

## DAFTAR PUSTAKA

- Akbar, C.E. and Sutiadiningsih, A. (2023) 'Proporsi Tepung Komposit Kacang Hijau ( Vigna Ridiata ) dan Sagu ( Metroxylon Sagu ) pada Pembuatan Cookies', *Journal of Creative Student Research*, 1(4), pp. 368–384.
- Ambarwati, R. (2020) 'Pengembangan Makanan Tambahan Berbasis F100 dengan Substitusi Tepung Labu Kuning dan Tepung Pisang', *Journal of Nutrition College*, 9(4), pp. 180–186.
- Awad, A.S. and Aneis, Y.M. (2022) 'Correlation between body mass index and motor proficiency in Egyptian children: a cross-sectional study', *Bulletin of Faculty of Physical Therapy*, 27(1). Available at: <https://doi.org/10.1186/s43161-022-00087-7>.
- Bakhtia, S. and Maulana, I. (2021) 'Eksplorasi Basic Movements of Early Childhood in Kindergarten', *Indonesian Journal of Early Childhood Education Studies*, 10(2), pp. 149–157.
- Bakhtiar, N., Utami, W.T. and Rindhani, F.L. (2022) 'Hubungan Status Gizi terhadap Perkembangan Motorik Kasar Anak Usia Dini', *KINDERGARTEN: Journal of Islamic Early Childhood Education*, 5(1), p. 125. Available at: <https://doi.org/10.24014/kjiece.v5i1.16988>.
- Dwi Lestari, G., Anugerah Izzati, U. and Indriani, D.E. (2020) 'The Role of Mother's Communication Patterns on the Children's Language Development', *Talent Development & Excellence Vol....., No....*, 0459, p. pp. Available at: <http://www.iratde.com>.
- Epstein, L.H. *et al.* (2019) 'Increasing healthy eating vs. reducing high energy-dense foods to treat pediatric obesity', *Obesity*, 16(2), pp. 318–326. Available at: <https://doi.org/10.1038/oby.2007.61>.
- Erdiana, L., Simanjuntak, B.Y. and Krisnasary, A. (2021) 'PENGARUH PEMBERIAN COOKIES PELANGI IKAN GAGUK (Arius thalassinus) TERHADAP PERUBAHAN BERAT BADAN ANAK PAUD IT IQRA' KOTA BENGKULU', *Journal of Nutrition College*, 10(1), pp. 26–30. Available at: <https://doi.org/10.14710/jnc.v10i1.29246>.
- Grantham-McGregor, S. *et al.* (2019) 'Developmental potential in the first 5 years for children in developing countries', *Lancet*, 369(9555), pp. 60–70. Available at: [https://doi.org/10.1016/S0140-6736\(07\)60032-4](https://doi.org/10.1016/S0140-6736(07)60032-4).
- Hadiriesandi, M. (2019) 'Evaluation of Supplement Provision for Recovery for Children Under Five Years of Age with Malnutrition in Public Health Center Andong District of Boyolali', *Skripsi [Preprint]*.
- Hatta, H. and Sandalayuk, M. (2020) 'Pengaruh Penambahan Tepung Labu Kuning terhadap Kandungan Karbohidrat dan Protein Cookies', *Gorontalo Journal of Public Health*, 3(1), p. 41. Available at: <https://doi.org/10.32662/gjph.v3i1.892>.
- Hussain, A. *et al.* (2022a) 'A Comprehensive review of functional ingredients, especially bioactive compounds present in pumpkin peel, flesh and seeds, and their health benefits', *Food Chemistry Advances*, 1(April), p. 100067. Available at: <https://doi.org/10.1016/j.focha.2022.100067>.
- Hussain, A. *et al.* (2022b) 'A Comprehensive review of functional ingredients, especially bioactive compounds present in pumpkin peel, flesh and seeds, and their health benefits', *Food Chemistry Advances*, 1(July), p. 100067. Available at: <https://doi.org/10.1016/j.focha.2022.100067>.
- Ismaniar, I., Hazizah, N. and Syuraini, S. (2019) 'Increasing Parental Knowledge of Children's Nutrition Needs', *KOLOKIUM Jurnal Pendidikan Luar Sekolah*, 7(2), pp. 139–146. Available at: <https://doi.org/10.24036/kolokium-pls.v7i2.353>.
- K, F.A., Ambohamsah, I. and Amelia, R. (2020) 'Modifikasi Makanan Untuk Meningkatkan Gizi Balita Di Kabupaten Polewali Mandar', *Jurnal Kesehatan Kusuma Husada*, pp. 94–102. Available at: <https://doi.org/10.34035/jk.v12i1.614>.
- Kemendes (2019) 'Buku Saku Pemantauan Status Gizi', *Buku Saku*, pp. 1–150. Available at: [https://kesmas.kemkes.go.id/assets/upload/dir\\_519d41d8cd98f00/files/Buku-Saku-Nasional-PSG-2017\\_975.pdf](https://kesmas.kemkes.go.id/assets/upload/dir_519d41d8cd98f00/files/Buku-Saku-Nasional-PSG-2017_975.pdf).
- Kemendes (2022) 'Hasil Survei Status Gizi Indonesia (SSGI) 2022', *Kemendes*, pp. 1–7.
- Kemendes (2023) 'Sosialisasi Kebijakan Intervensi Stunting Survei Status Gizi Indonesia (SSGI) 2022', pp. 77–77. Available at: <https://promkes.kemkes.go.id/materi-hasil-survei-status-gizi-indonesia-ssgi-2022>.
- Kemendes RI (2020) *Buku Saku Pencegahan dan Tata Laksana Gizi Buruk Pada Balita di Layanan Rawat Jalan Bagi Tenaga Kesehatan*, Kemendes RI: Jakarta.

