

***The Relationship between the Level of Food Preference and Taste with the Acceptability of Food among Female Students at the Darus Sholah Islamic Boarding School in Jember***

**Dea Wilda Aluv Hadfian**

*Clinical Nutrition Study Program  
Health Department*

**ABSTRACT**

*Food acceptance among female students in Islamic boarding schools remains a concern, as indicated by the presence of food waste. Sensory factors such as food preference and food taste are assumed to influence food acceptance. Darus Sholah Islamic Boarding School Jember applies a centralized food service system, which may lead to differences between food preference, food taste, and food acceptance. This study aimed to determine the relationship between food preference and food taste with food acceptance among female students at Darus Sholah Islamic Boarding School Jember. This study used an analytical observational design with a cross-sectional approach. The sample consisted of 78 female students selected using total sampling technique. Data were collected using questionnaires to assess food preference and food taste, and observation of plate waste to measure food acceptance. Data analysis was conducted using Chi-Square and Fisher's Exact tests. The results showed that there was no significant relationship between food preference (staple food, plant-based side dishes, and vegetables) and food acceptance ( $p > 0.05$ ). In addition, there was no significant relationship between food taste (staple food, plant-based side dishes, and vegetables) and food acceptance ( $p > 0.05$ ). Food acceptance among female students is not only influenced by sensory factors, but also by other factors such as eating habits, food availability, and the centralized food service system in the boarding school.*

***Keywords: food taste, food acceptance, female students, food preference***