

**OVERVIEW OF FOOD TASTE AND REMOVE OF USUAL FOOD IN
INPATIENTS AT WONOSARI REGIONAL HOSPITAL**

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ABSTRACT

Background: Taste is a food attribute that includes aroma, taste, texture and temperature. Poor taste of food results in poor patient perception of the food served. Leftover food is part of the food that is not consumed by the patient and is eventually discarded as waste, if there is still leftover food, this indicates that the patient's nutritional intake is not optimally met. In the long term, lack of nutritional intake can lead to malnutrition.

Objective: Understanding the Taste of Food and Common Food Leftovers in Inpatients at Wonosari Regional Hospital

Method: This type of research is observational. Sampling using cross-sectional sampling technique. The results of the assessment of food taste by interview and measurement of food leftovers using the visual comstock method.

Results: The average assessment of the taste test of ordinary food in color 94.8% attractive, presentation 77.1% attractive, taste 94.3% delicious, aroma 98.45% delicious. The average remaining food in ordinary form during two days of observation was 26%.

Conclusion: The average assessment of the taste test of ordinary food in hospitalized patients at Wonosari Hospital in color and presentation is included in the attractive category. In aroma and taste are included in the delicious category. The average remaining food in ordinary form in hospitalized patients at Wonosari Hospital for two days 26% is categorized as inadequate hospital nutrition services.

Keywords: Food taste, Comstock, regular shaped food, leftovers

GAMBARAN CITA RASA MAKANAN DAN SISA MAKANAN BIASA PADA PASIEN RAWAT INAP DI RSUD WONOSARI

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ABSTRAK

Latar Belakang: Cita rasa merupakan atribut makanan yang meliputi aroma, rasa, tekstur dan suhu. Cita rasa makanan yang kurang baik mengakibatkan persepsi responden terhadap makanan yang disajikan kurang baik pula. Sisa makanan merupakan bagian dari makanan yang tidak dikonsumsi oleh responden dan akhirnya dibuang sebagai limbah, apabila masih terdapat sisa makanan, hal ini mengindikasikan bahwa asupan nutrisi responden tidak terpenuhi secara optimal. Dalam jangka panjang, kekurangan asupan gizi dapat menyebabkan kondisi malnutrisi.

Tujuan: Diketuainya Gambaran Cita Rasa Makanan dan Sisa Makanan Biasa pada Pasien Rawat Inap di RSUD Wonosari

Metode: Jenis penelitian ini yaitu observasional Pengambilan sampel menggunakan teknik *crossectional* sampling. Hasil penilaian cita rasa makanan dengan cara wawancara dan pengukuran sisa makanan menggunakan metode visual *comstock*.

Hasil: Rata – rata penilaian uji cita rasa makanan bentuk biasa pada warna 94,8% menarik, penyajian 77,1% menarik, rasa 94,3% enak, aroma 98,45% enak. Rata-rata sisa makanan bentuk biasa selama dua hari pengamatan yaitu 26%.

Kesimpulan: Rata – rata penilaian uji cita rasa makanan bentuk biasa responden rawat inap di RSUD Wonosari pada warna dan penyajian termasuk kategori menarik. Pada aroma dan rasa termasuk kategori enak. Rata – rata sisa makanan bentuk biasa responden rawat inap di RSUD Wonosari selama dua hari 26% dikategorikan pelayanan gizi rumah sakit masih kurang.

Kata Kunci: Cita rasa makanan, *Comstock*, makanan bentuk biasa, sisa makanan