



Relationship between Knowledge and Attitude with Snack Food Selection Behavior among Students of State Elementary School 112164 Talun Manumbok, Labuhan Batu Regency, North Sumatra Province

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<p>Track Record Article</p> <p>Accepted: 1 March 2024 Revised: 16 February 2024 Published: 14 March 2024</p> <p>How to cite : Siregar, R. A., & Anshari, D. (2024). Relationship between Knowledge and Attitude with Snack Food Selection Behavior among Students of State Elementary School 112164 Talun Manumbok, Labuhan Batu Regency, North Sumatra Province. <i>Contagion : Scientific Periodical of Public Health and Coastal Health</i>, 6(1), 126–136.</p>	<p style="text-align: center;">Abstract</p> <p><i>Optimal growth and development of school-age children depends on the quality and quantity of their nutritional intake. Meanwhile, the nutritional intake of school-age children is often coloured by snacking behaviour. This study aims to determine the relationship between knowledge and attitudes with snack food selection behaviour in public elementary school students 112164 Talun Manumbok. This study used a quantitative approach with a cross-sectional research design. The research was conducted at 112164 Talun Manumbok public elementary school from January to August 2023. The population in this study were 161 students. The sampling technique used strata sampling of students in grades III, IV, V, and VI, so the research sample was 126. This study collected data using a questionnaire sheet. The independent variables of the study were knowledge and attitude, while the dependent variable was the behaviour of elementary school students in choosing snacks. Data analysis used univariate frequency distribution analysis and bivariate analysis using chi-square test. The results showed that there was a relationship between knowledge and snack food selection behaviour in students at 112164 Talun Manumbok Public Elementary School, with the understanding that students who had better knowledge about snack food selection tended to have better snacks food selection behaviour compared to students who had less good knowledge (PR = 3.38; 95% CI = 1.57-7.26) and there was a relationship between attitude and snacks food selection behaviour in students at 112164 Talun Manumbok Public Elementary School (PR = 5.428 95% CI = 2.417-12.186). The importance of providing education to students is one of the targets that must be implemented and also given good implementation so that children can sort and choose which snacks are good or not for consumption.</i></p> <p>Keywords: Attitude, Behavior, Knowledge, Snack Food, Students</p>
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INTRODUCTION

Health at school age is important because of the link between health and academic function. This is because this period is a period of learning, growth and development (Istiani et al., 2021). Currently, various kinds of snacks are offered, especially at elementary schools. Snacks offered or sold in the school area are sometimes healthy snacks that function for the child's growth (Rokhmah et al., 2020). Optimal development of school-aged children depends on providing nutrition with good quality and quantity of food intake (Akbar et al., 2021).

Good, clean and correct food processing will produce healthy and safe food for consumption, and the conditions for good food consumption are at the ripeness level, free from contamination at the production and presentation stages (Fitria et al., 2018). Foods that

elementary school age children like are snacks. This reflection of children's bad snack consumption habits can affect children's nutrition. The cleanliness of snack foods can influence the incidence of diarrhea due to the use of dangerous substances and can result in food poisoning (Permatasari et al., 2021).

The diversity of snack foods can encourage the habit of consuming snack foods in school children because they can spend a third of their time at school. However, there are still many children who do not have the habit of eating healthy snacks, it is known that 78% of children prefer to snack in the school environment because they still do not understand the habit of eating healthy snacks (Aini, 2019). Of the types of food ingredients available, about 31.8% of snacks contain harmful ingredients (Bella et al., 2019).

Consuming unsafe snacks can cause foodborne diseases or foodborne diseases which can cause digestive problems (WHO, 2021). The habit of consuming snacks is very popular among schoolchildren. The habit of snacking is very difficult to break (Pires et al., 2021). Many factors cause the love of snacks to become a universal habit. Sellers often exploit children's love of sweet, savoury and sour things to attract children. Sometimes the products offered are unhealthy but dangerous for the body because they do not contain nutrients (Sumarni et al., 2020). Contaminated food usually contains harmful bacteria, viruses, parasites or chemicals that can cause more than 200 diseases, ranging from diarrhea to cancer. Food poisoning is closely associated with diarrhea (Effriyanda, 2023). According to the Food and Drug Administration (BPOM), in 2019, 6.205 food poisoning data was collected by hospitals in Indonesia (Walid, 2020).

