

ABSTRAK

SAFIRA ZULIANTY. Gambaran Daya Terima Pangan Sumber Protein pada Menu Program Makanan Bergizi Gratis (MBG) Siswa SD Negeri 27 Pekanbaru. Dibimbing oleh PROF. DR. ASLIS WIRDA HAYATI, SP, M.SI dan ALKAUSYARI AZIZ, SKM, M.KES.

Program Makanan Bergizi Gratis (MBG) merupakan upaya pemerintah dalam meningkatkan status gizi anak sekolah melalui penyediaan makanan bergizi seimbang. Namun, keberadaan pangan sumber protein dalam menu belum menjamin terpenuhinya kebutuhan protein siswa apabila daya terima makanan masih rendah. Penelitian ini bertujuan mengetahui gambaran daya terima pangan sumber protein pada menu MBG siswa SD Negeri 27 Pekanbaru. Penelitian menggunakan desain kuantitatif deskriptif dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 36 siswa kelas 5 yang dipilih menggunakan teknik *total sampling*. Pengukuran daya terima dilakukan menggunakan metode *Visual Comstock* melalui pengamatan sisa makanan sumber protein hewani dan nabati selama lima hari pengamatan. Hasil penelitian menunjukkan bahwa daya terima pangan sumber protein hewani lebih baik dibandingkan protein nabati. Persentase siswa dengan kategori tidak bersisa ($\leq 20\%$) pada lauk hewani berkisar 77%–97%, sedangkan lauk nabati berkisar 52%–77%. Rendahnya daya terima lauk nabati dipengaruhi oleh variasi menu, rasa, dan tekstur makanan. Hasil penelitian ini dapat menjadi bahan evaluasi dalam pengembangan variasi menu protein pada program MBG.

Kata kunci: daya terima, MBG, protein hewani, protein nabati, sisa makanan.

ABSTRACT

SAFIRA ZULIANTY. Description of Protein-Source Food Acceptability in the Free Nutritious Meal Program (MBG) Menu among Students of Elementary School 27 Pekanbaru. Supervised by PROF. DR. ASLIS WIRDA HAYATI, SP, M.SI and ALKAUSYARI AZIZ, SKM, M.KES.

The Free Nutritious Meal Program (MBG) is a government effort to improve the nutritional status of school children through the provision of balanced nutritious meals. However, the presence of protein-source foods in the menu does not guarantee adequate protein intake if food acceptability among students remains low. This study aimed to describe the acceptability of protein-source foods in the MBG menu among students of SD Negeri 27 Pekanbaru. This study used a descriptive quantitative design with a cross-sectional approach. The sample consisted of 36 fifth-grade students selected using total sampling. Food acceptability was measured using the Visual Comstock method through observation of animal and plant protein food leftovers for five days. The results showed that the acceptability of animal protein-source foods was better than plant protein-source foods. The percentage of students categorized as having no leftovers ($\leq 20\%$) for animal protein dishes ranged from 77%–97%, while plant protein dishes ranged from 52%–77%. The lower acceptability of plant protein dishes was influenced by menu variation, taste, and food texture. These findings may serve as evaluation material for improving protein menu variations in the MBG program.

Keywords: animal protein, food acceptability, food leftovers, MBG, plant protein.