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**“KNOWLEDGE LEVEL ASSESSMENT AND RATE OF BORAKS AT LONTONG FOR SALE IN THE MARKET IN TIGANDERKET TIGANDERKET DISTRICT KARO YEAR 2019”**

**ix + 25 pages, list of libraries + 8 Tables + Attachment**

**ABSTRACT**

Consuming food that contains Boraks does not as well as a bad result directly, but the borax will accumulate little by little because it is absorbed in the consumer body cumulatively. The frequent consumption of berboracic foods will cause brain, liver, and kidney disorders. Boraks are not only absorbed through digestion, but also through the skin. Boraks will interfere with metabolic enzymes. In high doses, borax inside the human body can cause dizziness, vomiting, kramtummy.

The purpose of this research is to know the content of boraks in lontong sold in the market of Tiganderket District Tiganderket Karo regency in 2019. This type of research is a descriptive study by means of interviews and examinations.

Base on the research carried out a percentage of trader’s knowledge rate, the results were good by 30%, just 40%, and less by 30% and the borax test results on 10 samples there are 4 positive samples containing borax.

Therefore, it is advisible for the health service of Tiganderket village to be carried out counseling and boraks examinatioans especially in lontong food but also on producers and consumers. To the community especially the consumer Lontong to be more thorough in buying it .

**Keywords: knowledge, borax**