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Education Of Healthy And Balanced Food In The Modern Boarding School Darussalam Gontor Canteen In Campus 2

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A B S T R A C T

The pattern of life in Islamic boarding schools requires a lot of energy and a balanced nutritional intake. However, with the existence of a management system for all business units by college and students, it was necessary to divide time for studying, teaching, and helping the boarding school. Therefore, the provision of supporting food and drinks was not optimal and the nutrition intake and process cleanliness were not guaranteed. The education activity for healthy and nutritionally balanced food was in the context of spreading insights into healthy, nutritious, and clean food by the canteen managed by the student. It was to support the creation of balanced nutrition and support the growth of student who was early adolescents. The implementation strategy included slide presentations, discussions, and assistance to the canteen administrators. The activities of implementing services, managing food in the canteen, and paying attention to cleanliness intended to encourage changes in the diet of the student. In addition, this education was increasing the knowledge and sensitivity of canteen staff so that they can pay more attention to nutrition and health principles in the selection, process, and presentation of food and beverages.

INTRODUCTION

Healthy and nutritious food greatly affect the health, development, and growth of students (Arza et al., 2020). The food that is often sold in canteens, was dominated by unhealthy foods and does not fulfill a balanced nutritional intake such as fried foods, cold drinks, and so on. Therefore, grade V students have a very important role in managing the canteen for the benefit of other students who consume it.

Based on research conducted at Pesantren Gorontalo, it was stated that the nutritional value consumed by students only fulfills about 76% of the total student needs. Even though the calorie and nutritional needs of adolescence are greater than the needs during the growth period, except during infancy (Dewi, 2020). Management of healthy food and drinks is very important in this boarding school. The food management at the temporary boarding school did crudely. Caused by no proper direction from competent personnel in the field of nutrition or nutritionists.

Students at the Modern Islamic Boarding School Darussalam Gontor Campus 2 (PMDG Campus 2) are currently on vacation during the month of Ramadan. However, fifth-grade students were assigned to stay in the cottage until their promotion to grade 6. To meet the daily needs, especially preparing the meal, besides preparing staple food in public kitchens, PMDG Campus 2 caretakers have also opened other

canteens to support student needs such as student cooperative canteen, student cooperative, and batch canteens.

However, the food served in the student cooperative canteen is often unhealthy. In preliminary observations, fried foods, instant noodles, and instant drinks dominate the menu. With busy student activities, a balanced nutritional intake was needed (Novikasari, 2003). The existing menu provides only a few of the four pillars of balanced nutrition and the ten pillars of balanced nutrition nowhere to find (Kemenkes RI, 2019).

In fact, with the age range of students entering adolescence, they need maximum nutritional intake, as well as correct information and guidance from parents, the environment, schools, the media, or friends (McFadden et al., 2020). Previous research shows that the understanding of nutrition by students at PMDG Campus 2 is classified as good, reaching 86.1% of 158 female students (Damayanti, Setyorini, and Fathimah, 2018). However, no similar research was conducted for students on campus 2. As for in the boarding school, those who are obliged to provide information and guidance are service teachers who are students of the Darussalam Gontor University.

Therefore, this Community Service Program aims to provide education related to the presentation of nutritious food for students in the student canteen. The implementation will be carried out in 3 stages, there were 1) the preparation stage, which contains field surveys and coordination with the canteen supervisor; 2) education about healthy food and drinks; 3) monitoring the presentation of healthy food and drinks. This is intended to make students accustomed to serving healthy food and consuming healthy food.

METHOD

This thematic community service program had several stages, namely the canteen survey in the first week, educating the canteen staff in the second week, and the canteen guidance process in the third week. All of these activities were done in April 2021 which coincided with the month of Ramadan 1442. The canteen survey stages done to determine the potentials and weaknesses found in the canteen. The next step is to educate students about healthy food through presentation slides entitled "HEALTHY FOOD AND DRINKING". The results of the presentation used as a reference for staff to add healthy foods to the menu. This healthy food education activity was carried out to provide knowledge and insight about healthy and nutritionally balanced food through the fifth-grade canteen at PMDG Campus 2.

