

## RINGKASAN

DIAH KUSUMAWATI, NIM : G2B013015, 2017. HUBUNGAN PENAMPILAN DAN RASA MAKANAN DENGAN SISA MAKANAN PADA KATERING DIET DI ASRAMA PUTRI SMA SEMESTA SEMARANG. Pembimbing I : Hapsari Sulistya Kusuma, Pembimbing II : Erma Handarsari, Program Studi S1 Ilmu Gizi Universitas Muhammadiyah Semarang.

**Pendahuluan:** Di SMA Semesta Semarang menyediakan jasa katering diet untuk menurunkan maupun mempertahankan berat badan. Penampilan makanan adalah penampakan yang ditimbulkan oleh makanan yang disajikan.. Tujuan penelitian ini adalah untuk mengetahui hubungan penampilan dan rasa makanan dengan sisa makanan pada katering diet di asrama putri SMA Semesta Semarang.

**Metode Penelitian :** Penelitian ini menggunakan *explanatory research* kepada siswa asrama putri yang mengikuti program katering diet di SMA Semesta Semarang jumlah 14 responden Variabel bebas yaitu penampilan makanan dan rasa makanan, variabel terikatnya sisa makanan. Analisis hubungan antar variabel yang digunakan adalah korelasi *Pearson*, karena data berdistribusi normal dan *Rank spearman*, karena data berdistribusi tidak normal.

**Hasil Penelitian :** penampilan makanan dengan makanan pokok 0,425, lauk hewani 0,009, lauk nabati 0,003, sayur 0,019 dan rasa makanan dengan nilai p makanan pokok 0,741, lauk hewani 0,001, lauk nabati 0,021, sayur 0,009 dengan sisa makanan. 92,9 % responden menilai penampilan makanan sangat memuaskan. 78,6 % responden menilai rasa makanan sangat memuaskan.

**Kesimpulan :** Hasil uji statistik menunjukkan bahwa ada hubungan penampilan makanan dengan sisa makanan lauk hewani, lauk nabati, dan sayur. Ada hubungan rasa makanan dengan sisa makanan lauk hewani, lauk nabati, dan sayur.

**Kata Kunci :** Sisa Makanan, Penampilan Makanan, Rasa Makanan, Katering Diet.

## ABSTRACT

DIAH KUSUMAWATI, NIM: G2B013015, 2017. THE CORRELATION OF THE APPEARANCE AND TASTE OF THE FOOD WITH THE REST OF THE FOOD ON DIET CATERING IN HIGH SCHOOL SEMESTA SEMARANG. Supervisor I: Hapsari Sulistya Kusuma, Supervisor II: Erma Handarsari Undergraduate Study Programs, Nutritional Sciences University Of Muhammadiyah Semarang.

**Introduction:** In high school the universe Semarang provides catering diets to loseor maintain weight. The appearance of the appearance of food is caused by food that is served .The purpose of this research is to know the relation of appearance and taste of the food with the rest of the food on diet catering in HIGH SCHOOL daughter boarder Universe.

**Research methods:** this research is explanatory research use to students dorm daughter who followed diet catering program in high school Hosts a variable number of Semarang 14 respondents free i.e. appearance of food and taste food, terikatnya the rest of the variables food. Analyst relations between variables used Pearson correlation is used, because the data is Gaussian and Rank spearman, Gaussian, because the data is not normal.

**Results of research:** the appearance of the food staple 0.425, animal side dish vegetable side dish, 0.003 0.009, vegetable food flavours and 0.019 value p staple 0.741, animal side dish vegetable side dish, 0.001 0.021, vegetable 0.009 with leftovers. 92.9% of the respondents rate the appearance of the food is very satisfying. 78.6% of respondents rate the taste of the food is very satisfying.

**Conclusion:** the results of statistical tests indicate that there is a relationship of the appearance of the food with the rest of the food animal, vegetable side dish side dishes, and a vegetable. There is a sense of relationship with the rest of the food the food side dish vegetable side dish, animal, and vegetable.

**Key Words:** The Leftovers, The Appearance Of The Food, Taste Food, Diet Catering.