

**POLITEKNIK KESEHATAN TANJUNGPUR**  
**JURUSAN GIZI**  
**Tugas Akhir, Mei 2023**

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**Gambaran Higiene Sanitasi Penyelenggaraan Makanan dan Asupan Zat Gizi Makro Santriwati Mts di Pondok Pesantren Al-Fatah Natar Tahun 2023**

xiii + 65 halaman + 9 tabel + 2 gambar + 8 lampiran

**ABSTRAK**

Higiene sanitasi makanan dan minuman merupakan upaya pengendalian terhadap tempat/bangunan, peralatan, orang dan bahan makanan dapat menimbulkan gangguan kesehatan atau keracunan makanan. Kebiasaan makan santri sangat erat kaitannya dengan penyelenggaraan makanan yang ada di pondok pesantren karena setiap hari santri mengonsumsi makanan yang disediakan oleh pihak pesantren. Penelitian ini bertujuan untuk mengetahui gambaran higiene sanitasi pada penyelenggaraan makanan dan asupan zat gizi makro yang dikonsumsi oleh santriwati MTs di Ponpes Al-Fatah Natar Tahun 2023.

Jenis penelitian yang digunakan adalah penelitian deskriptif dengan responden 4 penjamah makanan dan 70 orang santriwati MTs. Pengambilan sampel dengan menggunakan teknik *Stratified Random Sampling*. Analisis data yang digunakan adalah analisis univariat.

Hasil penelitian higiene penjamah makanan belum memenuhi syarat dengan skor (25%). Sanitasi ruang pengolahan belum memenuhi syarat dengan skor (53,8%). Sanitasi peralatan pengolahan belum memenuhi syarat dengan skor (57,13%). Asupan zat gizi makro santriwati MTs didapati hasil energi kurang (91,4%), protein kurang (71,50%), lemak kurang (80,08%), dan karbohidrat kurang (87,17%).

Disarankan sebaiknya pihak Pondok Pesantren Al-Fatah Natar melakukan monitoring dan evaluasi terhadap para pekerja, sarana dan prasarana yang masih belum memenuhi syarat. Melakukan penyuluhan dan praktik mengenai higiene pekerja dan mengadakan penyuluhan gizi remaja. Serta menyediakan APD lengkap bagi para pekerja.

Kata Kunci : Higiene, Sanitasi, Asupan Gizi Makro  
Daftar Bacaan : 29 (2011-2022)

**POLITEKNIK KESEHATAN TANJUNGPUR**  
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**Final Report, Mei 2023**

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**Overview of Santriwati Hygiene Administration of Food and Macro Nutrient Intake of Mts Santriwati at Al-Fatah Natar Islamic Boarding School in 2023**

xiii + 65 pages + 9 tables + 2 pictures + 8 attachments

**ABSTRACT**

Food and beverage sanitation hygiene is an effort to control places/buildings, equipment, people and food ingredients that can cause health problems or food poisoning. The eating habits of students are very closely related to the organization of food in Islamic boarding schools because every day students consume food provided by the Islamic boarding school. This study aims to find out the description of sanitation hygiene in the implementation of food and intake of macronutrients consumed by MTs female students at Al-Fatah Natar Islamic Boarding School in 2023.

The type of research used was descriptive research with 4 food handlers and 70 MTs female students as respondents. Sampling using Stratified Random Sampling technique. The data analysis used was univariate analysis.

The results of the food handler hygiene research did not meet the requirements with a score (25%). Processing room sanitation does not meet the requirements with a score (53.8%). Processing equipment sanitation does not meet the requirements with a score (57.13%). The intake of macronutrients for MTs female students was found to result in less energy (91.4%), less protein (71.50%), less fat (80.08%), and less carbohydrates (87.17%).

It is suggested that the Al-Fatah Natar Islamic Boarding School should carry out monitoring and evaluation of workers, facilities and infrastructure that still do not meet the requirements. Conduct counseling and practice regarding worker hygiene and conduct youth nutrition counseling. As well as providing complete PPE for workers.

Keywords : Hygiene, Sanitation, Macro Nutrition Intake  
Reading List : 29 (2011-2022)