

ABSTRAK

Dhea Biayh Syifa. Gambaran Daya Terima Siswa Terhadap Makanan Bergizi Gratis Di Sekolah Dasar Negeri 27 Pekanbaru. Dibimbing oleh Prof. Dr. Aslis Wirda Hayati, SP, M.Si dan Roziana, SST, M.Gizi

Program Makanan Bergizi Gratis (MBG) merupakan upaya pemerintah dalam meningkatkan status gizi anak sekolah melalui penyediaan makanan bergizi seimbang. Keberhasilan program ini dipengaruhi oleh daya terima siswa terhadap makanan yang disajikan. Penelitian ini bertujuan untuk mengetahui gambaran daya terima siswa terhadap makanan bergizi gratis di SD Negeri 27 Pekanbaru berdasarkan aspek rasa, aroma, tekstur, variasi, penyajian makanan, serta sisa makanan. Penelitian menggunakan desain *cross sectional* dengan pendekatan deskriptif kuantitatif. Sampel penelitian sebanyak 29 siswa kelas V yang dipilih menggunakan teknik *Purposive Sampling*. Pengumpulan data dilakukan melalui wawancara menggunakan kuesioner uji hedonik dan observasi sisa makanan menggunakan metode Visual Comstock selama tiga hari. Pada aspek penyajian, kategori suka dan sangat suka tertinggi yaitu sebesar 60,9% dan 36,8%. Pada aspek aroma, kategori suka sebesar 70,1% dan sangat suka 25,3%. Pada aspek rasa, kategori suka sebesar 60,9% dan sangat suka 36,8%. Pada aspek tekstur, kategori suka sebesar 64,4% dan sangat suka 26,4%. Pada aspek variasi makanan, kategori suka sebesar 66,7% dan sangat suka 24,1%. Hasil pengamatan sisa makanan menunjukkan sebagian besar siswa mampu menghabiskan makanan yang diberikan dengan kategori 75,9% siswa menghasilkan sisa makanan <20%, sedangkan 24,1% siswa menghasilkan sisa makanan > 20%. Kesimpulan penelitian ini menunjukkan bahwa Program Makanan Bergizi Gratis (MBG) di SD Negeri 27 Pekanbaru memiliki daya terima yang baik oleh siswa dan dapat mendukung pemenuhan kebutuhan gizi anak sekolah dasar.

Kata kunci: Daya Terima, Makanan Bergizi Gratis, Siswa Sekolah Dasar, Sisa Makanan, Uji Hedonik

ABSTRACT

Dhea Biayh Syifa. Overview of student acceptance of free nutritious food at the 27 Pekanbaru State Elementary School. Guided by Prof. Dr. Aslis Wirda Hayati, SP, M.Si and Roziana, SST, M.Gizi

The Free Nutritious Food Program (MBG) is the government's effort to improve the nutritional status of school children through the provision of balanced nutritious food. The success of this program is influenced by the students' acceptance of the food served. This study aims to find out the picture of students' acceptance of free nutritious food at SD Negeri 27 Pekanbaru based on aspects of taste, aroma, texture, variety, food presentation, and leftovers. The study used a *cross sectional* design with a quantitative descriptive approach. The research sample was 29 students in class V who were selected using *the Purposive Sampling technique*. Data collection was carried out through interviews using hedonic test questionnaires and observation of food residues using the Visual Comstock method for three days. In terms of presentation, the categories of likes and dislikes were the highest, at 60.9% and 36.8%. In terms of aroma, the category likes 70.1% and strongly likes 25.3%. In terms of taste, the category likes 60.9% and strongly likes 36.8%. In terms of texture, the category likes 64.4% and strongly likes 26.4%. In terms of food variation, the category likes 66.7% and strongly likes 24.1%. The results of the observation of food scraps showed that most of the students were able to finish the food given with the category of 75.9% of students producing food waste <20%, while 24.1% of students produced food waste > 20%. The conclusion of this study shows that the Free Nutritious Food Program (MBG) at SD Negeri 27 Pekanbaru has good acceptance by students and can support the fulfillment of the nutritional needs of elementary school children.

Keywords: Acceptance, Free Nutritious Food, Elementary School Students, Leftovers, Hedonic Test