Quoted from Pires et al., (2021) which states that in developed countries like America, 3,000 people die every year from foodborne diseases. In Asia, especially developed countries such as China, it is found that more than 250 children are sick, and 40 children die per year due to contamination by unhealthy snacks. In America, children aged 6-11 years are the largest and most frequent consumers of snack foods. In 2005, approximately 23.6 million American children consumed snacks. In Asia, especially China, there has been an increase in snack food consumption from 15.4% in 2001 to 20.6% in 2010 (Liu et al., 2021).

Data in Indonesia based on survey results from the Food and Drug Supervisory Agency of the Republic of Indonesia found that 80% of school children consume snacks in the school environment, both from hawkers and around the school canteen. Frequency of snacks more than 11 times per week (66%). Based on the test results of 10.249 School Children's Snack Food samples taken throughout Indonesia, 76.18% of the samples met the requirements, and 23.82% did not. From 2010 to 2013, the percentage of school children's snacks that met the

requirements increased from 22.52% to 80.79%. The highest causes of school children's snacks from 2009 to 2014 were caused by microbial contamination and the use of dangerous ingredients in food (BPOM RI, 2021).

Based on data on the health profile of North Sumatra Province in 2019, it is known that diarrhea cases in North Sumatra Province were 2.61%, where the highest for the Regency/City were Gunung Sitoli (41.51%), West Nias (16.61%) and Samosir (11.97%). For North Labuhan Batu Regency it is at 0.72% (Dinas Kesehatan Provinsi Sumatera Utara, 2019).

Research by Arti et al. (2020) states a relationship between knowledge and children's snack habits at Al-Khairiyah Elementary School, Sunggal District, Deli Serdang Regency (p -value=0.012). This is where the level of knowledge can influence behaviour. The higher the level of health knowledge, the higher the awareness to improve and maintain their health.

In the study of Rahmadini (2023), there is a relationship between attitudes and student behaviour in choosing healthy snacks (p -value 0.025). A child's attitude is an important component that influences the choice of snacks. A child's positive attitude towards health may not have a direct impact on the child's positive behaviour, but a negative attitude towards health will almost certainly have an impact on his behaviour (Notoatmojo, 2018).

Based on an initial survey conducted at state elementary school 112164 Talun Manumbok, it was discovered that many snack sellers were found in the school area and street vendors outside the school. Many students buy snacks from street vendors who are seen using bright red sauce combined with fried snacks such as fried meatballs, batagor and other fried foods. The oil used for frying looks black, this is because the oil has been used more than twice. It is also known that the environment around the place selling snacks needs to be cleaner, there are lots of flies and the equipment used by traders needs to be cleaned with running water. When 5 students were asked, they did not know what healthy snacks were. They only choose snacks because the seller looks busy, tastes good and is cheap.

Based on these problems, researchers are interested in studying the relationship between knowledge and attitudes and snack selection behaviour among students at state elementary school 112164 Talun Manumbok. This research aims to determine the relationship between knowledge and attitudes and snack selection behaviour among state elementary school 112164 Talun Manumbok students.

METHOD

This research uses a quantitative approach with a cross-sectional design because this research was carried out at the same time as measuring the dependent variable (snack choice behaviour) and the independent variable (knowledge and attitudes).

This research was conducted at state elementary school 112164 Talun Manumbok in January-August 2023. The population in this study was all 161 students of state elementary school 112164 Talun Manumbok. The sample for this research was taken randomly from the Class III strata of 22 students Class There were 35 students in Class IV, 36 students in Class V and 33 students in Class VI, so the total sample in the study was 126 students.

Sampling in this study used a stratified random sampling technique. Stratified random sampling is a process that divides the population into Class III to Class VI strata, selects a simple random sample from each stratum, and combines them into a sample to estimate the population parameters.

The data source of this research consists of primary data and secondary data. Primary data is obtained by questionnaires in direct interviews with respondents. In contrast, secondary data is obtained from schools related to the number of students and from previous journal sources for research references.

