

ABSTRACT

DESCRIPTION OF SCHOOL-AGED CHILDREN'S CONSUMPTION RESPONSES TO THE FREE NUTRITIOUS MEAL PROGRAM (MBG) AT MI MIFTAHUL HUDA PECALUKAN

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Consumption response reflects children's acceptance and preference for food based on sensory characteristics, including color, aroma, taste, texture, and consumption behavior. It is an important indicator of the success of the Free Nutritious Meal Program (MBG), as nutritional benefits can only be achieved when the food is consumed. According to the Food and Agriculture Organization (FAO), good food acceptance in school feeding programs improves nutrient intake, reduces plate waste, and supports the effectiveness of nutrition interventions. This study aimed to describe the consumption response of school-aged children toward the Free Nutritious Meal Program (MBG) at MI Miftahul Huda Pecalukan. This study employed a descriptive observational design with a cross-sectional approach. The population consisted of 245 students in grades III–VI, with 152 respondents selected through simple random sampling. Data were collected using a modified hedonic scale questionnaire based on the concept of Lawless and Heymann (2010) and analyzed using univariate frequency and percentage distributions. The results showed that most respondents had a moderate level of consumption response. Color obtained the highest percentage, while aroma, taste, texture, and consumption behavior were predominantly in the moderate category, indicating that food acceptance had not yet been optimal across all sensory aspects. The consumption response of school-aged children toward the Free Nutritious Meal Program (MBG) at MI Miftahul Huda Pecalukan was categorized as moderate. Therefore, improvements in sensory quality, particularly aroma, along with periodic evaluation of nutritional quality, menu standards, and menu variety are recommended to enhance students' food acceptance and consumption.

Keywords: school-aged children, Free Nutritious Meal, consumption response.

ABSTRAK
RESPON KONSUMSI ANAK USIA SEKOLAH TERHADAP PROGRAM
MAKAN BERGIZI GRATIS (MBG) DI MI MIFTAHUL HUDA
PECALUKAN

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Respon konsumsi merupakan bentuk penerimaan dan kesukaan anak terhadap makanan berdasarkan karakteristik sensorik yang meliputi warna, aroma, rasa, tekstur, dan perilaku konsumsi. Respon konsumsi menjadi indikator penting dalam menilai keberhasilan Program Makan Bergizi Gratis (MBG), karena manfaat gizi hanya diperoleh apabila makanan dikonsumsi. FAO menyatakan bahwa penerimaan makanan yang baik pada program makan di sekolah dapat meningkatkan asupan zat gizi, mengurangi sisa makanan, dan mendukung keberhasilan intervensi gizi. Penelitian ini bertujuan mengetahui gambaran respon konsumsi anak usia sekolah terhadap Program Makan Bergizi Gratis (MBG) di MI Miftahul Huda Pecalukan. Penelitian menggunakan desain deskriptif observasional dengan pendekatan *cross-sectional*. Populasi berjumlah 245 siswa kelas III–VI, dengan sampel 152 responden yang dipilih menggunakan *simple random sampling*. Data dikumpulkan menggunakan kuesioner skala hedonik yang dimodifikasi berdasarkan konsep Lawless dan Heymann (2010), kemudian dianalisis secara univariat menggunakan distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki respon konsumsi pada kategori cukup. Indikator warna memperoleh persentase tertinggi, sedangkan aroma, rasa, tekstur, dan perilaku konsumsi masih didominasi kategori cukup, sehingga penerimaan makanan belum optimal pada seluruh aspek sensorik. Respon konsumsi anak usia sekolah terhadap Program Makan Bergizi Gratis (MBG) di MI Miftahul Huda Pecalukan berada pada kategori cukup. Oleh karena itu, diperlukan evaluasi terhadap kualitas sensorik, khususnya aroma, serta peninjauan berkala terhadap kualitas gizi, standar, dan variasi menu untuk meningkatkan penerimaan dan konsumsi makanan siswa.

Kata Kunci: anak usia sekolah, Makan Bergizi Gratis, respon konsumsi.