

ABSTRACT

In an instant era like now, it makes it easier for each individual to carry out various activities so that it makes some people forget the interests that need to be considered, such as physical health. Students undergo a transition period from adolescence to adulthood which makes them accustomed to living independently. At this time, there is a change in eating patterns or eating habits that can be influenced by the environment and various activities undertaken by students. However, it is not an easy thing to meet the needs of good nutrition for students. The obstacle faced is the lack of student knowledge and student interest in consuming healthy food every day. Based on the results of observations, interviews, questionnaires and literature studies, it can be concluded that to overcome this problem an information media is needed that provides knowledge about nutrition and healthy food for students. This study uses a comparison matrix analysis method to identify similarities and differences in existing media. The design media created is a mobile application as one of the media to make it easier for students to find out nutrition and healthy foods that must be consumed every day.

Keywords: Nutrition, Healthy Food, Students, Mobile Application.