- Kemkes (2022) 'Peran Kesehatan Lingkungan Atasi Stunting', *Litbangkespangandaran.Litbang.Kemkes.Go.Id/Peran-Kesehatan-Lingkungan-Atasi-Stunting/*, pp. 1–5.
- Kuswanto, R. (2021) *Mari Mengenal bahan Pokok*.
- Likhar, A., Baghel, P. and Patil, M. (2022) 'Early Childhood Development and Social Determinants', *Cureus*, 14(9). Available at: <https://doi.org/10.7759/cureus.29500>.
- Lima, R.A. *et al.* (2021) 'The importance of body weight status on motor competence development: From preschool to middle childhood', *Scandinavian Journal of Medicine and Science in Sports*, 31(S1), pp. 15–22. Available at: <https://doi.org/10.1111/sms.13787>.
- Maryanto, S. and Wening, D.K. (2023) 'Nilai Gizi Bolu Kukus dan Cookies Labu Kuning (Cucurbita moschata Durch) Berbahan Formula Modisco', *Media Gizi Kesmas*, 12(1), pp. 379–383. Available at: <https://doi.org/10.20473/mgk.v12i1.2023.379-383>.
- Muslimah, H.Z. *et al.* (2019) 'Peranan Pemberian Cookies Kedelai Mocaf Terhadap', *Jurnal Riset Kesehatan*, 11(2), pp. 92–101.
- Nejedly, N. (2020) 'Normal and Abnormal Growth in the Pediatric Patient', *Current Problems in Pediatric and Adolescent Health Care*, 50(3), pp. 1–7. Available at: <https://doi.org/10.1016/j.cppeds.2020.100771>.
- Nurcahyani, R. (2019) 'Eksperimen Pembuatan Cookies Tepung Kacang Hijau Substitusi Tepung Bonggol Pisang', *Skripsi. Jurusan pendidikan kesejahteraan keluarga Fakultas teknik. Universitas negeri semarang*, pp. 1–63.
- Putri, A., Ardian, J. and Jauhari, M.T. (2022) 'Study of Making Cookies With The Addition Of Moringa Leaf Flour (Moringa Oleifera) And Mung Bean Seed Flour (Vigna Radiata)', *Nutriology: Jurnal Pangan, Gizi, Kesehatan*, 3(1), pp. 1–7. Available at: <https://doi.org/10.30812/nutriology.v3i1.1929>.
- Rahmi, F.K. (2019) 'Faktor Resiko Underweight Balita Umur 7-59 Bulan', *Jurnal Kesehatan Masyarakat*, 33(5), pp. 25–31.
- Ratnasari, D. and Yunianta (2019) 'Pengaruh Tepung Kacang Hijau, Tepung Labu Kuning, Margarin terhadap Fisikokimia dan Organoleptik Biskuit', *Pangan dan Agroindustri*, 3(4), pp. 1652–1661.
- Riswandi, F.N. and Rasyid, H. (2019) 'The Impact of Body Weight towards Gross Motor Skill on 4–6 Year Old Children in Rural Preschools', 249(Secret), pp. 132–137. Available at: <https://doi.org/10.2991/secret-18.2018.21>.
- Salleh, R. *et al.* (2023) 'Risk Factors Associated with Underweight Children Under the Age of Five in Putrajaya, Malaysia: A Case-Control Study', *Jurnal Gizi dan Pangan*, 18(2), pp. 89–98. Available at: <https://doi.org/10.25182/jgp.2023.18.2.89-98>.
- Samino, Anggelina, C. and Atmasari, S. (2020) 'FAKTOR UNDERWEIGHT PADA BALITA 24-59 BULAN DI WILAYAH KERJA PUSKESMAS AMBARAWA KABUPATEN PRINGSEWU', *Jurnal Dunia Kesmas Vol (. No 1, 9, p. 2*.
- Septiana, D. *et al.* (2019) 'Pengaruh Pemberian Cookies Jagung, Kacang Hijau, Tempe (JKT) Terhadap Perubahan Berat Badan Anak Balita Kurus Usia 24 – 59 Bulan di Wilayah Kerja Puskesmas Tanjung Karang', *Jurnal Gizi Prima*, 2(2), pp. 115–126.
- Setiowati, A. (2019) 'Hubungan Indeks Massa Tubuh , Persen Lemak Tubuh , Asupan Zat Gizi dengan Kekuatan Otot', *Media Ilmu Keolahragaan Indonesia*, 4, p. 1.
- Singgano, C.T. *et al.* (2019) 'The Analysis of Chemical Properties and Organoleptic Test of Snack Bars Made from a mix of Pumpkin (Cucurbita Moschata) Flour and Green Bean (Vigna Radiata) Flour', *Jurnal Teknologi Pertanian*, 10(1), pp. 28–35.
- South, C.A. *et al.* (2022) 'Underweight in the First 2 Years of Life and Growth in Later Childhood', *JAMA Network Open*, 5(7), p. E2224417. Available at: <https://doi.org/10.1001/jamanetworkopen.2022.24417>.
- Sugiyono (2017) *Metode Penelitian Kuantitatif, Kualitatif dan Kombinasi (Mixed Methods)*. Edited by sutopo. bandung: Alfabeta.
- Suha, K.S. (2020) 'The Importance of Nutrition for Development in Early Childhood', pp. 1–97. Available at: <https://scholarworks.lib.csusb.edu/etd/1158>.
- Tammi, R. *et al.* (2023) 'Different carbohydrate exposures and weight gain—results from a pooled analysis of three population-based studies', *International Journal of Obesity*, 47(8), pp. 743–749. Available at: <https://doi.org/10.1038/s41366-023-01323-3>.

