Analisis kandungan zat gizi dan uji Hedonik Cookies kaya gizi pada siswi SMPN 27 Pekanbaru tahun 2012

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Abstrak

ABSTRAK
Penelitian ini tentang analisis kandungan zat gizi dan uji hedonik cookies kaya gizi pada siswi SMPN 27 Pekanbaru. Tujuan umum dari penelitian adalah untuk mengetahui gambaran kandungan zat gizi cookies kaya gizi dan tingkat kesukaaan remaja terhadap cookies kaya gizi. Pengumpulan data tentang kandungan zat gizi cookies menggunakan data hasil pemeriksaan laboratorium Fakultas Teknologi Pertanian IPB dan laboratorium gizi FKM UI Depok. Data uji hedonik cookies diperoleh dari hasil penilaian panelis (siswi kelas VIII) dalam panel konsumen uji hedonik yang meliputi penilaian warna, rasa, aroma dan tekstur terhadap tiga jenis cookies yaitu cookies plain, cookies kaya gizi tuna dan cookies kaya gizi non tuna. Analisa data untuk kandungan zat gizi cookies menggunakan analisa deskriptif, dan untuk uji hedonik menggunakan uji anova dan bonferroni test. Kandungan energi cookies kaya gizi berkisar antara 497.79-501.61 kkal/100g. Takaran saji cookies kaya gizi sebagai makanan selingan/camilan bagi remaja anemia agar memenuhi 10% kebutuhan energi remaja (235 kkal) adalah 4 - 5 keping per saji. Kandungan zat gizi lain dari cookies kaya gizi yang telah diketahui adalah lemak (24.47-25.41g/100g), protein (7.50-7.70g/100g), karbohidrat (60.53-61.89g/100g), kadar air (4.96-5.34g/100g), kadar abu (0.80-1.40g/100g), serat kasar (0.88-0.99g /100g), zat besi (4.07-8.67mg/100g), dan kandungan vitamin C (0.25-0.68mg/100g). Hasil penilaian hedonik dalam panel konsumen didapatkan bahwa rasa cookies kaya gizi tuna kurang disukai. Dan hasil penilaian aroma didapatkan bahwa aroma cookies kaya gizi tuna dan cookies kaya gizi non tuna kurang disukai. Namun secara keseluruhan baik dari segi warna, rasa, aroma, dan tekstur cookies secara statistik tidak ada perbedaan yang signifikan (p-value:0.330) kesukaan konsumen terhadap warna, rasa, aroma dan tekstur dari cookies kaya gizi.
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ABSTRACT
This study analyzes the content of nutrients and hedonic test of nutrient-rich cookies to the students of 27 Junior High School, Pekanbaru. The general purpose of this study is to describe the content of nutrients of nutrient-rich cookies and the level of preference of teenagers to the nutrient-rich cookies. The data collection over the nutrient content of cookies uses the data from the result of laboratory examination of Agricultural Technology Faculty Bogor Agricultural Institute and nutrition laboratory of Public Health Faculty University of Indonesia, Depok. The hedonic test data are

obtained from the result of panelists? assessment (eight-grade students) in the consumer panel of hedonic test over the assessment of color, flavor, aroma, and texture to three kinds of cookies namely plain cookies, tuna nutrient-rich cookies, and nontuna nutrient-rich cookies. The data analysis for nutrient content of cookies uses descriptive analysis, and for the hedonic test uses anova test and bonferroni test. The energy content of nutritious cookies is around 497.79 ? 501.61 kkal/100 g. The serving portion of nutrient-rich cookies as snack for teenagers suffering from anemia should fulfill 10% of teenagers? needs of energy (235 kkal) is 4 ? 5 chips per serving. The other nutrients contained in the nutritious cookies are fat (24.47-25.41g/100g), protein (7.50-7.70g/100g), carbohydrate (60.53-61.89g/100g), water content (4.96-5.34g/100g), ash content (0.80-1.40g/100g), crude fiber (0.88-0.99g /100g), iron (4.07-8.67mg/100g), and vitamin C (0.25-0.68mg/100g). The result of hedonic test in consumer panel states that the flavor of tuna nutrient-rich cookies is less favored. And the result of aroma states that the aroma of tuna nutrient-rich cookies and non-tuna nutrient-rich cookies are less favored. However, the color, flavor, aroma, and texture of cookies statistically show no significant differences (p-value: 0.330) of the consumers? preference to the color, flavor, aroma, and texture of nutrient-rich cookies.