

ABSTRAK

Shefrima Wilda. Gambaran Penilaian Cita Rasa Menu Program Makan Bergizi Gratis (MBG) oleh Siswa Kelas 8 di SMPN 3 Pekanbaru. Dibimbing oleh Prof. Dr. Aslis Wirda Hayati, SP, M.Si dan Alkausyari Aziz, SKM, M.Kes.

Program Makan Bergizi Gratis (MBG) bertujuan memenuhi kebutuhan gizi siswa melalui penyediaan makanan bergizi seimbang di sekolah. Namun, program ini menghadapi keluhan terkait cita rasa menu yang berpotensi menurunkan penerimaan siswa. Penelitian ini bertujuan mengetahui gambaran penilaian cita rasa menu MBG oleh siswa kelas 8 di SMPN 3 Pekanbaru pada aspek warna, aroma, rasa, dan tekstur. Jenis penelitian adalah deskriptif dengan desain *cross sectional*. Sampel berjumlah 67 dari 197 siswa kelas 8, ditentukan dengan rumus Slovin dan dipilih melalui *simple random sampling*. Data dikumpulkan selama dua hari berturut-turut menggunakan uji hedonik skala 5 poin, mewakili variasi menu dalam siklus 10+2 Satuan Pelayanan Pemenuhan Gizi (SPPG) Pulau Karomah. Hasil menunjukkan penilaian hari pertama umumnya berada pada kategori biasa untuk warna (53,7%), rasa (53,7%), dan tekstur (43,3%), serta kurang beraroma untuk aroma (34,3%). Pada hari kedua, keempat aspek meningkat, dengan proporsi terbesar bergeser ke kategori menarik (52,2%), beraroma (40,3%), enak (49,3%), dan sesuai (38,8%). Temuan ini menunjukkan penilaian cita rasa siswa sangat dipengaruhi oleh variasi komposisi menu antar hari. Keberagaman warna, penggunaan wadah tertutup, kompleksitas bumbu, serta ada tidaknya menu berkuah dalam satu ompreng. Hasil ini dapat menjadi bahan evaluasi bagi SPPG dalam meningkatkan variasi warna, kekuatan bumbu, pengemasan buah, dan pemisahan menu berkuah, guna meningkatkan penerimaan siswa terhadap MBG secara berkelanjutan.

Kata kunci: cita rasa, Makan Bergizi Gratis, uji hedonik, siswa SMP

ABSTRACT

Shefrima Wilda. Overview of Taste Evaluation of the Free Nutritious Meal Program (MBG) Menu by 8th-Grade Students at SMPN 3 Pekanbaru. Supervised by Prof. Dr. Aslis Wirda Hayati, SP, M.Si and Alkausyari Aziz, SKM, M.Kes

The Free Nutritious Meals Program (MBG) aims to meet students' nutritional needs by providing nutritionally balanced meals at school. However, the program has faced complaints regarding the taste of the meals, which could potentially reduce student acceptance. This study aims to determine how 8th-grade students at SMPN 3 Pekanbaru evaluate the taste of MBG meals in terms of color, aroma, flavor, and texture. This is a descriptive study with a cross-sectional design. The sample consisted of 67 out of 197 eighth-grade students, determined using the Slovin formula and selected through simple random sampling. Data were collected over two consecutive days using a 5-point hedonic scale, representing menu variations in the 10+2 cycle of the Pulau Karomah Nutrition Service Unit (SPPG). The results showed that on the first day, ratings generally fell into the "average" category for color (53.7%), taste (53.7%), and texture (43.3%), and into the "lacks aroma" category for aroma (34.3%). On the second day, all four aspects improved, with the largest proportions shifting to the "appealing" (52.2%), "aromatic" (40.3%), "delicious" (49.3%), and "appropriate" (38.8%) categories. These findings indicate that students' taste evaluations are significantly influenced by variations in menu composition from one day to the next. Color diversity, the use of sealed containers, the complexity of seasonings, and the presence or absence of soupy dishes in a single ompreng. These results can serve as a basis for evaluation by SPPG in improving color variety, seasoning intensity, fruit packaging, and the separation of soupy dishes, in order to increase student acceptance of the

Keywords: taste, Free Nutritious Meals, hedonic test, middle school students