- United Nations-World Health Organization (2019) 'UNICEF-WHO-The World Bank: Joint child malnutrition estimates - Levels and trends', *Report*, p. p.1-15.
- Usada, N.K., Wanodya, K.S. and Trisna, N. (2021) 'Analisis Spasial Gizi Kurang Balita di Kota Tangerang Tahun 2019', *Jurnal Biostatistik, Kependudukan, dan Informatika Kesehatan*, 2(1), p. 1. Available at: <https://doi.org/10.51181/bikfokes.v2i1.4740>.
- Verbecque, E., Coetzee, D. and Smits-Engelsman, B. (2022) 'Underweight children are agile but lack power', *BMC Pediatrics*, 22(1), pp. 1–9. Available at: <https://doi.org/10.1186/s12887-022-03544-3>.
- WHO (2023) 'Tracking the Triple Threat of Child Malnutrition', pp. 1–32. Available at: <https://www.who.int/publications/i/item/9789240073791>.
- Wiatr-Kmieciak, M. (2018) '„Просто Наступила Зима” – Повторительный Урок Для Раздела 1 (Времена Года) Учебника „Вот И Мы 2”', *Studia Rossica Posnaniensia*, 40(1), pp. 285–292. Available at: <https://doi.org/10.14746/strp.2015.40.1.28>.
- Yadika, A.D.N., Berawi, K.N. and Nasution, S.H. (2019) 'The Effect of Stunting on Cognitive Development and Learning Achievement', *Jurnal Majority*, 8(2), pp. 273–282.
- Yulianto and Telisa, I. (2022) 'EFEKTIVITAS PEMBERIAN BISKUIT TEPUNG LABU KUNING DAN TEPUNG TEMPE TERHADAP PERUBAHAN BERAT BADAN PADA BALITA GIZI KURANG DI', XVII(2).
- Yusufu, M.I. and Obiegbuna, J.E. (2019) 'Studies on the utilization of green bean as raw material in cookies produced from wheat flour', 5(November 2018), pp. 92–97.
- et al.* (2018) 'Pengaruh Penambahan Tepung Labu Kuning Terhadap Serat Pangan, Karakteristik Fisikokimia Dan Sensori Muffin', *Jurnal Teknologi dan Industri Pangan*, 29(1), pp. 58–68. Available at: <https://doi.org/10.6066/jtip.2018.29.1.58>.

**LAMPIRAN**

## Lampiran 1. Surat Keterangan Penelitian

|   |  |  |
|---|--|--|
|    | <b>PEMERINTAH KABUPATEN KONAWE UTARA</b><br><b>DINAS KESEHATAN</b><br><b>PUSKESMAS MOTUI</b><br><small>Alamat: Jl. Sawala Desa Ranombupulu Kec. Motui Kab. Konawe Utara<br/>E-mail : puskesmas.motui01@gmail.com</small> |  |
| <hr/> <b><u>SURAT KETERANGAN</u></b><br>No. 400/7.3.1/595/IV/2024   |  |  |
| Yang bertanda tangan dibawah ini :  |  |  |
| Nama  | :  | Muslan Riana, SKM, MKM   |
| NIP   | :  | 19760612 200903 1 002  |
| Pangkat/Gol   | :  | Pembina, IV/a  |
| Jabatan   | :  | Kepala Puskesmas Motui   |
| Dengan ini menyatakan bahwa :   |  |  |
| Nama  | :  | Sitti Kurniati Rauf  |
| NIM   | :  | P102221046   |
| Telah melakukan penelitian pada tanggal 29 Januari s/d 29 April 2024 di Puskesmas Motui dengan judul penelitian " Pengaruh Cookies Labu Kuning (Cucurbita Moschata) dan Cookies Kacang Hijau (Vigna Radiata) Terhadap Peningkatan Berat Badan dan Motorik Kasar Balita Underweight. |  |  |
| Demikian surat keterangan ini kami buat dengan sebenarnya, atas perhatiannya diucapkan terima kasih.  |  |  |
| Motui, 30 April 2024  |  |  |
| Mengetahui :  |  |  |
|    |  |  |
|    |  |  |
| Muslan Riana, SKM, MKM<br>NIP : 19760612 200903 1 002   |  |  |



**PEMERINTAH KABUPATEN KONAWE UTARA**  
**DINAS KESEHATAN**  
**PUSKESMAS SAWA**

Alamat: Jl. Trans Sulawesi Kel. Sawa, Kec. Sawa  
E-mail: pkmsawa01@gmail.com



**SURAT KETERANGAN**

No. 445 / 593 / PSW / IV / 2024

Yang bertanda tangan dibawah ini :

Nama : Hasraningsyah, SKM  
NIP : 19840604 200903 2 006  
Pangkat/Gol : Pembina, IV/a  
Jabatan : Kepala Puskesmas Sawa

Dengan ini menyatakan bahwa :

Nama : Sitti Kurniati Rauf  
NIM : P102221046

Telah melakukan penelitian pada tanggal 29 Januari s/d 29 April 2024 di Puskesmas Sawa dengan judul penelitian " Pengaruh Cookies Labu Kuning (Cucurbita Moschata) dan Cookies Kacang Hijau (Vigna Radiata) Terhadap Peningkatan Berat Badan dan Motorik Kasar Balita Underweight.

