

NADIYA NOVITANIA PUTRI DIANA. 2023. *Analysis of School Children's Food Quality in the Al Azhaar Tulungagung Islamic Elementary School Food Service*. SKRIPSI. Politeknik Kesehatan Kemenkes Malang. Advisor: Dr. T Dra. Nurul Hakimah SST., M.Kes and Carissa Cerdasari, S.Gz., MPH., RD.

Abstract

Background: Food quality standards are the final quality expected for each dish, one of which can be measured based on the nutritional value contained in the food, Wayansari et al (2018). Not only nutritional value, according to Rina (2008), achievement of food quality can be realized through a system of fostering and controlling quality and food safety. There are schools that do not meet food quality both in terms of food safety and nutritional content. Based on the preliminary study, it was found that in the Implementation of School Meals (PMS) at SD Islam Al Azhaar Tulungagung there was no sex-adjusted portion standard for ages 10-12 years. The menu pattern used does not use a menu cycle, but uses a menu list. **Objective:** To analyze the application of physical adequacy of sanitation hygiene, menu patterns, portion sizes, and energy and nutrient content in PMS SD Islam Al Azhaar Tulungagung. **Design:** This observational study was conducted at PMS SD Islam Al Azhaar Tulungagung, on May 3-16 2023, which assessed menu patterns, portion standards, and energy and nutrient content at lunch for 10 days. **Results:** The sanitation hygiene assessment at PMS SD Islam Al Azhaar Tulungagung was classified as unfit because it only obtained a score of 79 with a percentage of 86%. 40% of the menu patterns presented are in the balanced category and 60% are classified as unbalanced. Large portions of food that are less than recommended include animal side dishes, vegetable side dishes, and vegetables. The energy and nutrient content of a boy's lunch is 62.4% energy, 75.7% protein, 47.2% fat, 70.6% carbohydrates, 4.3% fiber, 115% Fe, 42.5% calcium, 4.3% vitamin A of the RDA. At lunch girls are 65.6% energy, 68.9% protein, 47.1% fat, 75.5% carbohydrates, 4.6% fiber, 115.4% Fe, 42.3% calcium, and 4.3% vitamin A from the AKG (2019). **Conclusion:** Sanitary hygiene assessment at PMS Al Azhaar Tulungagung Islamic Elementary School was included in the unfit category. There are more unbalanced menu patterns compared to a balanced menu. The recommended portion size is only for staple foods and fruit. The content of energy and nutrients that reach 90% of the AKG (2019) is only the nutrient Fe.

Keywords: sanitary hygiene; menu patterns; portion standard; energy and nutrient content