The instrument for collecting primary data was carried out by distributing research questionnaire sheets to students at state elementary school 112164 Talun Manumbok through the interview stage and accompanied by researchers to students in grades IV, V and VI. For Class III students, data was collected by reading the questionnaire to students so that students could hear the researcher reading the questions and students could choose answers.

The content of the questions for the knowledge variable contains 14 multiple-choice questions. It discusses the student's knowledge regarding the meaning of healthy snacks, the dangers contained in these snacks and knowledge of cleanliness in them, which contains answers to positive and negative questions. For the attitude variable, the researcher used a Likert scale to ask the students concerned and discussed the attitudes of 12 questions chosen by students in choosing snacks in the school environment containing the answers "Strongly Agree, Agree, Disagree and Strongly Disagree. Meanwhile, for behavioural variables, researchers used the Guttman scale. They asked questions about snack selection behaviour and the tools used to manage the snacks obtained, which contained "Yes and No" answers.

Data analysis in this study consisted of descriptive univariate analysis. Univariate data analysis was carried out by looking at the percentages in each variable's frequency distribution table column. Meanwhile, bivariate analysis uses the chi-square test to see the relationship

between independent and dependent variables. Data processing in this research used the Statistical Package for the Social Sciences (SPSS) version 23 software.

RESULTS

Table 1. Description of Frequency Distribution of Student Characteristics at State Elementary School 112164 Talun Manumbok

Variable	Frequency	%
Age		
9 years	22	17.5
10 years	39	31.0
11 years	36	28.6
12 years	29	23.0
Total	126	100.0
Gender		
Man	71	56.3
Woman	55	43.7
Total	126	100.0
Class		
Grade 3	22	17.5
Grade 4	39	31.0
Grade 5	34	27.0
Grade 6	31	24.6
Total	126	100.0

*Source: Primary data 2023

Based on Table 1, the research results show that there were 22 (17.5%) respondents aged 9 years, 39 (31.0%) aged 10 years, 36 (28.6%) aged 11 years and 29 (23.0%) aged 12 years. The majority of respondents were male, 71 (56.3%) and female, 55 (43.7%). There were 22 (17.5%) respondents at the 3rd grade level, 39 (31.0%) at the 4th grade level, 34 (27.0%) at the 5th grade level and 31 (24.6%) at the 6th grade level.

Table 2. Frequency Distribution of Knowledge and Attitude Factors with Snack Selection Behavior among Students at State Elementary School 112164 Talun Manumbok

Variable	Frequency	%
Knowledge		
Not enough	70	55.6
Baik	56	44.4
Total	126	100.0
Sikap		
Negative	85	67.5
Positive	41	32.5
Total	126	100.0
Snack Selection Behavior		
Bad	82	65.1
Good	44	34.9
Total	126	100.0

*Source: Primary data 2023

Based on Table 2, the results of the research show that the majority of students have poor knowledge of snack selection behaviour among students at state elementary school 112164 Talun Manumbok, as many as 70 (55.6%) and as many as 70 students have good knowledge of snack selection behaviour. 56 (44.4%).

Most students have a negative attitude towards snack selection behaviour among students at state elementary school 112164 Talun Manumbok, as many as 85 (67.5%) and 41 (32.5%) students have a positive attitude towards snack selection behaviour.

Most students have poor snack selection behaviour, namely 82 (65.1%) students at state elementary school 112164 Talun Manumbok and 44 (34.9%) students who have good snack selection behaviour.

Table 3. The relationship between knowledge and snack selection behaviour among students at State Elementary School 112164 Talun Manumbok

Knowledge	Snack Selection Behavior				Total		P-value	PR (95% CI)
	Buruk		Baik		n	%		
	n	%	n	%				
Not enough	54	42.9	16	12.7	70	55.6	<0,001	3.375 (1.570-7.255)
Good	28	22.2	28	22.2	56	44.4		
Total	82	65.1	42	34.9	126	100		

*Source: Primary data 2023

Based on Table 3, the research results show that 54 (42.9%) of the 70 respondents had poor knowledge of poor snack selection behaviour, and 16 (12.7%) had good snack selection behaviour. The research results also showed that 28 (22.2%) of the 56 respondents had good knowledge of poor snack selection behaviour, and 28 (22.2%) had good snack selection behaviour at state elementary school 112164 Public school alun Manumbok.

