

ABSTRACT

SOFIA NUR YASMINE, 2023. *The Effect of Food Appearance on Food Leftovers at TKIT Nurul Hidayah, Sampang Regency.* Scientific papers. Diploma 3 Nutrition Study Program, Department of Nutrition, Health Polytechnic, Ministry of Health, Malang. Advisor: Dr. Yohanes Kristianto, Grad. DipFood Sci, MFT

Toddler nutrition problems in Indonesia include stunting of 30.8%, wasting of 10.2%, underweight of 17.7%, and overweight of 8%. One of the factors causing the unfulfilled need for energy and nutrients is the high amount of food waste. Leftover food is the amount of food that is not consumed after being served (Yulianti, 2013). One of the causes of high leftovers in food administration is external factors in the form of food appearance. Based on Darmawan's guidelines, (2016: 143) if the population is 199 people, a 30% sample will be taken, so the number of samples obtained is 60 students at TKIT Nurul Hidayah, Sampang Regency. The assessment of the color aspects of the food provided by TKIT Nurul Hidayah from the first to the fifth day was quite good, but there were several menus that lacked color combinations. The assessment on the aspect of food consistency from the first to the fifth day was quite good. Then assess the shape aspect of the food which is served in small pieces to make it easier for the child to cut. The last aspect, namely the assessment of the way of serving, can be described as for cutlery used using small and colored bowls, but garnishes/decorations are not provided on each menu, due to the expertise of food processing workers and avoiding increased costs incurred. The average food waste at TKIT Nurul Hidayah is included in the small category, which is <20%, this is because the portion of food served is based on estimates and there is no standard so that it will minimize the possibility of excess food waste. The portion given to each child is different because it is considered that their needs are also different.

Keywords: Food Appearance, Food Leftovers