

ABSTRACT

Silvia Nafisah Julinar (P17110203083). Menu Patterns, Portion Standards and Consumer Assessments on Providing Calorie Healthy Foods in Malang, Diploma III Nutrition Study Program, Health Polytechnic, Ministry of Health, Malang. 2023. (Under the guidance of : **Dr. Yohanes Kristianto, GradDipFoodSci, MFT.**)

Currently, society is moving towards a modern society, where people prefer practical and instant things, are very busy, and pay less attention to healthy eating patterns and lifestyles. Most people choose to eat outside the home because they have not had time to prepare food at home. Especially when eating out, they tend not to pay attention to health. In this situation, culinary businesses such as catering are a good prospect for meeting basic human needs. Consumer assessments of the quality of catering services greatly influence the overall image of catering which will ultimately have implications for increasing catering income. If a type of food is served many times with the same menu in a short period of time, it will cause consumers to feel bored.

The aim of this research is to determine the menu pattern, portion standards and consumer assessments served at the Calorie Healthy Malang food service. This research uses descriptive research. The population in this study were all Calorie Healthy Malang consumers.

The results of this study are that consumers are mostly female and the majority are students. The diet package menu pattern that is served for 6 days has 5 food components, which include staple foods, animal side dishes, vegetable side dishes, vegetables and fruit so that it can be concluded that the menu pattern at Calorie Healthy is included in the balanced category. 4. On the results of the suitability of the portion of the lunch menu for 6 days at Calorie Catering Malang. There are results that are suitable and not in accordance with portion standards according to Permenkes No. 41 of 2014. 5. The average consumer rating of color, texture, taste and aroma of the diet package menu served at Calorie Healthy Malang is included in the good category, namely color (94 %), texture (92%), taste (97%), and aroma (95%).

Keywords: Menu Patterns, Portion Standards and Consumer Ratings