

**Lampiran 6.**

**Angket E. KUESIONER ASUPAN ENERGI ZAT GIZI MAKRO HARI KERJA**

**FORMULIR RECALL 24 JAM**

| Waktu Makan    | Menu | Teknik Masak | Bahan | Ukuran |      |
|----------------|------|--------------|-------|--------|------|
|                |      |              |       | URT    | Gram |
| Pagi           |      |              |       |        |      |
| Selingan pagi  |      |              |       |        |      |
| Siang          |      |              |       |        |      |
| Selingan siang |      |              |       |        |      |
| Malam          |      |              |       |        |      |
| Selingan malam |      |              |       |        |      |

Sumber : Widya (2017)

## KUESIONER ASUPAN ENERGI ZAT GIZI MAKRO HARI LIBUR

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| Malam          |      |              |       |        |      |
| Selingan malam |      |              |       |        |      |

Sumber : Widya (2017)