

ABSTRACT

Yunita Ika Sari, 2023. *Design of a Rice Portion Tool for Inpatients at Hospitals.* Skripsi, Undergraduate Study Program of Applied Nutrition and Dietetics, Department of Nutrition, State Health Polytechnic of Malang. (Guided by: **Dr. Yohanes Kristianto, GradDipFoodSci, MFT. and Carissa Cerdasari, S.Gz., MPH., RD.**)

According to earlier research, the average inaccuracy of rice portioning was 71.93%, animal side dishes 49.3%, vegetable side dishes 49.3%, and vegetables 57.6%. Among the many mistakes in rice portioning, 45.45% exceeds the specified standard portion and 33.33% was less than the standard portion. In addition, the amount of food left by the patient was also affected by the portion of food that exceeds the standard meal. In order to overcome challenges associated with erroneous rice portioning, the development of a better portioning tool can have a direct impact on the results of the portioning conducted. Furthermore, the purpose of this study was to create and evaluate the design of a rice portion tool for inpatients at hospitals. This study came under the category of design research. Additionally, the research technique followed the product development design stages, which divided into six phases, but this research was only limited to phase 4. Moreover, Procreate for iPadOS version 3.1 software was used in the tool design process. The tool's size was proportional to the standard ration of hospital rice, which were 100 grams, 150 grams, 200 grams, 250 grams, and 300 grams. As the result, the findings of this study resulted in four product alternative designs, and product fourth alternatives were the best, thus they were carried through to the next step. The portioning tool had the same base and surface diameters, which were 5 cm and 9.5 cm, respectively. Thus, future researchers should be able to design and develop tools up to phase 5: product launch, so that hospitals can utilize these tools in food portioning operations and eliminate the problem of erroneous portioning, particularly rice.

Keywords: Tool design, rice portioning tool