

**STUDY OF FAST FOOD CONSUMPTION TO LIFE STYLE
AND NUTRITION STATUS OF ADOLESCENT
(Limited to Student at Senior Height School “Laboratory School” at UPI Bandung)**

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Abstrac :

The hoisterous of fast food in urban shows already the happening of a friction in food pattern, that become dining out especially lunch. The phenomenon impressing has become a kind of life style at certain adolescent circle. Result of research lays open that 94% getting stock money to school with pocket money amount in the range of Rp.2.500-Rp.25.000 per day, with average of Rp. 10.081.5 ± std 5635,6 and 86% applies to buy lunch and snack. Kontinental/oriental fast food (Mc Donald, Pizza Hurt, Hoka-hoka bento, Kentucky, Hanamasa, Hartz Chicken) be type fast food which very often visited by counted 59% responder. Level of food consumption above level of sufficiency of nutritioni with average of AKE 2247,2 calories and average of consumption of energy 2404,7 ± 312,57. Nutrition status stays at normal category ($\bar{x} \pm \text{std} : 23,9 \pm 88,1$), but stays close to threshold overweight and 16% category admission responder overweight. There is relationship is positive signifikan between food frequencies in fast food to nutrition status ($p < 001$).

Key note : fast food consumption, , nutrition status,

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