Demikian surat keterangan ini kami buat dengan sebenarnya, atas perhatiannya diucapkan terima kasih.

Sawa, 30 April 2024

Mengetahui :

Kepala Puskesmas Sawa

  
Hasraningsyah, SKM  
NIP. 19840604 200903 2 006



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN  
RISET, DAN TEKNOLOGI  
UNIVERSITAS HASANUDDIN  
**FAKULTAS KESEHATAN MASYARAKAT**  
Jln. Perintis Kemerdekaan Km. 10 Makassar 90245, Telp. (0411) 585658,  
E-mail : [fkunhas@gmail.com](mailto:fkunhas@gmail.com), website: <https://fkunhas.ac.id/>

**REKOMENDASI PERSETUJUAN ETIK**

Nomor: 300/UN4.14.1/TP.01.02/2024

Tanggal: 29 Januari 2024

Dengan ini Menyatakan bahwa Protokol dan Dokumen yang Berhubungan dengan Protokol berikut ini telah mendapatkan Persetujuan Etik:

|                                   |  |   |                            |
|-----------------------------------|--|---|----------------------------|
| No. Protokol                      | 22124092031  | No. Sponsor Protokol  |                            |
| Peneliti Utama                    | <b>Sitti Kurniati Rauf</b>   | Sponsor   | Pribadi                    |
| Judul Peneliti                    | <b>Pengaruh <i>Cookies</i> Labu Kuning (<i>Cucurbita Moschata</i>) dan <i>Cookies</i> Kacang Hijau (<i>Vigna Radiata</i>) terhadap Peningkatan Berat Badan dan Motorik Kasar Balita <i>Underweight</i></b> |   |                            |
| No. Versi Protokol                | 1  | Tanggal Versi   | 22 Januari 2024            |
| No. Versi PSP                     | 1  | Tanggal Versi   | 22 Januari 2024            |
| Tempat Penelitian                 | <b>Wilayah Kerja Dinas Kesehatan Kabupaten Konawe Utara</b>  |   |                            |
| Judul Review                      | <input type="checkbox"/> Exempted<br><input checked="" type="checkbox"/> Expedited<br><input type="checkbox"/> Fullboard   | Masa Berlaku <b>29 Januari 2024</b> sampai <b>29 Januari 2025</b> | Frekuensi review lanjutan  |
| Ketua Komisi Etik Penelitian      | Nama:<br>Prof.dr.Veni Hadju,M.Sc,Ph.D  | Tanda tangan  | Tanggal<br>29 Januari 2024 |
| Sekretaris komisi Etik Penelitian | Nama:<br>Dr. Wahiduddin, SKM.,M.Kes  | Tanda tangan  | Tanggal<br>29 Januari 2024 |

Kewajiban Peneliti Utama :

1. Menyerahkan Amandemen Protokol untuk persetujuan sebelum di implementasikan
2. Menyerahkan Laporan SAE ke Komisi Etik dalam 24 Jam dan dilengkapi dalam 7 hari dan Laporan SUSAR dalam 72 Jam setelah Peneliti Utama menerima laporan
3. Menyerahkan Laporan Kemajuan (progress report) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
4. Menyerahkan laporan akhir setelah Penelitian berakhir
5. Melaporkan penyimpangan dari protocol yang disetujui (protocol deviation/violation)
6. Mematuhi semua peraturan yang ditentukan



## Lampiran 3. Lembar Penjelasan Penelitian

**LEMBAR PENJELASAN PENELITIAN**

Dengan Hormat,

Nama Sitti Kurniati Rauf, NIM P102221046 adalah mahasiswa Magister Kebidanan Universitas Hasanuddin Makassar, sedang melakukan penelitian sebagai bagian dari tugas akhir program pendidikan dengan judul Tesis “Pengaruh Cookies Labu Kuning (Cucurbita Moschata) Dan Cookies Kacang Hijau (Vigna Radiata) Terhadap Peningkatan Berat Badan Dan Motorik Kasar Balita Underweight ”.

Tujuan penelitian ini adalah untuk Menganalisis pengaruh Cookies Labu Kuning (Cucurbita Moschata) dan Cookies Kacang Hijau (Vigna Radiata) terhadap peningkatan berat badan dan kemampuan motorik kasar balita underweight. Jika saudara bersedia menjadi subjek dalam penelitian ini, maka peneliti akan memberikan Cookies labu kuning atau cookies kacang hijau yang dikonsumsi 2 keping sehari. Setiap minggu akan dilakukan pengantaran Cookies selama 3 bulan. Sebelum diberikan cookies subjek akan dilakukan pengukuran berat badan dan tinggi badan (pre test). Peneliti juga akan melakukan penilaian perkembangan motorik kasar dengan menggunakan lembar DDST (Denver Developmental Screening Test). Selanjutnya peneliti akan melakukan pemeriksaan berat badan dan tinggi badan (post test) setiap bulan selama 3 bulan.

