

## **ABSTRACT**

**Intan Firnanda Adella Bahar**, 2025. Food Menu Patterns, Food Acceptance, and Levels of Energy and Nutrient Consumption among Santri in Food Service at Al Hidayah Islamic Boarding School, Batu City. Undergraduate Applied Nutrition and Dietetics Study Program, Nutrition Department, Health Polytechnic of the Ministry of Health Malang.

**Mentor:** Nurul Hakimah dan Indri Hapsari

**Background:** Human resource development in Indonesia is closely related to the nutritional intake of adolescents, who are in a period of physical and psychological development and require adequate. In Islamic boarding schools (pondok pesantren), where many adolescents study and live, the management of food is very important to meet the nutritional needs of the students. However, limitations in budget, equipment, and skills lead to limited menu variations and inappropriate portion sizes, affecting the acceptability and nutritional status of the students. Therefore, this study aims to determine the food menu patterns and food acceptability in relation to nutrient content and consumption levels in the food management at Pondok Pesantren Al Hidayah, Batu City..

**Method:** This study used a quantitative approach with a correlational design and a cross-sectional observational method. The research sample consisted of 43 students aged 13-15 years who participated in three meal times over the three days of the study. Menu pattern data were obtained through observation, food acceptability was measured using the food weighing method (weighing leftover food), and the levels of energy and nutrient consumption were analyzed using Nutrisurvey 2008 software based on the recommended dietary allowance (RDA) for adolescents.

**Results:** The results indicate that the menu patterns served during the study were categorized as unbalanced (100%) due to the absence of fruit and limited variety of animal-based dishes. The food acceptance among the students was considered good at 72%, with food leftovers less than 20%. However, the intake levels of energy and macronutrients such as protein, fat, and carbohydrates were still inadequate, below 80% of the recommended daily allowance. The correlation between food acceptance and nutrient intake showed a positive, though not significant, relationship, indicating that an increase in food acceptance may lead to higher consumption of energy and nutrients.

**Conclusion:** Food provision at Al Hidayah Islamic Boarding School in Batu City is non-commercial with an unbalanced menu, nutrient intake less than 80% of the Recommended Dietary Allowance (RDA), food waste  $\leq 20\%$ , and a positive correlation between food acceptability and the consumption levels of energy, protein, fat, and carbohydrates.

**Keywords:** Menu Pattern, Food Acceptability, Consumption Rate, Energy, Nutrients, Santri, Islamic Boarding School