

**POLITEKNIK KESEHATAN TANJUNGPUR**  
**JURUSAN GIZI**  
**Tugas Akhir, Mei 2021**

Nabila Nur Fitriani

Gambaran Kesesuaian Standar Porsi Sayur dengan Besar Porsi yang Disajikan dan Daya Terima Sayur di Instalasi Gizi Rumah Sakit Umum Daerah Pringsewu Tahun 2021

xiii + 54 halaman + 15 tabel + 2 gambar + 7 lampiran

**ABSTRAK**

Penyelenggaraan makanan rumah sakit merupakan rangkaian kegiatan mulai dari perencanaan menu, perencanaan kebutuhan bahan makanan, perencanaan anggaran belanja, pengadaan bahan makanan, penerimaan dan penyimpanan, pemasakan bahan makanan, distribusi dan pencatatan, pelaporan serta evaluasi. Tujuan dari penelitian ini yaitu untuk mengetahui standar porsi sayur, mengetahui besar porsi sayur, mengetahui kesesuaian standar porsi sayur, dan mengetahui daya terima sayur.

Penelitian ini menggunakan rancangan penelitian dengan metode deskriptif. Subyek penelitian ini adalah petugas instalasi gizi yang menyajikan hidangan sayur untuk pasien. Objek penelitian ini adalah hidangan sayur makan siang untuk pasien yang mendapatkan makanan biasa. Hidangan porsi sayur yang dijadikan sampel yaitu sebanyak 5 porsi dalam sehari dan penelitian ini dilakukan selama 10 hari.

Hasil penelitian standar porsi sayur makanan biasa untuk semua kelas perawatan di RSUD Pringsewu sebesar 100 gram. Hasil penelitian besar porsi didapatkan rata-rata besar porsi sayur yang disajikan selama 10 hari yaitu sebesar 53,04 gram (53,04%). Hasil penelitian kesesuaian standar porsi sayur didapatkan rata-rata kesesuaian porsi sayur yang tidak sesuai selama 10 hari yaitu 53,04%. Hasil penelitian daya terima sayur pada pasien yang mendapatkan makanan biasa selama 10 hari yaitu sebesar 10% dikategorikan baik dan 38,9% dikategorikan tidak baik.

Berdasarkan hasil penelitian, disarankan sebaiknya tenaga pemorsi mengikuti standar porsi yang ditetapkan oleh rumah sakit agar besar porsi yang disajikan sesuai dengan standar porsi sayur yaitu berkisar 90-119% dari standar porsi, diharapkan adanya pelatihan pemorsian kepada tenaga pemorsi serta perlu dilakukan evaluasi menu sayur.

Kata Kunci : Porsi Sayur, Daya Terima  
Daftar Bacaan : 41 (2002-2020)

**HEALTH POLYTECHNIC OF TANJUNGPUR  
NUTRITION DEPARTMENT  
Final Project, May 2021**

Nabila Nur Fitriani

Description of Conformity of Vegetable Portion Standards with Served Portion Size and Vegetable Acceptance in the Nutrition Installation of the Pringsewu Regional General Hospital in 2021

xiii + 54 pages + 15 tables + 2 pictures + 7 attachments

**ABSTRACT**

The organization of hospital food is a series of activities starting from menu planning, planning for food needs, planning budget, procuring foodstuffs, receiving and storing, cooking foodstuffs, distribution and recording, reporting and evaluation. The purpose of this study is to determine the standard of vegetable portions, determine the size of the portion of vegetables, determine the suitability of the standard portions of vegetables, and determine the acceptability of vegetables.

This study used a research design with descriptive methods. The subjects of this study were nutrition installation officers who served vegetable dishes to patients. The object of this study was a vegetable lunch meal for patients who had regular meals. The portion of the vegetable that was sampled was 5 portions a day and this research was conducted for 10 days.

The research results of the standard portion of ordinary food vegetables for all treatment classes at Pringsewu Hospital were 100 grams. The results showed that the average portion size of vegetables served for 10 days was 53,04 grams (53,04%). The results of the study on the suitability of the standard portions of vegetables showed that the suitability of the portion of vegetables that was not suitable for 10 days was 53,04%. The results of the study on the acceptance of vegetables in patients who received regular food for 10 days, 10% were categorized as good and 38,9% were categorized as bad.

Based on the research results, it is suggested that the serving staff should follow the portion standards set by the hospital so that the portion sizes served are in accordance with the standard portions of vegetables, which are around 90-119% of the standard portions, it is hoped that there will be training in portioning staff and an evaluation of the vegetable menu.

Key words : Vegetable Portion, Acceptability  
References : 41 (2002-2020)