Penelitian ini akan menimbulkan efek samping yaitu apabila cookies labu kuning dikonsumsi secara berlebihan dalam sehari dapat menyebabkan kulit berwarna kuning sehingga peneliti perlu memberikan edukasi bahwa responden harus mengkonsumsi makanan yang beraneka ragam.

Saya selaku peneliti akan menjaga kerahasiaan identitas dan informasi yang akan diberikan oleh calon responden. Mohon untuk menandatangani surat persetujuan yang telah disiapkan. Biaya dalam penelitian ini sepenuhnya menjadi tanggung jawab peneliti yaitu biaya cookies labu kuning dan cookies kacang hijau. Sebagai ucapan terima kasih atas kesediaan saudara menjadi responden, peneliti akan memberikan reward setelah penelitian

Terima kasih saya ucapkan kepada saudara yang telah ikut berpartisipasi pada penelitian ini. Setelah memahami berbagai hal yang menyangkut penelitian ini, diharapkan saudara bersedia mengisi lembar persetujuan yang telah di siapkan.

Penanggung Jawab Penelitian : Sitti Kurniati Rauf

Alamat : Jalan Sauala Desa Ranombupulu  
( Perumahan Puskesmas Motui)

No. HP : 0813 5555 8987

## Lampiran 4. Informed Consent

**LEMBAR INFORMED CONSENT**

Saya yang bertanda tangan di bawah ini:

Nama (inisial) :

Umur :

Pekerjaan :

Alamat :

Setelah membaca dan mendengarkan penjelasan penelitian ini (terlampir), maka saya memahami tujuan penelitian ini yang nantinya akan bermanfaat. Saya mengerti bahwa penelitian ini menjunjung tinggi hak-hak saya sebagai partisipan.

Saya sangat memahami bahwa keikutsertaan saya menjadi partisipan pada penelitian ini sangat besar manfaatnya bagi pemahaman dalam mengetahui perbandingan berat badan dan motorik kasar setelah diberikan cookies labu kuning dan cookies kacang hijau. Dengan menandatangani surat persetujuan ini, berarti saya telah menyatakan untuk berpartisipasi dalam penelitian ini tanpa paksaan dan bersifat sukarela.

Konawe Utara,

Peneliti

Informan

Saksi,

Sitti Kurniati Rauf ( ) ( )



Lampiran 5. *Angket Uji Kesukaan Cookies Pada Panelis Terbatas***Angket Uji Kesukaan Cookies Pada Panelis Terbatas**

Nama Panelis :

Tanggal :

Produk : Cookies

Instruksi :

Dihadapan Saudara disajikan contoh Cookies. Saudara diminta untuk memberikan penilaian dengan cara melihat untuk penilaian warna dan konsistensi, mencium untuk penilaian aroma, serta mencicipi untuk penilaian rasa. Berikan penilaian dengan menggunakan skala penilaian sebagai berikut :

1 = Sangat Tidak Suka

2 = Tidak Suka

3 = Suka

4 = Sangat Suka

Setelah Saudara mencicipi salah satu sampel, Saudara diminta berkumur dengan air putih yang telah disediakan sebelum mencicipi sampel yang lain. Selain itu saudara juga diminta memberikan kritik dan saran.

| Kode Sampel | Kriteria Penilaian |       |      |       |
|-------------|--------------------|-------|------|-------|
|             | Tekstur            | Aroma | Rasa | Warna |
| Sampel 1    | 4                  | 3     | 4    | 4     |
| Sampel 2    | 3                  | 2     | 2    | 2     |
| Sampel 3    | 1                  | 1     | 1    | 1     |
| Sampel 4    |                    |       |      |       |
| Sampel 5    |                    |       |      |       |
| Sampel 6    |                    |       |      |       |

Kritik dan Saran :

.....  
 .....

***Terima Kasih Atas Partisipasinya***

## Lampiran 6. Lembar Periksa Kadar Badan Badan dan Tinggi Badan

**LEMBAR HASIL PEMERIKSAAN BERAT BADAN DAN TINGGI BADAN  
KELOMPOK COOKIES LABU KUNING**



| No  | Nama Responden | Umur | BERAT BADAN |           | TINGGI BADAN |           |
|-----|----------------|------|-------------|-----------|--------------|-----------|
|     |                |      | Pre test    | Post Test | Pre test     | Post Test |
| 1   |                |      |             |           |              |           |
| 2   |                |      |             |           |              |           |
| 3   |                |      |             |           |              |           |
| 4   |                |      |             |           |              |           |
| 5   |                |      |             |           |              |           |
| 6   |                |      |             |           |              |           |
| 7   |                |      |             |           |              |           |
| 8   |                |      |             |           |              |           |
| 9   |                |      |             |           |              |           |
| 10  |                |      |             |           |              |           |
| ... |                |      |             |           |              |           |
| ... |                |      |             |           |              |           |
| ... |                |      |             |           |              |           |
| --- |                |      |             |           |              |           |
| 30  |                |      |             |           |              |           |