Based on the results of the chi-square statistical test, a p-value of <0.001 ($p < 0.05$) was found, which shows a significant relationship between knowledge and snack selection behaviour among students at state elementary school 112164 Talun Manumbok. Apart from that, the Prevalence Ratio (PR) value obtained was 3.375. These results indicate that respondents with poor knowledge have a 3,375 times greater risk of having poor behaviour in selecting snacks than respondents who have good knowledge in selecting snack behaviour (95% CI = 1.570-7.255).

Table 4. The relationship between attitudes and snack selection behavior among students at State Elementary School 112164 Talun Manumbok

Attitude	Snack Selection Behavior				Total		P-value	PR (95% CI)
	Bad		Good		n	%		
	n	%	n	%				
Negative	66	52.4	19	15.1	85	67.5	<0,001	5.428 (2.417-12.186)
Positive	16	12.7	25	19.8	41	32.5		
Total	82	65.1	44	34.9	126	100		

*Source: Primary data 2023

Based on Table 4, the research results show that 66 (52.4%) of the 85 respondents had negative attitudes toward bad snack selection behaviour, and 19 (15.1%) had negative attitudes toward good snack selection behaviour. The research results also showed that 16 (12.7%) of the 41 respondents had a positive attitude toward bad snack selection behaviour, and 25 (19.8%) had a positive attitude toward good snack selection behaviour at state elementary school 112164 Talun Manumbok.

Based on the results of the chi-square statistical test, a p-value of <0.001 ($p < 0.05$) was found, which shows a significant relationship between attitudes and snack choice behaviour among students at state elementary school 112164 Talun Manumbok. Apart from that, the Prevalence Ratio (PR) value obtained was 5.428. These results indicate that respondents with a negative attitude have a 5,428 times higher risk of having bad behavior when choosing snacks than respondents with a positive attitude (95% CI = 2,417-12,186).

DISCUSSION

The relationship between knowledge and snack selection behaviour among students at State Elementary School 112164 Talun Manumbok

Knowledge results from knowing and often occurs through sensory processes from the eyes and ears towards certain objects. Knowledge is an important domain factor for the formation of open behaviour in someone, especially street food traders. Behavior based on knowledge is generally patent. Knowledge is divided into 3 (three), namely knowing what food additives are added to snack foods, how to get food additives, the dangers of food additives in snack foods, and why traders use food additives in snack foods. (Susilowati et al., 2021).

The research results showed that 54 (42.9%) of the 70 respondents had poor knowledge regarding poor snack selection behaviour, and 16 (12.7%) had good snack selection behaviour. The research results also showed that 28 (22.2%) of the 56 respondents had good knowledge of poor snack selection behaviour, and 28 (22.2%) had good snack selection behaviour at state elementary school 112164 Talun Manumbok.

The results of the chi-square statistical test obtained a p-value = 0.000 ($p < 0.05$), it can be concluded that there is a relationship between knowledge and snack selection behaviour among students at state elementary school 112164 Talun Manumbok. Based on this statistical test, the Odds Ratio (PR) value = 3.375, which shows that respondents who have poor knowledge are 3.375 times more likely to have bad behaviour in selecting snacks compared to respondents who have good knowledge in selecting snack behaviour (95% CI = (1.570-7.255)).

This study's results align with research by Yani et al., (2022) which states that there is a relationship between knowledge and snacks at state elementary school 2 Teunom (p-value = 0.000). In this case, one possibility is that it is related to children's lack of knowledge in choosing snacks, namely the parents' job where the parents/Community of Alue Ambang Village have sufficient income so that children are free to choose snacks without paying attention to cleanliness, safety and nutritional content.

Also in line with research, Rahmadini (2023) states that there is a relationship between the level of knowledge and student behaviour in choosing healthy snacks at state elementary school 05 Padang Pasir in 2023 with (p-value = 0.005) in this case, a lack of knowledge about which snacks are healthy and which do not provide space for children to choose the snacks available at their school freely.

