

ABSTRAK

Nadia Fatia Zahra, 2020. *Analisis Pola Menu dan Variasi Makanan terhadap Daya Terima Makanan pada Penyelenggaraan Makanan Sekolah Bola ASIFA (Aji Santoso International Football Academy) Kota Malang.* Laporan Tugas Akhir, Program Studi D-III Gizi Malang, Jurusan Gizi, Politeknik Kesehatan Kemenkes Malang (Dibawah bimbingan: **Arsinah Habibah Fitriah, SST, MPH**).

Penyelenggaraan makanan ASIFA (*Aji Santoso International Football Academy*) melayani siswa calon atlet dengan rata-rata usia remaja yang rentan akan masalah gizi. Dalam penyelenggaraan makanan calon atlet terutama usia remaja terdapat masalah yang sering timbul salah satunya menu makanan yang membosankan. Berdasarkan hasil observasi dan wawancara pendahuluan secara singkat, ASIFA Kota Malang melakukan penyelenggaraan makanan dengan siklus menu sepuluh hari dengan frekuensi tiga kali makan (pagi, siang, dan malam). Siswa calon atlet di ASIFA rata-rata kurang menyukai ikan laut dan sayur serta terkadang merasa bosan dengan menu yang disediakan dan malas untuk makan. Adapun tujuan penelitian untuk menganalisis pola menu terhadap daya terima makanan pada penyelenggaraan makanan sekolah bola ASIFA (*Aji Santoso International Football Academy*) Kota Malang. Jenis penelitian ini *observational* dengan desain penelitian *cross sectional*. Sampel penelitian 24 siswa yang memenuhi kriteria inklusi. Jenis data yang dikumpulkan meliputi pola menu, variasi makanan, dan daya terima makanan. Pengumpulan data pola menu dan variasi makanan dilakukan dengan observasi siklus menu menggunakan form pola menu dan variasi makanan sedangkan data daya terima makanan dilakukan dengan observasi dan wawancara dengan alat bantu form daya terima makanan. Data pola menu, variasi makanan, dan daya terima makanan disajikan secara deskriptif. Hasil penelitian menunjukkan bahwa pola menu sudah seimbang (100%), variasi menu sudah bervariasi dari segi rasa (100%), tekstur (76,7%), dan bahan makanan (100%) sedangkan kurang bervariasi dari segi warna (63,3%) dan metode pengolahan (66,7%). Sebagian besar menu mendapatkan rata-rata daya terima yang baik (73,89%). Daya terima makanan dengan kriteria baik tertinggi terdapat pada siklus menu kesatu (82,1%), ketujuh (82,1%), dan kedelapan (82,3%) sedangkan terendah pada siklus kedua (73,4%). Menu dengan susunan makanan yang seimbang dan bervariasi serta tidak terdapat pengulangan menu selama satu siklus akan mendapatkan daya terima makanan baik yang tinggi.

Kata Kunci: Pola menu, variasi makanan, daya terima makanan

ABSTRACT

Nadia Fatia Zahra, 2020. *Analysis of Menu Patterns and Food Variations on Food Acceptability of School Food Organizing of ASIFA Football School (Aji Santoso International Football Academy) Malang City.* Final Project Report, D-III Nutrition Study Program Malang, Nutrition Department, Health Polytechnic of Ministry of Health Malang (Under guidance: **Arsinah Habibah Fitriah, SST, MPH**).

Food service ASIFA (Aji Santoso International Football Academy) offers services to the prospective athlete students with an average age of adolescents who are prone to gain nutritional problems. In the organization of food supply for prospective athletes, especially teenagers, there are problems that often arise, one of which is a boring food menu. Based on the results of short observations and preliminary interviews, Malang City ASIFA organizes food with a ten-day menu cycle with a frequency of three meals (morning, afternoon, and evening). The prospective athlete students at ASIFA on average are less fond of sea fish and vegetables menu and sometimes feel bored with the provided menu, therefore they are lazy to eat. The purpose of the study was to analyze the menu patterns on the students acceptability of food by the organization of food supply in ASIFA (Aji Santoso International Football Academy) Malang. This type of research is observational with cross sectional research design. Study sample of 24 students who met the inclusion criteria. The types of data collected include menu patterns, food variations, and food acceptability. Data collection of menu patterns and food variations were done by observing the menu cycle using the form of menu patterns and food variations. while data of food acceptability was carried out with observation and interviews with assistive device of food acceptability form. Data on menu patterns, food variations, and food reception are presented descriptively. The results showed that the menu pattern was balanced (100%), menus had varied in terms of taste (100%), texture (76.7%), and food ingredients (100%) while less varied in terms of color (63.3 %) and processing methods (66.7%). Most of the menus get a good average acceptance (73.89%). Food acceptance with the highest good criteria was found in the first menu cycle (82.1%), seventh (82.1%), and eighth (82.3%) while the lowest was in the second cycle (73.4%). Menus with balanced and varied food arrangements and with no repetition during one cycle will receive a high level of good food.

Keywords: Menu patterns, food variations, food acceptability