

ABSTRAK

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GAMBARAN VARIASI SAYURAN BERDASARKAN FREKUENSI PENGGUNAAN BAHAN MAKANAN DAN PENGOLAHAN SAYUR PADA SIKLUS MENU 10+1 HARI DI INSTALASI GIZI RS ISLAM SURABAYA JEMURSARI.

xvi + 73 Halaman + 7 Tabel + 9 Lampiran

Latar Belakang: Variasi menu sayuran merupakan faktor penting dalam meningkatkan daya terima pasien serta mencegah kebosanan selama menjalani perawatan di rumah sakit. Penyusunan menu yang bervariasi tidak hanya memperhatikan jenis bahan makanan, tetapi juga frekuensi penggunaan bahan dan teknik pengolahan yang digunakan. **Tujuan:** Mengetahui gambaran variasi sayuran berdasarkan frekuensi penggunaan bahan makanan dan teknik pengolahan sayur pada siklus menu 10+1 hari di Instalasi Gizi RS Islam Surabaya Jemursari. **Metode:** Observasional deskriptif digunakan dalam penelitian ini dengan pendekatan kuantitatif dan desain *cross sectional*. Seluruh hidangan sayuran pada siklus menu 10+1 hari di Instalasi Gizi RS Islam Surabaya Jemursari. Teknik pengumpulan data formulir *checklist* untuk mengamati variasi jenis sayuran, frekuensi penggunaan bahan makanan sayuran, serta teknik pengolahan yang digunakan. **Hasil:** Hasil penelitian menunjukkan bahwa variasi jenis bahan makanan sayuran tergolong sangat baik, di mana 94% menu telah menggunakan lebih dari satu jenis sayuran dalam satu kali penyajian. Pada frekuensi penggunaan bahan makanan sayuran, sebagian besar jenis sayuran tergolong tidak bervariasi sebesar 72,4%. Pada aspek teknik pengolahan, metode boiling (perebusan) menjadi teknik yang paling dominan digunakan dengan frekuensi sebesar 75,8%. **Kesimpulan:** Variasi jenis sayuran pada siklus menu 10+1 hari di Instalasi Gizi RS Islam Surabaya Jemursari sudah bervariasi. Frekuensi penggunaan bahan makanan dan variasi teknik pengolahan sayur kurang bervariasi.

Kata Kunci: *Variasi Sayuran, Frekuensi Bahan, Teknik Pengolahan, Siklus Menu.*

Daftar bacaan: 16 buku dan 18 jurnal ilmiah (1992-2025)

ABSTRACT

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OVERVIEW OF VEGETABLE VARIETY BASED ON THE FREQUENCY OF FOOD INGREDIENT USE AND VEGETABLE PREPARATION IN THE 10+1-DAY MENU CYCLE AT THE NUTRITION UNIT OF SURABAYA ISLAMIC HOSPITAL, JEMURSARI.

xvi + 73 Pages + 7 Tables + 9 Appendices

Background: Variety in vegetable-based meals is a key factor in improving patient acceptance and preventing boredom during hospitalization. Developing a varied menu requires consideration not only of the types of ingredients but also of the frequency of their use and the cooking techniques employed. **Objective:** To determine the pattern of vegetable variety based on the frequency of ingredient use and vegetable preparation techniques in the 10+1-day menu cycle at the Nutrition Unit of Surabaya Jemursari Islamic Hospital. **Methods:** This study employed a descriptive observational design with a quantitative approach and a cross-sectional design. All vegetable dishes in the 10+1-day menu cycle at the Nutrition Unit of Surabaya Jemursari Islamic Hospital were analyzed. Data were collected using a checklist to observe the variety of vegetable types, the frequency of vegetable ingredient use, and the preparation techniques employed. **Results:** The results showed that the variety of vegetable types was very good, with 94% of the menus incorporating more than one type of vegetable per serving. Regarding the frequency of vegetable use, the majority of vegetable types 72.4% showed little variation. Regarding preparation techniques, boiling was the most commonly used method, with a frequency of 75.8%. **Conclusion:** The variety of vegetable types in the 10+1-day menu cycle at the Nutrition Unit of Surabaya Jemursari Islamic Hospital is already diverse. However, the frequency of vegetable use and the variety of preparation techniques are insufficiently diverse.

Keywords: *Vegetable Variety, Ingredient Frequency, Preparation Techniques, Menu Cycle.*

Reference: 16 Books and 18 Scientific Journals (1992–2025)