Vol. 4, No. 3 e-ISSN: 2774-7654 Keragaman Pangan dan Status Gizi Mahasiswa Gizi Tingkat Awal Universitas Ibn Khaldun Bogor,” *Keberagaman makan*, 4(3), pp. 131–137.
- Rahmadi, A. and Andreani, F. (2025) “Analisis Faktor Gizi dan Konsumsi Makanan sebagai Prediktor Prestasi Belajar Anak Sekolah Dasar,” *Journal of Dietetics Science (JDS)*, 1(2), pp. 2025–3109. Available at: <https://ejurnal.poltekkes-tjk.ac.id/index.php/jds>.

- Saavedra, J.M. and Prentice, A.M. (2023) “Nutrition in school-age children: a rationale for revisiting priorities,” *Nutrition Reviews*, 81(7), pp. 823–843. Available at: <https://doi.org/10.1093/nutrit/nuac089>.
- Sabilla, I., Simanjuntak, B.Y. and Wahyu, T. (2024) “Hubungan kualitas diet dengan kejadian stunting pada anak 2-5 tahun di Kota Bengkulu,” *Jurnal SAGO Gizi dan Kesehatan*, 5(2), p. 525. Available at: <https://doi.org/10.30867/gikes.v5i2.1505>.
- Said, F.A. *et al.* (2023) “Influence of diet quality on nutritional status of school-aged children and adolescents in Zanzibar, Tanzania,” *PLoS ONE*, 18(10 October), pp. 1–12. Available at: <https://doi.org/10.1371/journal.pone.0293316>.
- Salsabila, D., Hidayanti, L. and Listyawardhani, Y. (2023) “Pola Makan Dan Status Gizi Anak Usia Sekolah Dasar di Wilayah Pedesaan Dan Perkotaan,” *Jurnal Riset Gizi*, 11(2), pp. 121–126. Available at: <https://doi.org/10.31983/jrg.v11i2.10032>.
- Sholikhah, D.M. and Rahma, A. (2024) “The Relationship between Energy and Macronutrient Intake with Nutritional Status of Muhammadiyah Elementary School Children in Gresik Regency,” *Amerta Nutrition*, 8(2), pp. 239–247. Available at: <https://doi.org/10.20473/amnt.v8i2.2024.239-247>.
- Sitti Sulaihah (2020) “Jurnal Penelitian Perawat Profesional Pencegahan,” *British Medical Journal*, 2(5474), pp. 1333–1336.
- Supnawadi, S. *et al.* (2025) “The Impact of Free Meal Programs in the Education Curriculum on the Formation of Healthy Eating Patterns and the Preservation of Local Culture in East Lombok,” *FIKROTUNA: Jurnal Pendidikan dan Manajemen Islam*, 14(2), pp. 200–210. Available at: <https://doi.org/10.32806/jf.v14i2.941>.
- Tan, J. *et al.* (2021) “How changes in the nutritional landscape shape gut immunometabolism,” *Nutrients*, 13(3), pp. 1–36. Available at: <https://doi.org/10.3390/nu13030823>.
- Tan, M.S. *et al.* (2022) “Quality and validity of diet quality indices for use in Australian contexts: a systematic review,” pp. 2021–2045. Available at: <https://doi.org/10.1017/S0007114521004943>.
- Tay, J.E.F. *et al.* (2023) “Seasonality, food security, diet quality and nutritional status in urban poor adolescents in Malaysia,” *Scientific Reports*, 13(1), pp. 1–11. Available at: <https://doi.org/10.1038/s41598-023-42394-6>.
- Tobias, D. *et al.* (2024) “Trends in Nutritional Status and Dietary Behavior in

- School-Aged Children with Congenital Heart Defects,” *Children*, 11(10), pp. 1–11. Available at: <https://doi.org/10.3390/children11101264>.
- Triatmoko, B. *et al.* (2025) “Association of eating behavior and diet quality among students in Taruna Nusantara Senior High School, Indonesia,” *World Nutrition Journal*, 9(i1), pp. 77–93. Available at: <https://doi.org/10.25220/wnj.v09.i1.0009>.
- Trihono (2023) “Survei Kesehatan Indonesia 2023 (SKI),” *Kemenkes*, p. 235.
- Truong, A.T. *et al.* (2025) “Enhancing Vietnamese Students’ Acceptance of School Lunches Through Food Combination: A Cross-Over Study,” *Nutrients*, 17(8), pp. 1–11. Available at: <https://doi.org/10.3390/nu17081385>.
- UNICEF (2022) “Indonesia: UNICEF Annual Report 2021,” *Unicef*, 8(1), pp. 103–107. Available at: <https://www.unicef.org/indonesia/id/laporan/laporan-tahunan-2021>.
- Utami, D.A. *et al.* (2024) “Dampak Program Makan Siang Sekolah Terhadap Status Gizi Dan Prestasi Akademik Siswa Di Negara-Negara Asia: Systematic Review,” *Medizinische Klinik - Intensivmedizin und Notfallmedizin*, 119(8), pp. 614–623.
- Vyncke, K. *et al.* (2013) “Validation of the Diet Quality Index for Adolescents by comparison with biomarkers, nutrient and food intakes: The HELENA study,” *British Journal of Nutrition*, 109(11). Available at: <https://doi.org/10.1017/S000711451200414X>.
- Yessi Rahayu, Abdul Karim and Goldha Farouliu Peadutu (2024) “Hubungan Aktivitas Fisik dengan Kejadian Hipertensi pada Usia Produktif di Puskesmas Sidomulyo Rawat Inap Kota Pekanbaru,” *Jurnal Kesehatan Amanah*, 8(2), pp. 172–184. Available at: <https://doi.org/10.57214/jka.v8i2.677>.
- Yulia, F. *et al.* (2021) “Pola Konsumsi Balita Selama Ppkm,” *Jurnal Medika Indonesia*, 2(2).
- Zeinalabedini, M. *et al.* (2023) “A systematic review and meta-analysis of the association of dietary diversity with undernutrition in school-aged children,” *BMC Pediatrics*, 23(1), pp. 1–10. Available at: <https://doi.org/10.1186/s12887-023-04032-y>.
- Zheng, Y. *et al.* (2022) “Association of body composition with pubertal timing in children and adolescents from Guangzhou, China,” *Frontiers in Public Health*, 10. Available at: <https://doi.org/10.3389/fpubh.2022.943886>.

Zulfitrawati, Z., Mukty, M.I., Sanas, N.T., Jusriani, R., Kusuma, N.I., Ulasaswini, A.A. and As, A. (2025) 'Peningkatan pemahaman keluarga tentang gizi anak sekolah dasar melalui edukasi berbasis karakteristik keluarga', *Natural: Jurnal Pelaksanaan Pengabdian Bergerak Bersama Masyarakat*, 3(3), pp. 13–20. doi:10.61132/natural.v3i3.159