Children's nutritional knowledge greatly influences the choice of snacks. Children's knowledge can be obtained both internally and externally. Internal knowledge is knowledge that comes from oneself based on life experience. External knowledge is knowledge from other people so that children's knowledge about nutrition increases (Chaisyah, 2019).

Based on observations made by researchers, the snacks around the school have unique shapes and tastes that are very popular with children in the area. The important role of teachers in providing additional knowledge regarding sorting snacks that are suitable for consumption greatly influences the level of knowledge and actions of school children so that they can sort and choose snacks that are appropriate and do not harm the child's health in the future.

Relationship between attitudes and snack selection behaviour among students at state elementary school 112164 Talun Manumbok

Attitudes towards choosing snack foods result from changes in elementary school children, who undergo continuous changes to adapt to environmental conditions and cultural levels. One of the factors that influences the attitude towards choosing snack foods is the attitude towards choosing food. A child's attitude is an important component that influences the choice of snacks. A child's positive attitude towards health may not have a direct impact on the child's positive behaviour, but a negative attitude towards health will almost certainly have an impact on his behaviour (Chaisyah, 2019).

The research results showed that 66 (52.4%) of the 85 respondents had a negative attitude toward bad snack selection behaviour, and 19 (15.1%) had a negative attitude toward good snack selection behaviour. The research results also showed that 16 (12.7%) of the 41 respondents had a positive attitude toward bad snack selection behaviour, and 25 (19.8%) had

a positive attitude toward good snack selection behaviour at state elementary school 112164 Talun Manumbok.

The results of the chi-square statistical test found a p-value of <0.001 ($p < 0.05$), which shows a significant relationship between attitudes and snack choice behaviour among students at state elementary school 112164 Talun Manumbok. Apart from that, the Prevalence Ratio (PR) value obtained was 5.428. These results indicate that respondents with a negative attitude have a 5,428 times higher risk of having bad behaviour when choosing snacks than respondents with a positive attitude (95% CI = 2,417-12,186).

This study's results align with Mauliddina (2023), stating that there is a relationship between attitudes and behaviour in choosing snacks among students at state elementary school 101774 Sampali Village with a value (p -value = 0.044). In this research, students' lack of interest in bringing supplies to school meant that students were free to buy snacks around the school environment. Study Kana'an et al., (2022) stated that elementary school children with a negative attitude towards bad behaviour in choosing healthy snacks tend to be 7.9 times more at risk of having an unhealthy lifestyle than children with a positive attitude in choosing snacks.

This research is also in line with research Effriyanda (2023), which states that there is an influence between attitudes and behaviour in choosing snacks among elementary school children in Muara Burnai II Village, Lempung Jaya District, Ogan Komering Ilir Regency with a value (p -value = 0.030). In this case, children still need to understand the habit of eating healthy snacks, so children like to consume snacks in the school environment, the quality of which still needs to be discovered.

The formation of a person's attitudes is influenced by various things such as the media, environment, and peers. Adding information about healthy snacks can increase knowledge. This increase in knowledge influences a person's attitudes and beliefs towards an object, namely healthy and unhealthy snacks. If the information provided is related to things that have a negative impact, it will create an attitude that does not support consuming unhealthy foods (Davira, 2021). In addition to the environment, families can also form eating habits for children. These eating habits are formed in the care of parents, especially mothers. Lack of knowledge about the development of children's eating behaviour has been studied among mothers. Mothers report experiencing anxiety and stress during breastfeeding. This impacts children's improper eating behaviour (Sudewi et al., 2018).

CONCLUSIONS

There is a relationship between knowledge and attitudes and snack selection behaviour among students at state elementary school 112164 Talun Manumbok. It is recommended that parents of students increase their knowledge about choosing healthy and safe snacks for consumption and should make it a habit to bring children's provisions such as food and drinks from home so that they do not consume snacks carelessly. Moreover, school principals and teachers should provide education about nutrition, the importance of bringing lunch, the benefits of breakfast and the impact of snacks, provide stickers and posters or books related to nutrition, the benefits of lunch, breakfast and the impact of snacks, create programs health related to snack consumption for students and schools should provide healthy canteen facilities, so that students can access healthy food in the school environment.

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