

**EVALUASI SUHU LAUK HEWANI, LAUK NABATI DAN SAYURAN
BERKUAH MENU NON-DIET YANG DISAJIKAN BAGI PASIEN
KELAS 3 DI RS X**

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ABSTRAK

Latar Belakang: Suhu merupakan titik kritis yang menentukan pertumbuhan berbagai macam bakteri pada makanan, terutama makanan matang. Suhu aman untuk makanan tidak boleh berada pada rentang 4⁰C-60⁰C. Pada rentang tersebut makanan berada dalam *danger zone*. Makanan sumber protein dan makanan berkuah merupakan salah satu media yang rawan ditumbuhi bakteri. Pengecekan suhu penting dilakukan untuk mengetahui suhu makanan matang.

Tujuan: Diketuinya evaluasi suhu lauk hewani, lauk nabati, dan sayuran berkuah menu non-diet yang disajikan bagi pasien kelas 3 di RS X

Metode: Penelitian ini adalah observasional dengan desain penelitian *cross-sectional*. Pengukuran dilakukan pada suhu makanan matang dan suhu penyajian makanan dengan dua bagian berbeda yaitu bagian permukaan dan bagian dalam lauk hewani dan lauk nabati serta sayuran berkuah. Suhu makanan diukur menggunakan alat ukur suhu yaitu *stick thermometer*.

Hasil: Suhu matang lauk hewani sebesar 51,8⁰C dan suhu penyajian lauk hewani 31,4⁰C. Suhu matang lauk nabati sebesar 48,8⁰C dan suhu penyajian lauk nabati sebesar 31,3⁰C. Suhu matang sayuran berkuah sebesar 59,9⁰C dan suhu penyajian sayuran berkuah 30,8⁰C.

Kesimpulan: Suhu matang dan suhu penyajian lauk hewani, lauk nabati dan sayuran berkuah bagi pasien kelas 3 di RS X belum mencapai standar keamanan suhu makanan matang.

Kata Kunci: Suhu matang, suhu penyajian, perubahan suhu, lauk hewani, lauk nabati, sayuran berkuah

**EVALUATION OF THE TEMPERATURE OF ANIMAL SIDE DISHES,
VEGETABLE SIDE DISHES, AND VEGETABLE SOUP NON-DIET
MENU SERVED FOR CLASS 3 PATIENTS AT HOSPITAL X**

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ABSTRACK

Background : Temperature is a critical point that determines the growth of various kinds of bacteria in food, especially cooked food. The safe temperature for food should not be in the range of 40⁰C-60⁰C. In this range the food is in the danger zone. Food sources of protein and soupy foods are media that are prone to bacteria growth. It is important to check the temperature to determine the temperature of cooked food.

Objective : To know the evaluation of the temperature of animal side dishes, vegetable side dishes, and vegetables with non-diet menu served for class 3 patients at Hospital X.

Method : This study was an observational study with a cross-sectional design. Measurements were made at the temperature of cooked food and the temperature of serving food with two different parts, namely the surface and the inside of the animal side dish and the vegetable side dish and vegetable soup. The temperature of the food is measured using a temperature measuring instrument, namely stick thermometer.

Results : The temperature for animal side dishes is 51.8⁰C and the serving temperature for animal dishes is 31.4⁰C. The cooked temperature of the vegetable side dishes is 48.8⁰C and the serving temperature of the vegetable side dishes is 31.3⁰C. The temperature of cooked vegetables with soup is 59.9⁰C and the serving temperature for vegetables with soup is 30.8⁰C.

Conclusion : Cooking temperature and serving temperature of animal side dishes, vegetable side dishes and vegetables with soup for class 3 patients at X Hospital have not reached the food temperature safety standard.

Key words : Cooking temperature, serving temperature, temperature changes, animal side dishes, vegetable side dishes, vegetable soup