

**Effect of Modification of Vegetable Side Dish Recipes on Plate Waste of
Patients in Class III Inpatients of Dr. General Hospital H. Koesnadi
Bondowoso**

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ABSTRACT

Organizing food at the hospital is a series of activities ranging from menu planning to food distribution to patients. The problem often faced by food services in hospitals is the level of consumption of food that is lacking, causing the occurrence of leftovers in the food served. The rest of the food served is an assessment of the patient's acceptability, the less food leftovers, the better the food's acceptance to patients, especially vice versa. The remaining food is said to be high if the food left behind is $\geq 20\%$. The purpose of this study was to determine the effect of modification of vegetable side dish recipes on food scraps of patients in class III inpatients Dr. H. Koesnadi Bondowoso. This type of research is quantitative using a quasi experimental design with a Static Group Comparison design. The subjects of this study were class III inpatients. The number of research subjects amounted to 54 people, then the subject was divided into 2 groups: the control group and the treatment group using consecutive sampling techniques. The research instrument used Visual Estimated Forms (Comstock) and 24-hour Food Recall Forms. Modification of vegetable side dish recipes given 6 times a meal in the treatment group. Then the data were analyzed using the Independent T-test to compare the mean (average) of 2 independent groups (two groups chosen randomly). There is a significant difference in the control group and the treatment group ($p = 0.001$). The p value is less than 0.05, it can be interpreted that there is a significant difference in the rest of the food in class III inpatients at Dr. Hospital. H. Koesnadi Bondowoso on modified vegetable side dishes.

Keywords: Vegetable Side Dish, Modification of Recipes, Plate Waste