**LEMBAR HASIL PEMERIKSAAN BERAT BADAN DAN TINGGI BADAN  
KELOMPOK COOKIES KACANG HIJAU**



| No  | Nama Responden | Umur | BERAT BADAN |           | TINGGI BADAN |           |
|-----|----------------|------|-------------|-----------|--------------|-----------|
|     |                |      | Pre test    | Post Test | Pre test     | Post Test |
| 1   |                |      |             |           |              |           |
| 2   |                |      |             |           |              |           |
| 3   |                |      |             |           |              |           |
| 4   |                |      |             |           |              |           |
| 5   |                |      |             |           |              |           |
| 6   |                |      |             |           |              |           |
| 7   |                |      |             |           |              |           |
| 8   |                |      |             |           |              |           |
| 9   |                |      |             |           |              |           |
| 10  |                |      |             |           |              |           |
| ... |                |      |             |           |              |           |
| ... |                |      |             |           |              |           |
| ... |                |      |             |           |              |           |
| --- |                |      |             |           |              |           |
| 30  |                |      |             |           |              |           |















## Lampiran 10. Formulir Food Recall

**PROGRAM PASCASARJANA  
UNIVERSITAS HASANUDDIN MAKASSAR  
TAHUN 2024**



**FORMULIR FOOD RECALL 24 JAM**

Hari/Tanggal : .....

Hari ke : .....

No. Responden : .....

| Waktu Makan             | Menu Makan | Bahan Makanan | Ukuran |              |
|-------------------------|------------|---------------|--------|--------------|
|                         |            |               | URT    | Berat (gram) |
| Pagi/Jam :              |            |               |        |              |
| Selingan Pagi/<br>Jam : |            |               |        |              |
| Siang/Jam :             |            |               |        |              |
| Selingan Sore/<br>Jam : |            |               |        |              |
| Malam/Jam :             |            |               |        |              |

Lampiran 11. Hasil Organoleptik

| Kode Sampel                                 | Kriteria Penilaian |   |   |   |       |   |   |   |      |   |   |   |       |   |   |   |
|---|--------------------|---|---|---|-------|---|---|---|------|---|---|---|-------|---|---|---|
|   | Tekstur            |   |   |   | Aroma |   |   |   | Rasa |   |   |   | Warna |   |   |   |
|   | 1                  | 2 | 3 | 4 | 1     | 2 | 3 | 4 | 1    | 2 | 3 | 4 | 1     | 2 | 3 | 4 |
| Sampel 1<br>(Cookies Labu kuning formula 1) |                    |   |   |   |       |   |   |   |      |   |   |   |       |   |   |   |
| 1   |                    |   |   | 1 |       |   |   | 1 |      |   |   | 1 |       |   |   | 1 |
| 2   |                    |   | 1 |   |       |   | 1 |   |      |   |   | 1 |       |   | 1 |   |
| 3   |                    |   |   | 1 |       |   |   | 1 |      |   |   | 1 |       |   |   | 1 |
| 4   |                    |   |   | 1 |       |   |   | 1 |      |   | 1 |   |       |   | 1 |   |
| 5   |                    |   | 1 |   |       |   | 1 |   |      |   | 1 |   |       |   | 1 |   |
| 6   |                    |   | 1 |   |       |   | 1 |   |      |   | 1 |   |       |   | 1 |   |
| 7   |                    | 1 |   |   |       |   | 1 |   | 1    |   |   |   | 1     |   |   |   |
| 8   |                    |   |   | 1 |       |   |   | 1 |      |   |   | 1 |       |   |   | 1 |
| 9   |                    |   |   | 1 |       |   | 1 |   |      |   | 1 |   |       |   | 1 |   |
| 10  |                    |   | 1 |   |       |   |   | 1 |      |   |   | 1 |       |   |   | 1 |
| 11  |                    |   |   | 1 |       |   |   | 1 |      |   |   | 1 |       |   |   | 1 |
| 12  |                    |   |   | 1 |       |   |   | 1 |      |   |   | 1 |       |   |   | 1 |
| 13  |                    |   |   | 1 |       |   | 1 |   |      |   |   | 1 |       |   |   | 1 |
| 14  |                    |   |   | 1 |       |   | 1 |   |      |   |   | 1 |       |   | 1 |   |
| 15  |                    |   |   |   | 1     |   | 1 |   |      |   |   | 1 |       |   | 1 |   |
| 16  |                    | 1 |   |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |

