

ABSTRACT

Title : Analisis of Menu Planning and Relantionship of Menu Quality Consumption pattens of Adequate level of Nutrition of Children in Hati Suci Orphanage Jakarta.
Name : Erina Maytasari
Study Program : Nutrition

VI Chapter, 69 Pages, 35 Tables, 4 Pictures, 31 Appendices

Background: An imbalance in the level of nutrient adequacy can cause nutritional problems, both malnutrition or over nutrition. Eating patterns are the most important behaviors that can affect the nutritional state, and the quality of the menu includes two main aspects, namely the appearance and taste of food when eaten which will affect the diet, especially children. **Objective:** To find out whether there is a relationship between menu quality, consumption patterns and the adequacy levels of children's nutrition at the Hati Succi Orphanage Jakarta. **Method:** The design used in this study is a cross-sectional method that is research that observes the subject with an approach at a time and a quantitative survey with a sample size of 45 respondents using the Chi-Square test. The instruments used in this study included a menu quality questionnaire. **Results:** In this study that the quality of the menu affects the adequacy level of macro nutrients in the menu variations, the P-Value of 0.035 (<0.05) and the taste of food with a P-value of 0.043 (<0.05). in the study of consumption patterns affect the level of protein adequacy with a P-Value of 0.028 (<0.05). **Conclusion:** It was found that there was a relationship between eating patterns with the adequacy level of foster protein, there was a relationship between the quality of the diet on the menu variations with the level of protein in foster children at the Hati Hati Orphanage Jakarta. It was found there was a relationship between the quality of the food menu on the taste of food with the carbohydrate level of foster children at the Hati Hati Orphanage Jakarta.

Keywords: Consumption Pattern, Menu Quality, Adequacy Level of Nutrition.

Reading List: 46 (2004 - 2018)