

ABSTRACT

Zafira Putri Madani.2022. Analysis of Portion Standards, Menu Patterns, and Food Acceptance on the Availability and Adequacy of Energy and Nutrients in the Implementation of Ma'had Tahfizhul Qur'an Al-Firqoh An-Najiyah Food in Malang Regency. Thesis. Health Polytechnic of the Ministry of Health of Malang. Pembimbing Dr. T., Dra. Nurul Hakimah, S.ST, M.Kes. dan Rani Nurmayanti, S.ST.,M.Gizi.

The nutritional needs of adolescents are relatively large, because they are still growing. In addition, adolescents generally perform higher physical activity than other ages, besides that young women are an age group that is vulnerable to nutritional problems, so that more nutrients are needed. A balanced menu pattern and standard portions will greatly affect the nutritional value of each dish. The purpose of the study was to analyze Portion Standards, Menu Patterns, and Food Acceptance on the Availability and Adequacy of Energy and Nutrients in the Implementation of Ma'had Tahfizhul Qur'an Al-Firqoh An-Najiyah Food in Malang Regency. This type of research is a quantitative descriptive study with a cross-sectional study design, meaning that observations are carried out at the same time. The results of the analysis show that the menus served by the Ma'had food organization are mostly not included in the balanced category. The overall breakfast is in the less balanced category (100%), this is because the food organizers only provide animal side dishes once a day at dinner, and two vegetable side dishes a day at breakfast and lunch. The presentation of staple foods, vegetables and fruit is categorized as less than the standard portion, but the types of animal and vegetable side dishes exceed and almost meet the specified portion standards. The acceptability of food shows that respondents do not like the color and texture of the food served by food organizers, this is due to the repetition of the menu which results in the respondent's lack of interest in food. The majority of energy and nutrient availability is still in the category of weight deficit, due to the lack of accuracy in serving portions at inadequate portion standards and budget. Adequacy of nutrients such as energy, fat, carbohydrates, vitamins C and Fe (iron), is still classified as a severe level of deficit, this is due to the lack of fulfillment of the proportion of female students, specialization in the food menu, lack of awareness of nutrient fulfillment, and poor diet. wrong.

Key Words : Menu Pattern, Portion Standards, Food Acceptance, Availability and Adequacy of Energy and Nutrients

