

Training on Diverse, Nutritious, Balanced, and Safe Menu Based on Local Food in Surakarta

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Abstract

The purpose of organizing the Local Food-Based Menu Training is to: 1. Enhance the community's understanding in applying the principles of Diverse, Nutritious, Balanced, and Safe by utilizing local food. 2. Foster creativity and innovation in the development of commercially valuable local food. Training for the development of balanced nutrition menus for mothers is highly essential, considering that mothers play a pivotal role in improving family nutrition. The menu planning training was conducted in June 2023, targeting a group of 20 mothers who are members of the Surakarta Family Welfare Association Pokja 3. The evaluation results using a pre-test questionnaire show that the cognitive ability of the mothers had an average pre-test score of 72.90% and a post-test score after training of 80.83%. In terms of attitude, the pre-test score was 28.61, which increased to 32.93 in the post-test after the training.

Keywords: *training, food menu, local food, family nutrition*

1. INTRODUCTION

According to Law Number 18 of 2012 concerning Food, food diversification is an effort to increase the availability and consumption of diverse, balanced, and nutritionally rich food based on the potential of local resources. Meeting the nutritional needs is crucial as a fundamental component in realizing quality human resources (HR). Various scientific studies indicate that to lead a healthy and productive life, humans require around 45 types of nutrients obtained from consumed food, in sufficient but not excessive or deficient amounts. By consuming a variety of foods daily, the deficiency of certain nutrients in one type of food can be compensated by the nutritional advantages of other types of food, thus achieving a balanced nutrient intake. Therefore, dietary patterns play the most vital role in influencing an individual's nutritional status. The reality up to now is that dietary patterns of the community still do not adhere to the principles of balanced nutrition. The consumption of vegetables and fruits remains low, as does the quality of protein intake primarily derived from plant-based sources (especially cereals), and the consumption of high-sugar foods and beverages is still high.

Hence, efforts to promote food diversification become extremely important. From the availability perspective, such efforts can offer a more diverse food selection through the utilization of local resources, thus wisely harnessing natural wealth. In terms of nutritional needs, food diversification has the potential to improve the community's nutritional status more effectively. To support these efforts, consuming food that is Diverse, Nutritious, Balanced, and Safe (B2SA) while utilizing local resources becomes vital in daily dietary habits. One of the initiatives taken is the B2SA Local Food-Based Menu Creation Contest. Through this contest, it is hoped that people's interest in transforming local food resources into healthy and safe meals, with a balanced nutritional composition, will grow. Moreover, this contest aims to provide economic value and sustainable added value to the processing and utilization of local food products. The objective of organizing the B2SA Local Food-Based Menu Creation Contest is as follows: 1. Enhancing public

understanding in applying the principles of Diverse, Nutritious, Balanced, and Safe (B2SA) by utilizing local food. 2. Fostering creativity and innovation in developing commercially valuable local food..

2. METHOD

Community service by the Agribusiness faculty members of Tunas Pembangunan University Surakarta is conducted in the form of a training program focused on creating diverse, balanced, nutritious, and safe family menus based on local food resources. The purpose of this initiative is to enhance the understanding and knowledge of mothers in Surakarta about B2SA (Diverse, Nutritious, Balanced, and Safe) menus based on local foods. The target group for this community service activity is 20 mothers from the POKJA 3 PKK Surakarta, and the training was held on Thursday, June 8th, 2023, at Tunas Pembangunan University Surakarta. The community service activities were carried out through the following phases:

1. Pre-test for training participants
2. Training on creating diverse, balanced, nutritious, and safe (B2SA) family menus based on local foods
3. Practical session on crafting B2SA family menus using local food resources
4. Post-test for training participants.

3. RESULT AND DISCUSSION

The Local Food-Based B2SA Training aims to enhance the community's understanding and knowledge of the importance of consuming Diverse, Nutritious, Balanced, and Safe (B2SA) foods and incorporating them into daily meals, as well as accelerating the diversification of the public's food consumption (non-rice, non-wheat products).

