

ABSTRAK

RATU AFSYAQINAH. Gambaran Sisa Makanan Pokok dan Lauk Hewani Terhadap Program MBG di Sekolah Dasar 184 Pekanbaru. Dibimbing oleh Alkausyari Aziz dan Roziana.

Program Makan Bergizi Gratis (MBG) di Sekolah Dasar Negeri 184 Pekanbaru bertujuan meningkatkan status gizi siswa, namun keberhasilannya tidak hanya ditentukan oleh standar gizi menu, melainkan juga sejauh mana makanan pokok dan lauk hewani benar-benar dikonsumsi oleh siswa. Penelitian ini bertujuan untuk melihat gambaran sisa makanan pokok dan lauk hewani terhadap Program MBG di SDN 184 Pekanbaru. Penelitian ini merupakan penelitian deskriptif dengan desain *cross sectional* yang melibatkan 54 siswa kelas V sebagai sampel yang dipilih menggunakan metode *purposive sampling*. Data sisa makanan diperoleh melalui metode penimbangan (*food weighing*) selama lima hari pengamatan. Hasil penelitian menunjukkan sisa makanan pokok bervariasi antara 20,4% hingga 37,0% dan sisa lauk hewani antara 7,4% hingga 24,0%, dengan sisa tertinggi pada kedua kelompok makanan sama-sama terjadi pada hari keempat bersamaan dengan penyajian menu ayam rendang. Tingginya sisa makanan pada hari tersebut tidak semata disebabkan oleh jenis lauk yang disajikan, melainkan oleh penempatan buah pisang dalam satu wadah bersama nasi dan lauk sehingga aroma buah tercampur dan menurunkan daya terima siswa. Hal tersebut menunjukkan bahwa perbaikan teknis penyajian makanan pada program MBG perlu dilakukan sebagai upaya meminimalkan sisa makanan.

Kata kunci: *food weighing*, lauk hewani, makanan pokok, Makan Bergizi Gratis, sisa makanan.

ABSTRACT

RATU AFSYAQINAH. Description of Leftover Staple Foods and Animal Dishes on the MBG Program at Elementary School 184 Pekanbaru. Supervised by Alkausyari Aziz and Roziana.

The Free Nutritious Meal Program (MBG) at State Elementary School 184 Pekanbaru aims to improve students' nutritional status, but its success is not only determined by the nutritional standards of the menu, but also by the extent to which staple foods and animal-based dishes are actually consumed by the students. This study aims to examine the leftovers of staple foods and animal-based dishes in relation to the MBG Program at SDN 184 Pekanbaru. This research is a descriptive study with a cross-sectional design involving 54 fifth-grade students as samples selected using the purposive sampling method. Food waste data were obtained through the food weighing method over five days of observation. The research results show that the leftover staple foods varied between 20.4% and 37.0%, and the leftover animal-based dishes varied between 7.4% and 24.0%, with the highest leftovers in both food groups occurring on the fourth day, coinciding with the serving of the rendang chicken menu. The high amount of food waste on that day was not solely caused by the type of side dish served, but rather by the placement of bananas in the same container with rice and side dishes, which mixed the fruit's aroma and reduced the students' acceptance. This indicates that technical improvements in food presentation in the MBG program need to be made as an effort to minimize food waste.

Keywords: *food weighing*, animal side dish, staple food, Free Nutritious Meal, leftover food.