

POLITEKNIK KESEHATAN TANJUNGKARANG
JURUSAN GIZI
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Gambaran Variasi Menu dan Nilai Gizi Makanan pada Santri Madrasah Aliyah di Pondok Pesantren Walisongo Lampung Utara

xiii + 73 halaman + 23 tabel + 15 gambar + 9 lampiran

ABSTRAK

Sistem pendidikan di pondok pesantren menerapkan kurikulum yang mewajibkan para santri untuk tinggal di lingkungan pesantren selama masa belajar. Karena itu, kebutuhan konsumsi makanan para santri dipenuhi di dalam lingkungan pondok, maka pihak pesantren dituntut untuk berkomitmen dalam menyediakan layanan makanan yang optimal guna memenuhi kecukupan gizi santrinya, agar kegiatan belajar bisa berlangsung lancar. Yang bertujuan mengetahui gambaran variasi menu dan nilai gizi makanan pada santri Madrasah Aliyah di Pondok Pesantren Walisongo Lampung Utara tahun 2025.

Jenis penelitian bersifat deskripsi analitik, populasi dalam penelitian ini adalah seluruh santri Madrasah Aliyah berjumlah 239 orang. Instrument yang digunakan yaitu kuisioner dan timbangan makanan.

Hasil penelitian santri Madrasah Aliyah di Pondok Pesantren Walisongo tahun 2025 menunjukkan Rata-rata penilaian variasi menu dalam kategori kurang bervariasi sebanyak 54%. Penilaian rasa makanan yaitu, pada aspek aroma dalam kategori suka sebanyak 47%, pada aspek bumbu dalam kategori kurang suka sebanyak 45%, pada aspek tingkat kematangan dalam kategori kurang suka sebanyak 52%, dan pada aspek suhu dalam kategori suka sebanyak 47%. Penilaian porsi makanan dalam kategori kurang puas sebanyak 46%. Didapati persentase rata-rata nilai gizi makanan untuk santri Madrasah Aliyah di Pondok Pesantren Walisongo tahun 2025 didapati pada santri laki-laki usia 13-15 tahun energi kurang (75%), protein kurang (56%), lemak kurang (41%), dan KH cukup (92%), dan laki-laki usia 16-18 tahun energi kurang (68%), protein kurang (51%), lemak kurang (39%) dan KH cukup (81%). Sedangkan pada santri perempuan usia 13-15 tahun didapati sebesar energi cukup (80%), protein kurang (54%), lemak kurang (43%), dan KH lebih (101%) dan perempuan usia 16-18 tahun didapati sebesar energi cukup (78%), protein kurang (54%), lemak kurang (43%), dan KH lebih (101%).

Kata kunci : variasi menu dan nilai gizi
Daftar bacaan : 41 (2008-2024)

HEALTH POLYTECHNIC OF TANJUNGKARANG
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Final Report, Mei 2025

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**An overview of menu variations and nutritional value of food for class XI
madrasah aliyah students at the Walisongo Islamic boarding school, North
Lampung**

xiii + 73 pages + 23 tables + 15 figures + 9 attachments

ABSTRACT

The education system in Islamic boarding schools implements a curriculum that requires students to live in the pesantren environment during the study period. Therefore, the food consumption needs of the students are met in the cottage environment, so the pesantren is required to be committed to providing optimal food services to meet the nutritional adequacy of their students, so that learning activities can run smoothly. The aim is to find out an overview of menu variations and nutritional value of food for Islamic Boarding School Students at the Walisongo Islamic Boarding School, North Lampung 2025.

This type of research is an analytical description, the population in this research is all Madrasah Aliyah Students totalling 239 people. The instruments used were questionnaires and food scales.

The results of the study of students of Madrasah Aliyah at Walisongo Islamic Boarding School in 2025 showed that the average assessment of menu variations in the category of less varied was 54%. The assessment of food taste, namely, in the aspect of aroma in the category of like as much as 47%, in the aspect of spices in the category of less like as much as 45%, in the aspect of the level of maturity in the category of less like as much as 52%, and in the aspect of temperature in the category of like as much as 47%. It was found that the average percentage of nutritional value of food for students of Madrasah Aliyah at Walisongo Islamic Boarding School in 2025 was found in male students aged 13-15 years of insufficient energy (75%), insufficient protein (56%), insufficient fat (41%), and sufficient KH (92%), and male students aged 16-18 years of insufficient energy (68%), insufficient protein (51%), insufficient fat (39%) and sufficient KH (81%). While in female students aged 13-15 years, sufficient energy (80%), insufficient protein (54%), insufficient fat (43%), and excess KH (101%) were obtained and female students aged 16-18 years were obtained sufficient energy (78%), insufficient protein (54%), insufficient fat (43%), and excess KH (101%).

Keywords : menu variations and nutritional value

Reference : 41 (2008-2024)