

STUDY OF FOOD SAFETY SCORES (FSS) IN CURRY-SPICED EGG DISHES AT THE NUTRITION INSTALATION OF THE WS REGIONAL GENERAL HOSPITAL

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ABSTRAK

Background : Food safety is a critical aspect of hospital food service to prevent physical, chemical, and biological contamination that could endanger patient health. Animal-derived products, including eggs, are at high risk of contamination and therefore require monitoring through the Food Safety Score (FSS) assessment.

Objective : This study aimed to determine the level of food safety in curry-spiced egg dishes at the Nutrition Instalation of WS Regional General Hospital based on the components of Food Selection and Storage (FSS), Food Handler Hygiene (FHH), Food Preparation (FP), and Food Distribution (FD).

Method : This study employed a descriptive observational design using a survey method. Data were collected through direct observation using the Food Safety Score (FSS) instrument during two observation sessions in January-February 2026. Data were analyzed descriptively by calculating the percentage achievement of each FSS component.

Result : The Food Selection and Storage component were 100%, Food Handler Hygiene component achieved 100%, Food Preparation component achieved 95,9%, and Food Distribution component achieved 63,2%, which was categorized as “At-risk, but still safe for consumption”. The food distribution component obtained the lowest score, indicating that greater attention was needed to food hygiene and sanitation practices during the distribution process.

Conclusion : The curry-spiced egg dish served at the Nutrition Installation of WS Regional General Hospital was considered safe for consumption. However, improvements were needed, particularly in the food distribution process, to further food safety standards.

Keywords : food safety, food safety score, curry-spiced eff, hospital nutrition installation, hygiene sanitation..

KAJIAN SKOR KEAMANAN PANGAN (SKP) PADA OLAHAN TELUR BUMBUN KARE DI INSTALASI GIZI RUMAH SAKIT UMUM DAERAH WS

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ABSTRAK

Latar Belakang : Keamanan pangan merupakan aspek penting dalam penyelenggaraan makanan rumah sakit untuk mencegah terjadinya kontaminasi fisik, kimia, dan biologis yang dapat membahayakan kesehatan pasien. Produk olahan hewani termasuk telur memiliki risiko tinggi mengalami kontaminasi sehingga perlu dilakukan pengawasan melalui penilaian Skor Keamanan Pangan (SKP).

Tujuan : Mengetahui tingkat keamanan pangan pada olahan telur bumbu kare di Instalasi Gizi RSUD WS berdasarkan komponen Pemilihan dan Penyimpanan Bahan Makanan (PPB), Higiene Pemasak (HGP), Pengolahan Bahan Makanan (PBM), dan Distribusi Makanan (DMP).

Metode : Jenis penelitian ini adalah observasional deskriptif dengan metode survey. Pengumpulan data dilakukan melalui observasi langsung menggunakan formulir SKP sebanyak dua kali pengamatan pada bulan Januari-Februari 2026. Data dianalisis secara deskriptif dengan menghitung presentase capaian setiap komponen SKP

Hasil : Capaian skor pada komponen PPB sebesar 100%, HGP sebesar 100%, PBM sebesar 95,9%, dan DMP sebesar 63,2%. Total Skor Keamanan Pangan yang diperoleh adalah 92,61% dengan kategori “Rawan, tetapi masih aman dikonsumsi”. Komponen distribusi makanan menjadi aspek dengan nilai terendah sehingga memerlukan perhatian lebih dalam penerapan higiene dan sanitasi makanan.

Kesimpulan : Kesimpulan penelitian ini menunjukkan bahwa olahan telur bumbu kare di Instalasi Gizi RSUD WS masih berada dalam kategori aman untuk dikonsumsi, namun perlu dilakukan perbaikan terutama pada tahap distribusi makanan guna meningkatkan mutu keamanan pangan.

Kata Kunci : keamanan pangan, skor keamanan pangan, telur bumbu kare, instalasi gizi rumah sakit, higiene sanitasi.