

**POLITEKNIK KEMENTERIAN KESEHATAN TANJUNG KARANG JURUSAN
GIZI**

Tugas Akhir, Mei 2023

Nadia Febriantika Putri Akbar

Gambaran Penilaian Siswa Siswi Kelas 10 Dan Kelas 11 Terhadap Makanan Di Arama
MAN 1 Bandar Lampung Tahun 2023.

xiv + 60 halaman + 2 gambar + 22 tabel + 20 lampiran

ABSTRAK

Penyelenggaraan makanan adalah kegiatan penyediaan makanan dalam jumlah besar dimulai dari proses perencanaan menu hingga pendistribusian makanan kepada konsumen. Adapun hasil penelitian mengatakan bahwa tingkat kesukaan siswa terhadap mutu hidangan, sebagian besar siswa menilai pada tingkatan cukup untuk keseluruhan menu yang disediakan oleh asrama dari segi penilaian terhadap warna (72.8%), aroma (68.8%), tekstur (71.0%), kesesuaian porsi (70.8%), rasa (61.0%), dan suhu makanan (66.6%). Tujuan penelitian adalah untuk menggambarkan penilaian terhadap penampilan dan citarasa makanan yaitu warna, besar porsi, penyajian, tekstur, aroma, bumbu, tingkat kematangan.

Penelitian ini menggunakan metode kualitatif yang bersifat deskriptif, dilakukan selama 2 hari yaitu pada tanggal 08 Mei 2023 sd 09 Mei 2023. Populasi penelitian di ambil dari kelas 10 dan 11 yaitu 198 siswa asrama. Penelitian ini menggunakan data primer tentang penilaian penampilan dan cita rasa makanan yang diperoleh melalui angket, sedangkan data sekunder tentang gambaran umum MAN 1 Bandar Lampung. Pengolahan data dapat dilakukan dengan cara editing, coding, enterying dan cleaning. Analisis data yang digunakan penelitian ini adalah analisis univariat.

Hasil penelitian menunjukkan bahwa sebagian besar siswa sisiwi asrama menilai cukup pada warna makanan sebanyak 64,6%, besar porsi yang menilai cukup sebanyak 93,8%, penyajian makanan yang menilai cukup sebanyak 72,3%, aroma makanan yang menilai cukup sebanyak 36,9%, tekstur makanan yang menilai cukup sebanyak 18,5%, bumbu makanan yang menilai cukup sebanyak 49,2% dan tingkat kematangan 100% menilai baik.

Pihak asrama sebaiknya mempertimbangkan untuk memilih bahan makanan yang lebih segar dan beraneka ragam, serta pada saat pengolahan makanan lebih diperhatikan lagi, jangan terlalu lama dalam pengolahan agar tidak terjadi overcook pada makanan yang akan disajikan dan penampilan makanan saat disajikan lebih menarik. Pada saat pengolahan juga perlu diperhatikan standar bumbu pada saat pengolahan agar makanan yang akan disajikan tidak keasinan ataupun kurang guri, sehingga makanan yang disajikan menggugah selera.

Kata kunci : tingkat kepuasan, penampilan makanan, cita rasa makanan dan asrama.

Daftar bacaan : 36 (2013-2021)

HEALTH POLYTECHNIC OF TANJUNGPUR NUTRITION

DEPARTMENT

Final Project, Mei 2023

Nadia Febriantika Putri Akbar

Description of Knowledge, Attitudes, Behavior To Hygiene Sanitation Food Implementation at Asrama MAN 1 Bandar Lampung in 2023.

xiv + 60 pages + 2 pictures + 22 tables + 20 attachment

ABSTRACT

Organizing food is the activity of providing food in large quantities starting from the menu planning process to distributing food to consumers. The results of the study said that the level of students' preference for the quality of the dishes, most students rated it at a sufficient level for the entire menu provided by the hostel in terms of assessing color (72.8%), aroma (68.8%), texture (71.0%), portion suitability (70.8%), taste (61.0%), and food temperature (66.6%). The aim of the study was to describe the assessment of the appearance and taste of food, namely color, portion size, presentation, texture, aroma, seasoning, degree of maturity.

This research used a descriptive qualitative method, carried out for 2 days, from 08 May 2023 to 09 May 2023. The research population was taken from grades 10 and 11, namely 198 boarding students. This study uses primary data about the appearance and taste of food obtained through a questionnaire, while secondary data about the general description of MAN 1 Bandar Lampung. Data processing can be done by editing, coding, entering and cleaning. The data analysis used in this research is univariate analysis.

The results showed that most of the dormitory students assessed enough on the color of the food as much as 64.6%, the portion size considered sufficient as much as 93.8%, food presentation considered sufficient as much as 72.3%, the aroma of food considered sufficient as much as 36, 9%, food texture which rated sufficient was 18.5%, food seasoning which rated sufficient was 49.2% and maturity level of 100% rated good.

The hostel should consider choosing food ingredients that are fresher and more varied, and when food processing is paid more attention, don't take too long in processing so that the food will not overcook to be served and the appearance of the food when served is more attractive. At the time of processing, it is also necessary to pay attention to the standard of spices during processing so that the food to be served is not salty or lacking in guri, so that the food served is appetizing.

Key words : satisfaction level, food appearance, food taste and dormitory.

References : 36 (2013 – 2021)