Table 1. Problem Solution Plan

No	Problems	Solution	Target	Indicator
1	Lack of understanding of the need for nutritious food	Provide nutritious food education through presentation methods and poster installation regarding food and nutritional needs	The canteen provides nutritious and safe food for the body and avoids foods that use flavorings and preservatives	The canteen staff's awareness in selling healthy and nutritious food is very satisfying The canteen sells complete vegetables The canteen sells complete fruit
2	Food processing is still not hygienic	Provide assistance in the processing and presentation of hygienic food	The staff can get used to providing food hygienically	The canteen staff's awareness in maintaining food hygiene is very satisfying

Source: Primary Data (2020)

The next stage was assisting the operational implementation of the canteen. In this stage, we provided assistance in managing the canteen, procuring nutritious food, assisting in the provision of food and providing samples (demonstrations), and simulating hygienic presentation methods. The final stage was to implement the daily monitoring and evaluation of the operational management of the canteen, as well as saw the development of the available menus.

RESULT AND DISCUSSION

3.1 Canteen Conditions

The canteen managed by fifth-grade students at PMDG Campus 2 and guided by fifth-grade supervisors from students, did not have menu management that produces healthy, safe, and nutritious food and drinks. The canteen operational assist in the context of controlling healthy and nutritionally balanced food menus had never been implemented before. With the education of the canteen, they strongly agree to improve the conditions of the canteen and develop healthy food menus. However, the staff did not wear gloves and masks when selling their dishes.





Figure. 1 (a) The condition of the Class Five canteen at PMDG Campus 2 (April) is still not hygienic in selling dishes in the canteen; (b) The canteen menu that sells fried foods and has not paid attention to the cleanliness of the canteen.

Source: Primary Data (2020)

The canteen was located on the main road leading to the mosque. The canteen served nearly 300 students this Ramadan holiday. The 4x6 meters cafeteria already had several refrigerators and food coolers to keep it from rotting. Some conditions were not hygienic, such as unclean floors and unhygienic food processing and serving. Some of the food sold was rice with various side dishes and fried foods indicated using flavor enhancers and MSG (flavoring). The food served was also still dominated by carbohydrates such as rice, *bakwan*, floured *tempe*, and *cilok*. The drinks provided are jelly and iced tea.

3.2 The results of educational activities and mentoring of healthy food.

Healthy food education activities during the COVID-19 pandemic were delivered at PMDG Campus 2, precisely in the canteen managed by fifth-grade students. The implementation of this educational activity involved elements of lecturers, students, class 5 supervisors, and grade 5 students. Six students became administrators of the canteen. The ingredients were healthy foods which contain different elements of balanced nutrition and 4 healthy 5 perfect, examples of healthy food and drinks and what staff should do to make food in the canteen safe, healthy and hygienic. The following activity was to provide guidance to the management of the canteen and to monitor it every opening hours of the canteen which is before breaking the fast. This mentoring activity was to familiarize the administrators to prepare food in accordance with balanced nutrition. The following was an educational activity with the fifth-grade canteen staff (Figure 3).



Figure 3. Implementing education on balanced healthy and nutritious food for canteen administrators
Source: Primary Data (2020)

Canteen management assistance was intended to improve the quality of food and beverages available in the canteen. In practice, it consists of canteen managers and canteen staff consisting of fifth-grade students. The canteen manager, namely the fifth-grade supervisor, was responsible for guiding students to get used to a clean lifestyle and also following the values of the Islamic boarding school in the canteen.

The fifth graders were responsible for keeping the dining area clean and hygienic. They also made posters containing advice related to hygiene, such as a healthy diet, advice on eating vegetables and fruit, getting used to washing hands, and praying before and after going to. The results of this activity are expected to be of benefit to the staff of the fifth-grade canteen, where previously they did not know until they understood and knew the standards of healthy and nutritious food and beverages.

