

THE ACCURACY PORTION OF ANIMAL DISH IN DORMITORY I POLTEKKES KEMENKES YOGYAKARTA

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ABSTRACT

Background : Appropriate portion will cover the needs of a group that needs organizing food service. In the implementation of the food crowd, the necessary standard servings for each dish so that the kinds and amount of dishes became clear. Supervision portion is done by measuring devices, for example spoon tea and scales. The portion in Dormitory I Poltekkes Kemenkes Yogyakarta done by the Ministry of Health's executive power by using a unit of measure of household by giving the same size on the animal side dish

Objective : Knowing the accuracy portion animal side dish in Dormitory I Poltekkes Kemenkes Yogyakarta.

Methods : This type of research is observational with case study design. The research object animal side dish that is served at the Dormitory I Poltekkes Kemenkes Yogyakarta on the dinner menu for 14 days. The descriptive analysis is done of each variable.

Results : The research object with a large animal side dish servings for animal side dish of chicken (92%), catfish (127.2%), liver gizzard (143.5%), shrimp (75.5%), sardines (117.6%) and eggs (91.2). Lack of accuracy portion of the animal side dish of catfish, gizzard liver, shrimp and sardines, irregularities and less than a tolerance of 10% (90-110%). The accuracy portion only on the animal side dish of chicken and chicken eggs.

Conclusion : The accuracy portion of the animal side dish of chicken and chicken eggs while the animal side dish of catfish, gizzard liver, shrimp and sardines there are not yet accuracy portion.

Keywords : Portion Standart, Animal Dish, Accuracy Portion

KETEPATAN PEMORSIAN LAUK HEWANI DI ASRAMA I POLTEKKES KEMENKES YOGYAKARTA

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ABSTRAK

Latar Belakang : Porsi yang sesuai akan menutupi kebutuhan suatu kelompok yang memerlukan pelayanan penyelenggaraan makanan. Dalam penyelenggaraan makanan orang banyak, diperlukan standar porsi untuk setiap hidangan sehingga macam dan jumlah hidangan menjadi jelas. Pengawasan porsi dilakukan dengan alat ukur, misalnya sendok teh dan timbangan. Pemorsian di Asrama I Poltekkes Kemenkes Yogyakarta dilakukan oleh tenaga pelaksana dengan menggunakan satuan ukuran rumah tangga dengan memberikan ukuran yang sama pada lauk hewani.

Tujuan Penelitian : Mengetahui ketepatan pemorsian lauk hewani di Asrama I Poltekkes Kemenkes Yogyakarta.

Metode Penelitian : Jenis penelitian ini adalah observasional dengan desain studi kasus. Obyek penelitian lauk hewani yang di sajikan di Asrama I Poltekkes Kemenkes Yogyakarta pada menu makan malam selama 14 hari. Analisis deskriptif dilakukan pada tiap variabel.

Hasil Penelitian : Obyek penelitian lauk hewani dengan besar porsi untuk lauk hewani ayam (92%), ikan lele (127,2%), ati rempela (143,5%), udang (75,5%), ikan sarden (117,6%) dan telur ayam (91,2). Belum adanya ketepatan pemorsian pada lauk hewani ikan lele, ati rempela, udang dan ikan sarden, terjadi penyimpangan lebih dan kurang dari toleransi 10% (90-110%). Ketepatan pemorsian hanya pada lauk hewani ayam dan telur ayam.

Kesimpulan : Ketepatan pemorsian pada lauk hewani ayam dan telur ayam sedangkan pada lauk hewani ikan lele, ati rempela, udang dan ikan sarden belum ada ketepatan pemorsian.

Kata Kunci : Standar Porsi, Lauk Hewani, Ketepatan Porsi.