ABSTRACT

Selsabilla Aulia Wardhani, 2023. The Effect of Cork-Based Snacks (Channa striata) on Intake of Macro Nutrients, LILA, and BMI on Female Students Risk of KEK at SMAN 1 Singosari Kabupaten Malang. Supervisor: Dr. Annasari Mustafa, SKM., M.Sc., RD. and Rany Adelina, S.Gz., MS.

Background: *KEK is a condition that suffers from long-term (chronic) malnutrition that causes health problems. KEK is caused by an imbalance in intake to meet energy needs and expenditure. In Indonesia, the proportion of women of childbearing age at risk for KEK is mainly between the ages of 15 and 19 (puberty). Psychosocial changes occur during puberty. That is, adolescents begin to pay more attention to their appearance. During this time, adolescents go on diets, despite the increased intake required for growth. If this condition continues for a long period of time, the intake balance will be lost. Snakehead fish has the highest protein content than other types of fish or protein sources, namely 25.5%.*

Objectives: *To determine the effect of cork-based snacks (Channa striata) on intake of Macro nutrients, LILA, and BMI on female students risk for KEK at SMA Negeri 1 Singosari.*

Methods: *The type of study conducted was a quasi-experimental quantitative study using a pre-test and post-test design for one group. The intervention provided of snakehead fish-based snacks (ekado, dumplings, and nuggets).*

Results: *A statistical test showed that feeding snakehead snacks had an effect on the female students' intake of energy, protein, fat, carbohydrates, LILA, BMI with a p-value of 0.005. 0.009; 0.034; 0.009; 0,000; 0,000.*

Conclusion: *Provision of snakehead fish-based snacks is quite effective as an effort to increase intake of macronutrients, LILA, and BMI in students at risk of KEK.*

Keywords: *Fish-based snakehead snacks, Macronutrients, LILA, BMI, KEK*