

## ABSTRACT

Food supply in the boarding school students is an important thing to note. Food intake both in quality and quantity could affect a person's nutritional status, in addition the nutrition knowledge is also one of the factors that influence nutritional status. The purpose of this study is to analyze the correlate of nutrition knowledge and food intake especially energy, protein, calcium, and iron with the nutritional status of the students dormitory 2 "Al-Khodidjah" Darul 'Ulum Boarding School.

The study was an observational analytic studies, used cross-sectional design. The sample study of 65 people, chosen randomly using simple random sampling. The study data were collected using measurements of height, weigh, questionnaires, form of food record, and indepth interview to administrator of the dormitory. Independent variables were age, knowledge of nutrition, parental characteristics, and nutrient intake (energy, protein, calcium, iron), while the dependent variable is the nutritional status and pocket money.

Nutritional status on all respondents included in the normal category (100%). The results showed there was a correlation between energy intake ( $p = 0.031$ ) and protein ( $p = 0.031$ ) with nutritional status, but there was no correlation between pocket money with nutrition intake, and no correlation between nutrition knowledge, calcium intake, and iron with nutritional status. Most of the respondents had a deficit calcium of 80% and iron deficit of 93.8%.

The conclusion of this study, there is a correlation between food consumed by the respondents to the nutritional status, especially the energy and protein, but there is no correlation between pocket money with nutrition intake and no correlation between nutrition knowledge, calcium intake and iron with nutritional status. Dormitory administrators should use 10-day cycle menu, in cooperation with local officials to conduct nutrition counseling on nutrition knowledge to respondents and administrators, training responders to cook official residence, sale of food containing high nutrients, especially calcium and iron.

**Key words:** nutritional status, pocket money, food intake, nutrition knowledge