

ABSTRAK



UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU-ILMU KESEHATAN
PROGRAM STUDI ILMU GIZI
SKRIPSI, AGUSTUS 2017

NOVITA SARI
ANALISIS DAYA TERIMA DAN NILAI GIZI *FOOD BAR* DENGAN
CAMPURAN TEPUNG SUKUN (*Arthocarpus altilis*), TEPUNG LABU
KUNING (*Cucurbita moschata*) DAN TEPUNG KACANG KORO PEDANG
(*Canavalia ensiformis*) SEBAGAI PANGAN ALTERNATIF DARURAT
BENCANA

xi, VI BAB, 83 Halaman, 20 Tabel, 1 Grafik, 11 Lampiran

Latar Belakang: Pangan darurat merupakan produk pangan olahan yang dirancang khusus untuk memenuhi kebutuhan harian rata-rata yaitu 2.100 kkal. *Food bar* menjadi salah satu alternatif pangan darurat yang baik karena selain memenuhi syarat sebagai pangan darurat namun juga praktis (*ready to eat*). Salah satu komoditas pangan lokal di Indonesia yang berpotensi untuk dijadikan bahan campuran dalam pembuatan *food bar* adalah umbi sukun, labu kuning, dan kacang koro pedang. Penggunaan pangan lokal diharapkan dapat memberikan nilai tambah bahan pangan dan dapat meningkatkan potensi pertanian.

Tujuan: Menganalisis daya terima dan nilai gizi *food bar* berbahan campuran tepung sukun (*Artocarpus altilis*), tepung labu kuning (*Curcubita moschata*), dan tepung kacang koro pedang (*Canavalia ensiformis*) sebagai pangan alternatif darurat bencana.

Metode: Jenis penelitian yang dilakukan adalah eksperimen murni menggunakan instrumen *Visual Analogue Scale* (VAS). Analisis statistik yang digunakan adalah uji *one way* ANOVA (95% CI) dan uji lanjut *Bonferroni*.

Hasil penelitian Pengujian tingkat kesukaan yang dilakukan dengan 25 responden agak terlatih terhadap 4 formulasi *food bar* didapatkan 1 formulasi *food bar* terpilih yaitu *food bar* F2 dengan nilai rata-rata total berdasarkan parameter warna, aroma, rasa, tekstur dan keseluruhan adalah 358,63 mm. Hasil analisis nilai gizi produk *food bar* F2 memiliki kadar air sebesar 0,20%, kadar abu 3,42%, kadar serat 0,18%, kadar protein 19,77%, kadar lemak 21,56%, kadar karbohidrat 58,67% dan energi 5,519 kkal/gr atau 275,95 kkal/bar.

Kesimpulan: Produk *food bar* F2 merupakan produk terpilih berdasarkan hasil uji hedonik dan hasil analisis nilai gizi telah memenuhi syarat sebagai pangan darurat.

Kata kunci: *Food bar*, Kacang Koro Pedang, Labu Kuning, Pangan Darurat, Sukun.

Daftar Bacaan : 73, (2002-2016)

ABSTRACT



ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH
NUTRITION SCIENCE DEPARTMENT
UNDERGRADUATE THESIS, AUGUST 2017

NOVITA SARI
ORGANOLEPTIC ANALYSIS AND NUTRITIONAL VALUE OF *FOOD BAR* WITH MIXED BREAD FRUIT (*Arthocarpus altitis*), JACK BEANS (*Canavalia ensiformis*) AND PUMPKIN (*Cucurbita moschata*) FOR EMERGENCY FOOD

xi, VI Chapter, 83 Pages, 20 Table, 1 Chart, 11 Attachment

Background: Emergency food is a processed food product specially designed to meet the average daily requirement of 2,100 kcal. *Food bar* became one of the alternative of good food emergency because besides qualified as food emergency but also practical (*ready to eat*). One of the local food commodities in Indonesia that has the potential to be used as a mixture in the manufacture of food bar is bread fruit, pumpkin, and jack bean. The use of local food is expected to provide added value of food and can increase agricultural potential.

Objective: To analyze the acceptance and nutritional value of food bar made from bread fruit flour (*Arthocarpus altitis*), jack bean flour (*Canavalia ensiformis*) and pumpkin flour (*Cucurbita moschata*).

Method: This research is pure experiment using the Visual Analog Scale (VAS) instruments. Statistical test used one way ANOVA (95% CI) and post hoc test (*Bonferroni*).

Result: The results of the testing of food bar preferences were determined by the highest average of the preferences on all parameters based on color, flavor, taste, texture and overall of 25 rather skillfully trained panels. The food bar product with F2 formulation is the product chosen based on the average hedonic test of 358,63 mm. The result of nutritional value analysis of *food bar* F2 has water content 0,20%, ash content 3,42%, fiber content 0,18%, protein content 19,77%, fat content 21,56%, carbohydrate 58,67 % And energy 5,519 kcal / gr or 275.95 kcal / bar.

Conclusion: F2 food bar product were selected products based on hedonic test results and nutritional value analysis results were eligible as an emergency food.

Keywords: Bread Fruit, Emergency Food, *Food bar*, Jack beans, Pumpkin.

Bibliography : 73, (2002-2016)