GAMBARAN CITA RASA, PENAMPILAN, DAN SISA MAKANAN KELAS X SMA ULUL ALBAB *ISLAMIC FULL DAY SCHOOL* SIDOARJO

ABSTRAK

Latar Belakang, Sisa makanan merupakan volume atau presentase makanan yang tidak habis termakan dan dibuang sebagai sampah, serta dapat digunakan untuk mengukur efektivitas dan efesiensi menu. Cita rasa makanan termasuk dalam salah satu faktor eksternal terjadinya sisa makanan. Makanan yang disajikan sama secara berulang akan menimbulkan rasa bosan sehingga konsumen kehilangan selera dan tidak menghabiskan makanannya.

Tujuan Penelitian, ini adalah untuk mengetahui gambaran cita rasa, penampilan, dan sisa makanan kelas X SMA Ulul Albab *Islamic Full Day School* Sidoarjo.

Metode Penelitian, ini menggunakan jenis kuantitatif dengan desain penelitian *cross sectional study*. Sampel penelitian adalah 52 siswa kelas X SMA Ulul Albab *Islamic Full Day School* Sidoarjo. Data cita rasa makanan diperoleh jumlah rata - rata skor pada pertanyaan dikuesioner berdasarkan dengan Khotimah (2018). Data sisa makanan diperoleh dari rata-rata hasil penimbangan setiap jenis bahan makanan.

Hasil Penelitian, (1) Cita rasa makanan di SMA Ulul Albab *Islamic Full Day School* tertinggi pada hari pertama hingga kedua kategori cukup (sedap/enak/sesuai/matang) sebanyak 30 responden (58%), (2) Penampilan makanan di SMA Ulul Albab *Islamic Full Day School* tertinggi pada hari pertama hingga kedua kategori cukup (sesuai/menarik) sebanyak 31 responden (60%), (3) sisa makanan di SMA Ulul Albab *Islamic Full Day School* hari pertama dan kedua dengan ketegori sisa makanan kurang baik sebanyak 10 orang (19%), kategori baik sebanyak 42 orang (81%).

Kesimpulan, dapat disimpulkan bahwa cita rasa makanan dan penampilan makanan di SMA Ulul Albab *Islamic Full Day* School sudah cukup baik.

Kata Kunci : cita rasa makanan, penampilan makanan, sisa makanan

DESCRIPTION OF TASTE, APPEARANCE, AND LEFT FOOD FOR CLASS X SMA ULUL ALBAB ISLAMIC FULL DAY SCHOOL SIDOARJO

ABSTRACT

Background, food waste is the volume or percentage of food that is not eaten up and disposed of as trash, and can be used to measure the effectiveness and efficiency of a menu. Leftovers can occur due to internal factors and external factors. The taste of food is included in one of the external factors for the occurrence of food waste. Food that is served the same repeatedly will cause boredom so that consumers lose their appetite and do not finish their food.

Research Purpose, this is to find out the description of the taste, appearance, and leftovers of class X SMA Ulul Albab Islamic Full Day School Sidoarjo.

Methods, this uses a quantitative type with a cross sectional study research design. The research sample was 52 class X students who took the education route at Ulul Albab Islamic Full Day School Sidoarjo High School. Data on food taste obtained the average score on the questionnaire questions based on Khotimah (2018). Food waste data is obtained from the average result of weighing each type of food.

Result, (1) The taste of food at Ulul Albab Islamic Full Day School High School was the highest on the first to second day in the sufficient category (tasty/delicious/appropriate/cooked) as many as 30 respondents (58%), (2) Food appearance at Ulul Albab Islamic Full Day School The highest Day School on the first day to both categories was sufficient (appropriate/interesting) as many as 31 respondents (60%), (3) food waste at Ulul Albab Islamic Full Day School High School on the first and second day with the category of food waste was not good as many as 10 people (19%), good category as many as 42 people (81%).

Conclusion, it can be concluded that the taste of food and the appearance of food at SMA Ulul Albab Islamic Full Day School are quite good.

Keywords : food taste, food appearance, food waste