

POLITEKNIK KESEHATAN KEMENKES TANJUNGPURUNING
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Gambaran Ketepatan Besar Porsi Lauk Hewani dan Nabati Pada Menu Makan Siang Untuk Kelas II Dan III Di Instalasi Gizi RSUD Demang Sepulau Raya Lampung Tengah

X + 44 Halaman + 6 tabel, 2 gambar, 7 lampiran

ABSTRAK

Penyelenggaraan makanan adalah suatu rangkaian kegiatan dari perencanaan menu, sampai dengan pendistribusian makanan kepada pasien dalam rangka menyediakan dalam jumlah dan mutu yang memenuhi syarat gizi, standar cita rasa, standar hygiene dan sanitasi. Aspek yang mempengaruhi mutu ketepatan penyajian makanan yaitu alat makan lengkap sesuai dengan standar yang ditetapkan, menu yang disajikan sesuai dengan siklus menu yang berlaku atau yang diminta pasien, porsi yang disajikan sesuai dengan standar porsi yang ditetapkan, dan penampilan makanan yang disajikan baik secara keseluruhan yang meliputi kebersihan, menarik, penataan makanan sesuai alat. (Cendanawangi et al., 2016).

Mengetahui ketepatan standar porsi pada besar porsi lauk hewani dan nabati di RSUD Demang Sepulau Raya Tahun 2022. Rancangan penelitian yang digunakan adalah penelitian deskriptif. Dengan mengambil variable gambaran ketepatan standar porsi pada lauk hewani dan nabati.

Jenis penelitian ini bersifat deskriptif yaitu untuk menggambarkan ketepatan standar porsi lauk hewani dan nabati pada makan siang untuk pasien. di instalasi gizi RSUD Demang Sepulau Raya. Sampel dalam penelitian ini sebanyak 5 porsi dan dilakukan selama 10 hari.

Didapatkan rata-rata besar porsi lauk hewani yang disajikan di instalasi gizi yaitu sebesar 70,6% dikategorikan tidak sesuai standar porsi karena <90%-<110%. Sedangkan rata-rata besar porsi lauk nabati yang disajikan di instalasi gizi yaitu sebesar 69,5%. dikategorikan idak sesuai standar porsi karena <90%-110%.

Instalasi gizi RSUD Demang Sepulau Raya diharapkan perlu diadakan pelatihan pemorsian kepada tenaga pemorsi agar tenaga pemorsi dapat memorsikan makanan dengan besar porsi yang sesuai.

Kata Kunci : Lauk, hewani, nabati, porsi

Daftar Bacaan : 25 (2002-2019)

HEALTH POLYTECHNIC, TANJUNG KARANG
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An overview of the Accuracy of Portion Standards Of Animal and Vegetable Side Dishes On The Lunch Menu And Their Preparations For Class II And III At The Installation Of The General Hospital In Demang Sepulau Raya Hospital in Central Lampung

X+ 44 pages + 6 tabels, 2 pictures, 7 attachments

ABSTRACT

Food service is a series of activities from menu planning to distributing food to patients in order to provide in quantity and quality that meets nutritional requirements, taste standards, hygiene and sanitation standards. Aspects that affect the quality of the accuracy of food presentation are complete cutlery in accordance with established standards, menus served in accordance with the applicable menu cycle or requested by the patient, portions served in accordance with established portion standards, and the appearance of the food served as a whole. include cleanliness, attractiveness, arrangement of food according to the tool. (Cendanawangi et al., 2016).

The purpose of this study was to determine the accuracy of serving standards and processed animal and vegetable side dishes at Harapan Bunda Hospital in 2022. The research design used is descriptive research. By taking a variable picture of the accuracy of the standard portion on animal and vegetable side dishes.

This type research is descriptive, namely to describe the accuracy of the standard servings animal and vegetable side dishes at lunch for patient. At the nutrition installation of the Demang Sepulau Raya Hospital. The sampel in this study was 5 servings and was carried out for 10 days

It was found that the average portion of animal side dishes served at the nutrition installation was 70,6 gram, categorized as not according to the standard portion because <90% - <110% . Meanwhile, the average portion of vegetable side dishes served at the nutrition installation is 69,5 gram, which is categorized as according to the standard portion because it is <90-<10%.

It is hoped that nutrition installation of Demang Sepulau Raya Hospital needs to be held training for serving staff can serve food with the appropriate portion size.

Keywords : *Side dish, animal, vegetable, portion*
Reading List : *25(2002-2019)*