

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIPLOMA III GIZI**

PROPOSAL TUGAS AKHIR, 2021

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**GAMBARAN POLA MENU DI PONDOK PESANTREN TAHFIZH
DARUL QUR'AN KOTA PEKANBARU**

Ix + 52 Halaman + 3 Tabel + 2 Gambar + 4 Lampiran

INTISARI

Perencanaan menu merupakan serangkaian kegiatan yang sangat penting terutama pola menu sesuai dengan variasi makanan berdasarkan gizi seimbang. Tujuan penelitian ini yaitu untuk mengetahui gambaran pola menu di Pondok Pesantren Tahfizh Darul Qur'an Pekanbaru.

Jenis penelitian ini adalah deskriptif kualitatif dengan desain cross sectional dengan menggunakan teknik total sampling, subjek akan diteliti merupakan seluruh anggota populasi, Jumlah sampel sebanyak 3 orang petugas dapur dan 1 orang ketua yayasan. Data terkait pola menu didapatkan melalui observasi dan wawancara langsung di Pondok Pesantren Tahfizh Darul Qur'an Pekanbaru, selanjutnya dianalisa secara deskriptif.

Hasil penelitian menunjukkan bahwa pola menu yang disajikan kurang seimbang yaitu rata-rata hanya terdiri dari 3 komponen. Saran untuk penelitian ini yaitu pondok pesantren menyediakan petugas yang berkompentensi seperti ahli gizi atau memberikan pelatihan kepada karyawan untuk dapat memberikan pola menu yang baik sesuai gizi seimbang.

Daftar pustaka : 19 Referensi (2013-2020)

Kata kunci : Pondok pesantren, pola menu.

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FINAL PROJECT LESNA TARIDA

*DESCRIPTION OF MENU PATTERNS AT TAHFIZH ISLAMIC
BOARDING SCHOOL DARUL QUR'AN, PEKANBARU*

Ix + 52 Pages + 3 Tables + 2 Pictures + 4 Attachments

ABSTRACT

Menu planning is a series of very important activities, especially the menu pattern according to a variety of foods based on balanced nutrition. The purpose of this study was to find out the description of the menu pattern at the Tahfizh Darul Qur'an Islamic Boarding School Pekanbaru.

This type of research is descriptive qualitative with cross sectional design using total sampling technique, the subjects to be studied are all members of the population. The number of samples as many as 3 kitchen staff and 1 chairman of the foundation. Data related to menu patterns were obtained through direct observation and interviews at Pondok Pesantren Tahfizh Darul Qur'an Pekanbaru, then analyzed descriptively.

The results showed that the menu pattern served was less balanced, that is, on average, it only consisted of 3 components. Suggestions for this research are Islamic boarding schools provide competent officers such as nutritionists or provide training to employees to be able to provide good menu patterns according to balanced nutrition.

References : 19 (2013-2020)

Keywords : Boarding school, Menu Patterns