The following were the results that show an increase every week in several aspects, namely students' interest in selling healthy foods in the canteen. Furthermore, the habits of the canteen staff in maintaining hygiene in selling food have improved. However, the canteen staff did not add any vegetables to their dishes so selling fruit salads were more than adding vegetables.

Table 2. The habit of canteen staff in selling healthy food

No	Indicator	Staff Score Weeks		
		1	2	3
1	The awareness of canteen staff in selling healthy and nutritious food	2	4	7
2	The awareness of canteen staff in maintaining food hygiene	2	4	8
3	Selling vegetables	2	4	4
4	Selling fruits	2	4	6

Source: Primary Data (2020)

The following are the results of mentoring the staff at the PMDG Campus 2 canteen. They were briefed on hygiene standards according to the direction of the community service implementation team. From the table above, it concluded that there was an increase in the canteen service aspects including the sale of nutritious foods and their hygiene towards the food for sale. The staff also sells fruits that were processed

into fruit salads to increase the intake of vitamins and minerals. In addition, the staff also checks the cleanliness of the cooking area and the canteen area where they sell their products. Following are the results of mentoring for canteen staff:



Figure 4. (a) Fruits that were processed into fruit salads; (b) *Siomay* with vegetables; (c) Prepared chicken with spices and without MSG; (d) Canteen staff maintain food hygiene.

Source: Primary Data (2020)

Based on the results that have been implemented and written in the table above, it shows an increase in canteen staff in preparing healthy and hygienic dishes. However, the provision of vegetables is very lacking. Canteen staff provides more fruit than vegetables.

Food processing and serving are no less important in ensuring the quality of food consumed by students. During food processing, aspects such as processing time, work procedures, processing personnel, temperature, processing equipment, and hygiene sanitation must be considered. Likewise, when serving food, the food must arrive at students in good condition, maintain the quality of the food, especially the temperature, serve interesting food, and the food served according to portions (Dewi, 2020).

Proper processing and serving of food aim to reduce nutrients lost, improve and maintain the taste, aroma, color, texture, and appearance of food. This is important for freeing food from harmful microorganisms

and substances, as well as increasing or balancing the nutrients of these foodstuffs when mixed with other ingredients. For this reason, it is necessary to pay attention to how to process and present food properly, so that the food material does not lose many nutrients during the processing and serving of food (Arza *et al.*, 2020).

The obstacle that the canteen gets is that it sells more variations of non-vegetable foods such as *balado* chicken, soup, chicken curry, and fried chicken. The available vegetable menu was not much, only in dumplings, which are not many vegetables but mostly carbohydrates and protein. This is based on the opinion of the canteen staff that the students were less interested in providing vegetables. In addition, if the vegetables weren't finished in one day, they will be wasted because it is rotting away.

Thus, this healthy food education activity and regular guidance to provide healthy dishes, especially fruits and vegetables, have a major impact on their knowledge of the education that students have delivered. The community service participants hope that the canteen staff will do all of this even though there is no monitoring. Therefore, the provision of healthy food education will make canteen staff accustomed to healthy and hygienic living to create a healthy and balanced lifestyle for all PMDG Campus 2 students.

As a follow-up, it is necessary to collaborate with health agencies to monitor the quality of snacks served in the canteen. In this case, it was hope that there will be a collaboration with Student Care staff, staff of the Student and Community Health Center (BKSM), and Yasyfin Gontor Hospital staff for further and comprehensive monitoring. With this collaboration, it is hoped that the boarding school family, especially students, can get a guarantee of the quality of food and beverages as well as health education from related parties (Kristianto, Riyadi and Mustafa, 2013).

CONCLUSION

In this community service activity, the background is the need to balance nutritional intake with the physical activities of the students. In addition, students who enter the early adolescent phase need a balanced nutritional intake to maximize their physical, brain, and psychological growth. This educational activity is sufficient to influence changing less healthy food into healthy, nutritious, and hygienic food. In addition, we hope this good spirit can continue in the days ahead and other business units at PMDG campus 2.

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