The training begins with distributing pre-test questionnaires to the participating mothers. The distribution of pre-test questionnaires before the training is necessary to gather information about the participants' knowledge regarding the preparation of B2SA menus based on local foods. The training on creating B2SA menus involves delivering content and practical exercises in preparing B2SA menus. The topics covered in the training include: 1. The significance of diverse, nutritious, balanced, and safe family menus (B2SA), 2. Introduction to local food resources for creating diverse, nutritious, balanced, and safe family menus, 3. Crafting diverse, nutritious, balanced, and safe family menus based on local foods, 4. Practical exercises in preparing diverse, nutritious, balanced, and local food-based family menus, 5. Discussion on the results of crafting and preparing diverse, nutritious, balanced, and safe family menus based on local foods.



Figure.1 Training Speakers from the City Government and UTP Surakarta



Figure.2 Food Preparation Practice B2SA



Figure.3 Food Menu Presentation Practice B2SA

The results of the community engagement activity evaluation, collected through pre-test and post-test questionnaires on cognitive and attitudinal abilities of the training participants, are as follows: the cognitive ability of the mothers had an average pre-test score of 72.90% and a post-test score of 80.83% after the training. As for the attitude aspect, the pre-test result was 28.61, while the post-test result was 32.93. This indicates that the knowledge of the mothers about the preparation of B2SA menus based on local food sources was limited before the training. A significant number of mothers lacked understanding on how to plan and prepare daily meals that adhere to the principles of balanced nutrition. Their family menus often fail to meet the criteria of balanced nutrition where the daily food intake should contain a variety of nutrients in appropriate amounts, considering the principles of diversity, physical activity, hygiene, and ideal body weight. Additionally, not all mothers were using local food sources in their meal preparation.

The post-test questionnaire results indicate an improvement in the knowledge and attitude of mothers regarding the preparation of diverse, nutritious, balanced, and safe family menus based on local food sources after the training. Thus, continuous community education efforts about B2SA based on local food sources through lectures and training are necessary to enhance the health and nutritional status of the community.

This community engagement activity is one form of diversifying food sources to support the acceleration of food consumption diversification. Therefore, continuous efforts in the form of campaigns and activities are needed to increase knowledge and skills and to change the dietary patterns of the community towards diversity, nutrition, balance, and safety. Challenges in family menu preparation were identified, including the lack of diversity, nutritional balance, and sources, which could be attributed to a lack of awareness, purchasing power, or difficulty in change.

There are three key terms in a nutritionally balanced food menu: 1) balance between the intake of nutrients and daily needs; 2) balance between the quantity of food groups and their functions – as sources of energy (carbohydrates and fats), sources of building materials (animal and plant-based proteins), and sources of regulators (vitamins and minerals from fruits and vegetables); and 3) balance between meal timings based on eating frequency habits.

Training participants understood that B2SA food sources include a variety of food items such as carbohydrates, proteins, fats, vitamins, and minerals. When consumed in balanced amounts, these foods can meet recommended nutritional needs. Eating should not just focus on satiety, but also on variety, nutritional content, and portion size per food group. Furthermore, the food consumed should be safe, free from physical, chemical, and biological contaminants.

Participants also comprehended the consequences of consuming an imbalanced diet, which can lead to malnutrition resulting in hindered growth, stunting, wasting, reduced intelligence, and disrupted quality of life. Conversely, excessive consumption also leads to negative outcomes such as obesity, which can trigger degenerative diseases.

The "My Plate" principle serves as a simple guide for participants to apply the B2SA principle in their daily meal preparation. The plate consists of a single meal containing staple foods, main dishes, vegetables, and fruits in balanced portions according to individual body needs (age, gender, weight, activity level, etc.). Participants were encouraged to adopt the B2SA dietary pattern not only through purchasing but also through cultivating a home garden that produces various vegetables, fruits, and raising chickens, fish, or catfish, etc. Also, staple foods do not necessarily have to be rice; they can originate from local sources like corn, tubers, cassava, sweet potatoes, yams, etc. The speakers also urged participants to be creative in preparing B2SA menus for their families using locally available ingredients.

4. CONCLUSION

1. Community engagement through cooking and presenting B2SA menu training based on local food sources can enhance mothers' knowledge and skills in creating diverse, nutritious, balanced, and safe family menus using local ingredients.
2. The evaluation results of the training activity using pre-test questionnaires indicated that the cognitive ability of the mothers had an average pre-test score of 72.90%, which increased to 80.83% in the post-test. As for the attitudinal aspect, the pre-test result was 28.61, while the post-test result was 32.93.

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