|  |                    |   |    |    |       |   |    |    |      |   |    |    |       |   |    |    |
|--|--------------------|---|----|----|-------|---|----|----|------|---|----|----|-------|---|----|----|
| 17   |                    |   |    | 1  |       |   |    | 1  |      |   | 1  |    |       |   |    | 1  |
| 18   |                    |   |    | 1  |       |   |    | 1  |      |   |    | 1  |       |   | 1  |    |
| 19   |                    |   | 1  |    |       |   | 1  |    |      |   |    | 1  |       |   | 1  |    |
| 20   |                    |   | 1  |    |       |   |    | 1  |      |   |    | 1  |       |   |    | 1  |
| 21   |                    |   |    | 1  |       |   |    | 1  |      |   |    | 1  |       |   |    | 1  |
| 22   |                    |   |    | 1  |       |   |    | 1  |      |   |    | 1  |       |   |    | 1  |
| 23   |                    |   |    | 1  |       |   | 1  |    |      |   | 1  |    |       |   |    | 1  |
| 24   |                    |   | 1  |    |       |   | 1  |    |      |   |    | 1  |       |   | 1  |    |
| 25   |                    |   |    | 1  |       |   | 1  |    |      |   |    | 1  |       |   | 1  |    |
| 26   |                    |   |    | 1  |       |   |    | 1  |      |   |    | 1  |       |   |    | 1  |
| 27   |                    |   | 1  |    |       |   |    | 1  |      |   | 1  |    |       |   |    | 1  |
| 28   |                    |   | 1  |    |       |   |    | 1  |      |   | 1  |    |       |   |    | 1  |
| 29   |                    |   |    | 1  |       |   | 1  |    |      |   | 1  |    |       |   |    | 1  |
| 30   |                    |   |    | 1  |       |   | 1  |    |      |   |    | 1  |       |   |    | 1  |
|  | 0                  | 4 | 27 | 72 | 1     | 2 | 42 | 60 | 1    | 2 | 27 | 76 | 1     | 2 | 33 | 68 |
|  | 3,433              |   |    |    | 3,5   |   |    |    | 3,53 |   |    |    | 3,46  |   |    |    |
| Kode   | Kriteria Penilaian |   |    |    |       |   |    |    |      |   |    |    |       |   |    |    |
| Sampel   | Tekstur            |   |    |    | Aroma |   |    |    | Rasa |   |    |    | Warna |   |    |    |
| Sampel 2<br>(Cookies<br>Labu<br>kuning<br>formula 2) | 1                  | 2 | 3  | 4  | 1     | 2 | 3  | 4  | 1    | 2 | 3  | 4  | 1     | 2 | 3  | 4  |
| 1  |                    |   | 1  |    |       |   | 1  |    |      |   | 1  |    |       |   | 1  |    |
| 2  |                    | 1 |    |    |       | 1 |    |    |      | 1 |    |    |       | 1 |    |    |

|    |  |   |   |   |  |   |   |  |   |   |   |   |   |   |   |   |
|----|--|---|---|---|--|---|---|--|---|---|---|---|---|---|---|---|
| 3  |  | 1 |   |   |  | 1 |   |  |   | 1 |   |   |   | 1 |   |   |
| 4  |  |   |   | 1 |  |   |   |  | 1 |   |   | 1 |   |   | 1 |   |
| 5  |  | 1 |   |   |  | 1 |   |  |   | 1 |   |   |   | 1 |   |   |
| 6  |  | 1 |   |   |  |   | 1 |  |   | 1 |   |   |   | 1 |   |   |
| 7  |  | 1 |   |   |  | 1 |   |  |   | 1 |   |   | 1 |   |   |   |
| 8  |  |   |   | 1 |  |   |   |  | 1 |   |   | 1 |   | 1 |   |   |
| 9  |  |   |   | 1 |  |   | 1 |  |   |   | 1 |   |   |   | 1 |   |
| 10 |  |   | 1 |   |  |   |   |  | 1 |   |   | 1 |   |   |   |   |
| 11 |  |   |   | 1 |  |   |   |  | 1 |   |   | 1 |   | 1 |   |   |
| 12 |  |   |   | 1 |  |   |   |  | 1 |   |   | 1 |   | 1 |   |   |
| 13 |  |   |   | 1 |  |   | 1 |  |   |   |   | 1 |   | 1 |   |   |
| 14 |  |   |   | 1 |  |   | 1 |  |   |   |   | 1 |   | 1 |   |   |
| 15 |  |   |   |   |  | 1 |   |  |   |   |   | 1 |   | 1 |   |   |
| 16 |  | 1 |   |   |  | 1 |   |  | 1 |   |   |   |   | 1 |   |   |
| 17 |  |   |   | 1 |  |   |   |  | 1 |   | 1 |   |   |   | 1 |   |
| 18 |  |   |   | 1 |  |   |   |  | 1 |   | 1 |   |   |   | 1 |   |
| 19 |  |   | 1 |   |  |   | 1 |  |   |   | 1 |   |   |   | 1 |   |
| 20 |  |   | 1 |   |  |   |   |  | 1 |   | 1 |   |   |   | 1 |   |
| 21 |  |   |   | 1 |  |   |   |  | 1 |   | 1 |   |   |   |   |   |
| 22 |  |   |   | 1 |  |   |   |  | 1 |   | 1 |   |   |   |   | 1 |
| 23 |  |   |   | 1 |  |   | 1 |  |   |   | 1 |   |   |   | 1 |   |
| 24 |  |   | 1 |   |  |   | 1 |  |   |   |   | 1 |   |   | 1 |   |
| 25 |  |   |   | 1 |  |   | 1 |  | 1 |   |   |   |   |   | 1 |   |
| 26 |  |   |   | 1 |  |   |   |  | 1 | 1 |   |   |   |   |   | 1 |
| 27 |  |   | 1 |   |  | 1 |   |  |   |   | 1 |   |   |   |   | 1 |
| 28 |  |   | 1 |   |  |   |   |  | 1 |   | 1 |   |   |   |   | 1 |
| 29 |  |   |   | 1 |  |   | 1 |  |   |   | 1 |   |   |   |   | 1 |

|    |      |    |    |    |      |    |    |    |     |    |    |   |      |    |    |    |
|----|------|----|----|----|------|----|----|----|-----|----|----|---|------|----|----|----|
| 30 |      |    |    | 1  |      |    | 1  |    |     | 1  |    |   |      |    |    | 1  |
|    | 0    | 12 | 21 | 64 | 1    | 12 | 33 | 48 | 3   | 32 | 30 | 4 | 1    | 22 | 30 | 24 |
|    | 3,23 |    |    |    | 3,13 |    |    |    | 2,3 |    |    |   | 2,57 |    |    |    |

