ANI MARIA. Relationship between knowledge, attitude, and practice of balanced diet, and student nutritional status of Bogor Agricultural University. Under direction of LILIK KUSTIYAH

Nutrition problems among students are still high, so we need to anticipate for getting worse. These problems are suggested cause by inappropriate food habit among them. The aim of this study is to assess the relationship between knowledge, attitude, and practice of balanced diet, and student nutritional status of Bogor Agricultural University. Design of this study is cross sectional. Samples of this study are 60 person. To analyze relationship between knowledge, attitude, and practice of balanced diet; practice of balanced diet and energy and nutritions intake; and energy and nutritions intake and nutritional status are used Pearson correlation test. Data collection is using questionnaire as instrument, except weight and height, each is measured by using weight scale and microtoise. Result of this study indicated that 56.7%, 86.7%, and 41.7% of samples has a good categorize of knowledge, attitude, and practice of balanced diet, respectively. There is positive correlation between knowledge and attitude, between knowledge and practice of balanced diet, and between practice and protein and calcium consumption. It indicated that the better of knowledge of balanced diet, the better consumption of protein and calcium. There is no correlation between consumption and nutritional status.

Keywords: knowledge, attitude, practice, balanced diet, nutritional status