

## ABSTRAK

**Latar Belakang:** Penampilan makanan merupakan faktor yang paling dominan memengaruhi sisa makanan lunak di rumah sakit (Munawar, 2011). Makanan di rumah sakit umumnya disajikan pada plato *stainless steel* yang sudah identik dengan citra rumah sakit. Perubahan penampilan makanan dengan mengganti alat saji menggunakan *bento box* melamin diharapkan dapat mengurangi sisa makanan pasien.

**Tujuan:** Untuk menganalisis pengaruh modifikasi penampilan makanan lunak terhadap persepsi cita rasa dan sisa makanan pasien.

**Metode:** *Non-blinded experimental* dengan *crossover design* terhadap 2 kelompok perlakuan yang dipilih secara *purposive sampling* pada pasien rawat inap dewasa RSUP dr. Hasan Sadikin Bandung yang mendapatkan makanan lunak. Perlakuan berupa pemberian makanan lunak dengan penampilan standar rumah sakit dan makanan lunak dengan modifikasi penampilan berupa *bento box* sebagai alat saji. Persentase sisa makanan diukur menggunakan metode penimbangan. Data dianalisis menggunakan Chi-Square dan Wilcoxon *signed rank test*.

**Hasil:** Modifikasi penampilan makanan tidak meningkatkan persepsi cita rasa pasien dewasa yang mendapatkan makanan lunak ( $p=0,749$ ). Modifikasi penampilan makanan menurunkan sisa makanan pasien dewasa yang mendapatkan makanan lunak ( $p=0,002$ ).

**Kesimpulan:** Tidak ada pengaruh modifikasi penampilan makanan lunak terhadap persepsi cita rasa. Ada pengaruh modifikasi penampilan makanan lunak terhadap sisa makanan pasien.

**Kata Kunci:** *penampilan makanan, sisa makanan, persepsi cita rasa*

### **ABSTRACT**

**Background:** *Food appearance is the most dominant factor affecting the soft-food plate waste in the hospital (Munawar, 2011). Food in hospitals is generally served on stainless steel foodplate that is identical to the image of the hospital. Replacing the stainless steel foodplate with melamine bento box is expected to reduce the plate waste.*

**Objective:** *To analyze the effect of modifying the appearance of soft-foods on the patient's perception of appearance and taste and on patient's plate waste.*

**Methods:** *Non-blinded experimental with crossover design on 2 treatment groups selected by purposive sampling in adult inpatients of RSUP dr. Hasan Sadikin Bandung who received soft-food. Respondent received 2-days food service with stainless steel foodplate and 2-days food service with a bento box. Plate waste was measured using foodscale. Data were analyzed using Chi-Square test and Wilcoxon signed rank test.*

**Results:** *Modification of food appearance did not improve the appearance and taste perception of adult patients who received soft-foods ( $p = 0.749$ ). Modification of food appearance reduced the plate waste of adult patients who received soft-foods ( $p = 0.002$ ).*

**Conclusion:** *There is no effect of modifying the appearance of soft-foods on the perception of appearance and taste. There is an effect of modifying the appearance of soft-foods on the patient's plate waste.*

**Keywords:** *food appearance, plate waste, taste perception*