

THE SUITABILITY THE PORTION LUNCH MENU OF ANIMAL-BASED PROTEIN, PLANT-BASED PROTEIN, AND VEGETABLES AT ELEMENTARY SCHOOL UNGGULAN AISYIYAH BANTUL

Ria Khoirotun Khisa'an¹, Tjarono Sari², Nur Hidayat³
^{1,2,3}Nutrition department of poltekkes the ministry health yogyakarta

Jl. Tata Bumi No.3, Banyuraden, Gamping, Sleeman, Yogyakarta 55293

e-mail : riakhoirotunkhisaan@ymail.com,

ABSTRACT

Background: Eating portion is one of the factors to determine nutrition adequacy especially on children aged 7-9 years. The incompatibility of portions served will have an impact on nutrition adequacy for children. Supervision of the standard portions is needed to maintain the quality of the food produced.

Objective: To know the proper portions of a animal-based protein, plant-based protein and vegetable based on standards at unggulan aisyiyah elementary school bantul compared with standard portions of *permenkes*.

Methods: This type of research is observational with cross sectional design. The research was carried out at Unggulan Aisyiyah elementary school, Bantul on may 23 until June 2, 2016. The object research is 15 object with descriptive analysis in the form of table and percentages.

Results: The research results showed that if the portion standard served by the institutions was compared to the reference based on *permenkes* (Health Minister Regulation), some animal-based proteins were still inappropriate, those were stews eggs quail (57,5%), and chicken nuggets (40%). Meanwhile, chicken (86,67%), salted eggs (82,22%), and meatballs (126,67%) met the standard. The inappropriate portion standard of plant-based protein was tempe chips (44,44%), while fried tempe (97,7%), and fried tofu (104,4%) had met the standard. Meanwhile the portion standards of vegetables were still not appropriate with the range of 24,16 gram, those were soup I (54,1%), beans curry (38,2%), *sayur asem* (37,44%), *gudangan* (42,22%), soup II (28,8%), and *sayur lodeh* (22,2%).

Conclusion: At Aisyiyah elementary school, there are suitability of portion standard on animal and plant-based protein with reference based on Permenkes. Meanwhile, the vegetables are still not in accordance with Permenkes standard.

Keywords: Portion standard, Suitability portions, Animal-based protein, plant-based protein, Vegetables

KAJIAN KESESUAIAN STANDAR PORSI PADA MENU MAKAN SIANG LAUK HEWANI, LAUK NABATI, DAN SAYUR DI SD UNGGULAN AISYIYAH BANTUL

Ria Khoirotun Khisa'an¹, Tjaronono Sari², Nur Hidayat³
^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.3, Banyuraden, Gamping, Sleeman, Yogyakarta 55293
e-mail : riakhoirotunkhisaan@ymail.com,

ABSTRAK

Latar Belakang: Porsi makan merupakan salah satu faktor untuk menentukan kecukupan gizi terutama pada anak usia 7-9 tahun. Ketidaksesuaian terhadap porsi makan yang disajikan akan berdampak pada kecukupan gizi anak. Pengawasan terhadap standar porsi dibutuhkan untuk mempertahankan kualitas makanan yang dihasilkan.

Tujuan Penelitian: Mengetahui tentang kesesuaian pemorsian lauk hewani, lauk nabati dan sayur berdasarkan standar porsi yang digunakan di SD Unggulan Aisyiyah Bantul dibandingkan dengan standar porsi rujukan permenkes.

Metode Penelitian: Jenis penelitian ini adalah *observational* dengan desain *cross sectional*. Penelitian dilaksanakan di SD Unggulan Aisyiyah pada tanggal 23 Mei – 2 Juni 2016. Jumlah obyek penelitian 15 obyek dengan analisis deskriptif dalam bentuk tabel dan persentase.

Hasil Penelitian: Dari hasil penelitian, standar porsi yang disajikan oleh Institusi apabila dibandingkan dengan standar rujukan menurut permenkes untuk lauk hewani masih terdapat yang kurang sesuai semur telur puyuh (57,7%) dan nugget ayam (42,2%) sedangkan untuk ayam (86,6%), telur asin (84,4%) dan bakso (122,2%) terpenuhi. Standar porsi untuk lauk nabati yang kurang sesuai keripik tempe (44,44%), sedangkan untuk tempe goreng (97,7%), tahu goreng (104,4%) terpenuhi. Sedangkan untuk standar porsi sayur masih belum sesuai rata-rata porsi sayur berkisar 24,16 gram, sehingga masih kurang sesuai SOP I (54,1%), Kare buncis (38,2%), dan sayur asem (37,44%), Gudangan (42,22%), SOP II (28,8%), dan Sayur lodeh (22,2%).

Kesimpulan: Ada kesesuaian standar porsi di SD Unggulan Aisyiyah Bantul pada lauk hewani dan lauk nabati dengan standar porsi rujukan menurut permenkes. sedangkan untuk sayur masih belum sesuai dengan standar rujukan permenkes.

Kata Kunci: Standar porsi, Kesesuaian porsi, Lauk hewani, Lauk nabati, Sayur.