

**PERBEDAAN SISA MAKANAN PADA DIIT BIASA  
BERDASARKAN PEMBERIAN GARNISH DI RUANG  
RAJAWALI RSUP Dr. KARIADI SEMARANG**

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**ABSTRACT**

*Plate waste is one of the important indicators to know the successful of food service in a hospital. The food appearance is an important factor in a food serving, interesting appearance will improve the desire of the patient to eat the food. The purpose of the research is to know the difference of plate waste between the serving without garnish and the serving with garnish in the 5A and 5B Rajawali ward in the RSUP Dr. KARIADI Semarang.*

*Analitical descriptive research is describing the difference of the weight of the staple leftover, animal side dishes, and vegetables side dishes with the serving using garnish and the serving without garnish. The research using 36 respondences, it divided into 2 groups. The first group consists of 18 respondences who get the serving with garnish, and the second group consists of 18 respondences who get the serving without garnish. The first group serves food using garnish in the form of flower-shaped carrots and celery on the rice ( staple food ), lettuce and tomatoes which are cut round on the animal side dish,, and cucumber and red chili pieces on the vegetables side dishes. The plate waste will be weighed using digital scales with the precision 0,01 gram and the data will be analyzed using Mann Whitney.*

*The result of the study shows that the staple food leftover which using garnish is 8,1 %, animal side dishes 9,9 %, and vegetable side dishes 18,1 %. While the second group that serves the food without garnish shows that the staple food leftover 21,7 %, animal side dishes 26,4 %, and vegetable side dishes 35,3 %. The data analyzed show that p-value result, the weight of the staple food plate waste  $p=0,001$ , animal side dishes  $p=0,000$ , and vegetable side dishes  $p=0,000 < 0,05$ . The case shows that there is a significant difference average at the weight of the staple food plate waste, animal side dishes, and vegetable side dishes with the food serving using garnish and the food serving without garnish.*

*Keywords : garnish, regular diet food , plate waste*