



ABSTRACT

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MENU QUALITY, MENU PREFERENCES AND NUTRITION STATUS ATHLETES AT STUDENT SPORT TRAINING COURSE DKI JAKARTA

xvii, VI Chapter, 57 Pages, 30 Tables, 2 Picture, 10 Attachment

Background: Sports nutrition is one attention of the Indonesian government in supporting performance athletes. Athletes need the good nutrient intake to maintain fitness can also affect the performance athletes in the game. Nutritional status athletes is influenced by several factors such as the characteristics of respondents, family characteristics, nutritional knowledge, eating habits, physical activity, disease incidence, menu quality and menu preference.

Aim: To examine menu quality, menu preferences and nutrition status athletes at student sport training course DKI Jakarta.

Method: Cross Sectional design was implied for this study. A total 54 athletes participated in the study.

Results: There are no relationship menu quality and nutrition status athletes ($p=0,560$, $p>0,05$) and there are no relationship menu preferences and nutrition status athletes ($p>0,05$).

Conclusion: Almost all of the respondents were *middle adolescent*, most of whom were male and mostly included in moderate exercise classes. There are no relationship menu quality and nutrition status athletes and there are no relationship menu preferences and nutritional status athletes. It is expected to provide nutritional education to athletes about the food menu that suits the needs and sports that are involved and evaluate the food given to athletes

Keywords: menu quality , menu preference, nutrition status

Bibliografi: 44 (2000-2017)