

## **TEMPE SIDE DISHES MODIFICATION TEMPE NUGGET AND BAKWAN TEMPE IN TERMS OF CHILDREN FAVORITE LEVELS AND PROTEIN CONTENTS**

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### **ABSTRACT**

**Background :** School-age children need nutrition to meet their needs. Foods that are rich in nutrients greatly affect growth. The school eating program not only improves nutritional problems but also increases access and educational attainment. However, children still didn't spent the tempe side dishe provided by the school. Modification of tempe side dishes into tempe nuggets and bakwan tempe is one of ways to improve the studens favorite level.

**Objective :** To know the favorite level of kindergarten children's and protein content from tempe nugget and bakwan tempe.

**Method :** The type of this experiment is Quasi-experimental using the One Shot Case Study method. The research held on January until February 2019. The subject of this research are B grade student at TK Qurrota A'yun Yogyakarta which amounted 50 students. The data analysis by Fisher Exact Test.

**Result :** Based on the color and taste aspects, children prefers tempe nugget rather than bakwan tempe. The results form Fisher Exact Test on the children favorite level and tempe side dish obtained  $p < 0.05$ . Tempe nugget protein content is 16,81% while bakwan tempe was 11,96%.

**Conclusion :** There was difference in the favorite level of the kindergarten students of Qurrota A'yun Yogyakarta towards tempe side dish. The protein content of tempe nugget (16.81%) was higher than of bakwan tempe (11.96%).

**Keyword :** tempe side dish modification, favorite level, protein contents.

# MODIFIKASI LAUK NABATI NUGGET TEMPE DAN BAKWAN TEMPE DITINJAU DARI TINGKAT KESUKAAN ANAK TK DAN KANDUNGAN PROTEIN

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## ABSTRAK

**Latar Belakang :** Anak usia sekolah memerlukan asupan gizi untuk memenuhi kebutuhan. Makanan yang kaya zat gizi sangat mempengaruhi pertumbuhan. Program makan di sekolah tidak hanya memperbaiki masalah gizi tetapi juga meningkatkan akses dan pencapaian pendidikan. Namun, anak masih belum menghabiskan lauk nabati yang disediakan sekolah. Modifikasi resep lauk nabati tempe menjadi *nugget* tempe dan bakwan tempe merupakan salah satu cara untuk meningkatkan tingkat kesukaan.

**Tujuan Penelitian :** Mengetahui tingkat kesukaan anak TK dan kandungan protein lauk nabati *nugget* tempe dan bakwan tempe.

**Metode Penelitian :** Penelitian ini adalah eksperimental semu dengan menggunakan metode *One Shot Case Study*. Penelitian ini dilaksanakan pada bulan Januari-Februari 2019. Subyek penelitian ini adalah siswa kelas B TK Qurrota A'yun Yogyakarta yang berjumlah 50 siswa. Analisis data menggunakan *Fisher Exact Test*.

**Hasil Penelitian :** Berdasarkan aspek warna dan rasa anak lebih menyukai *nugget* tempe daripada bakwan tempe. Hasil uji *Fisher Exact Test* pada tingkat kesukaan anak terhadap lauk nabati diperoleh hasil  $p < 0,05$ . Kadar protein *nugget* tempe adalah 16,81%, sedangkan bakwan tempe 11,96%.

**Kesimpulan :** Ada perbedaan tingkat kesukaan siswa TK Qurrota A'yun Yogyakarta terhadap lauk nabati. Kadar protein yang terkandung dalam *nugget* tempe (16,81%) lebih tinggi daripada bakwan tempe (11,96%).

**Kata Kunci :** modifikasi lauk nabati, tingkat kesukaan, kandungan protein.