

*DESCRIPTION OF FOOD SERVING AND FOOD WASTE IN WONOSARI
REGIONAL GENERAL HOSPITAL*

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ABSTRACT

Background: *The organization of hospital food is not only to meet the nutritional intake needs of patients, but also to meet the psychological needs of patients. The organization of food related to food waste and culinary in Wonosari Regional General Hospital is still limited, the appearance of food presentation still needs attention.*

Objective: *To know the description of food presentation and food waste in Wonosari Regional General Hospital.*

Methods: *This study is an observational study (non-experiment) which is descriptive in nature with a cross sectional research design. The population in this study were all class III inpatients of Wonosari Regional General Hospital who received regular meals. The kind of sampling is purposive sampling. A sample size of 30 respondents was obtained.*

Results: *The average assessment of food color combinations at Wonosari Hospital for 10 days is attractive. The portion standards served at Wonosari Hospital are quite suitable for respondents. in 10 cycles of food menus 100% of respondents considered that the shape of the pieces served was attractive. Cleanliness of cutlery at Wonosari Hospital is appropriate. The average assessment of food appearance at Wonosari Hospital for 10 days was attractive. 65% of respondents considered that the appearance presented could increase the respondent's appetite. The average food waste of plain rice in class III treatment wards was 32.14%.*

Conclusion: *The average food waste of plain rice in the afternoon meal in class III treatment is high characterized by an average food waste >20%.*

Keywords: *Food Serving, Food Organization, Food Presentation, Food Waste*

GAMBARAN PENYAJIAN MAKANAN DAN SISA MAKANAN DI RUMAH SAKIT UMUM DAERAH WONOSARI

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ABSTRAK

Latar Belakang: Penyelenggaraan makanan rumah sakit tidak hanya untuk memenuhi kebutuhan asupan zat gizi pasien, tetapi juga untuk memenuhi kebutuhan psikologis pasien. Penyelenggaraan makanan yang berhubungan dengan sisa makanan dan kulineri di Rumah Sakit Umum Daerah Wonosari masih terbatas, penampilan penyajian makanan masih perlu mendapat perhatian.

Tujuan: Diketuinya gambaran penyajian makanan dan sisa makanan di Rumah Sakit Umum Daerah Wonosari

Metode: Penelitian ini merupakan penelitian observasional (non-eksperimen) yang bersifat deskriptif dengan desain penelitian *cross sectional*. Populasi dalam penelitian ini adalah seluruh pasien rawat inap kelas III RSUD Wonosari yang mendapatkan makanan biasa. Pengambilan sampel *purposive sampling*. Didapatkan jumlah sampel sebanyak 30 responden.

Hasil: Rata rata penilaian kombinasi warna makanan di RSUD wonosari selama 10 hari menarik. Standar porsi yang disajikan di RSUD wonosari sudah cukup sesuai bagi responden. pada 10 siklus menu makanan 100% responden menilai bahwa bentuk makanan yang disajikan sudah menarik. Kebersihan alat makan di RSUD Wonosari sudah sesuai. Rata-rata penilaian penampilan makanan di RSUD wonosari selama 10 hari menarik. 65% responden menilai bahwa dengan penampilan yang disajikan dapat meningkatkan selera makan responden. Rata rata sisa makanan nasi biasa pada bangsal perawatan kelas III sebesar 32,14%.

Kesimpulan: Rata-rata sisa makanan nasi biasa pada makan sore di perawatan kelas III banyak ditandai dengan rata rata sisa makanan >20%.

Kata Kunci: Penampilan Makanan, Penyajian Makanan, Penyelenggaraan makanan, Sisa Makanan