| Kode Sampel                                 | Kriteria Penilaian |   |   |   |       |   |   |   |      |   |   |   |       |   |   |   |
|---|--------------------|---|---|---|-------|---|---|---|------|---|---|---|-------|---|---|---|
|   | Tekstur            |   |   |   | Aroma |   |   |   | Rasa |   |   |   | Warna |   |   |   |
| Sampel 3<br>(Cookies Labu kuning formula 3) | 1                  | 2 | 3 | 4 | 1     | 2 | 3 | 4 | 1    | 2 | 3 | 4 | 1     | 2 | 3 | 4 |
| 1   | 1                  |   |   |   |       |   | 1 |   |      |   | 1 |   |       |   |   | 1 |
| 2   |                    | 1 |   |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |
| 3   |                    | 1 |   |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |
| 4   | 1                  |   |   |   |       | 1 |   |   |      |   | 1 |   |       |   | 1 |   |
| 5   |                    | 1 |   |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |
| 6   |                    | 1 |   |   |       |   | 1 |   |      | 1 |   |   |       | 1 |   |   |
| 7   |                    | 1 |   |   |       | 1 |   |   |      | 1 |   |   | 1     |   |   |   |
| 8   | 1                  |   |   |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |
| 9   | 1                  |   |   |   |       |   | 1 |   |      | 1 |   |   |       |   | 1 |   |
| 10  |                    |   | 1 |   |       | 1 |   |   |      | 1 |   |   |       |   |   |   |
| 11  |                    | 1 |   |   |       | 1 |   |   | 1    |   |   |   |       | 1 |   |   |
| 12  |                    | 1 |   |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |
| 13  |                    | 1 |   |   |       |   | 1 |   |      | 1 |   |   |       | 1 |   |   |

|    |      |    |   |   |      |    |    |   |      |    |    |   |      |    |    |   |
|----|------|----|---|---|------|----|----|---|------|----|----|---|------|----|----|---|
| 14 |      | 1  |   |   |      | 1  |    |   |      | 1  |    |   | 1    |    |    |   |
| 15 |      | 1  |   |   | 1    |    |    |   |      | 1  |    |   | 1    |    |    |   |
| 16 |      | 1  |   |   |      | 1  |    |   | 1    |    |    |   | 1    |    |    |   |
| 17 | 1    |    |   |   |      | 1  |    |   |      | 1  |    |   |      | 1  |    |   |
| 18 | 1    |    |   |   |      | 1  |    |   |      | 1  |    |   |      | 1  |    |   |
| 19 |      | 1  |   |   |      |    | 1  |   |      | 1  |    |   |      | 1  |    |   |
| 20 |      |    | 1 |   |      |    | 1  |   |      | 1  |    |   |      | 1  |    |   |
| 21 |      | 1  |   |   |      | 1  |    |   |      | 1  |    |   | 1    |    |    |   |
| 22 |      | 1  |   |   |      | 1  |    |   |      | 1  |    | 1 |      |    |    |   |
| 23 |      | 1  |   |   |      |    | 1  |   |      | 1  |    |   |      | 1  |    |   |
| 24 |      | 1  |   |   |      |    | 1  |   |      |    | 1  |   |      | 1  |    |   |
| 25 | 1    |    |   |   |      |    | 1  |   | 1    |    |    |   |      | 1  |    |   |
| 26 |      | 1  |   |   | 1    |    |    |   | 1    |    |    |   |      | 1  |    |   |
| 27 |      |    | 1 |   | 1    |    |    |   |      | 1  |    |   |      | 1  |    |   |
| 28 |      | 1  |   |   | 1    |    |    |   |      | 1  |    |   |      | 1  |    |   |
| 29 |      | 1  |   |   |      |    | 1  |   |      | 1  |    |   |      | 1  |    |   |
| 30 |      | 1  |   |   |      |    | 1  |   |      | 1  |    |   |      | 1  |    |   |
|    | 6    | 40 | 9 | 0 | 4    | 28 | 33 | 0 | 4    | 42 | 12 | 0 | 2    | 32 | 30 | 0 |
|    | 1,83 |    |   |   | 2,16 |    |    |   | 1,93 |    |    |   | 2,13 |    |    |   |

| Sampel  | Tekstur |   |   |   | Aroma |   |   |   | Rasa |   |   |   | Warna |   |   |   |
|---|---------|---|---|---|-------|---|---|---|------|---|---|---|-------|---|---|---|
|   | 1       | 2 | 3 | 4 | 1     | 2 | 3 | 4 | 1    | 2 | 3 | 4 | 1     | 2 | 3 | 4 |
| Sampel 1<br>(Cookies<br>Kacang<br>Hijau<br>formula 1) |         |   |   |   |       |   |   |   |      |   |   |   |       |   |   |   |
| 1   |         |   | 1 |   |       |   |   | 1 |      |   |   | 1 |       |   |   | 1 |
| 2   |         |   | 1 |   |       |   | 1 |   |      |   |   | 1 |       |   | 1 |   |
| 3   |         |   | 1 |   |       |   |   | 1 |      |   |   | 1 |       |   |   | 1 |
| 4   |         |   | 1 |   |       |   |   | 1 |      |   |   | 1 |       |   | 1 |   |
| 5   |         |   | 1 |   |       |   | 1 |   |      |   | 1 |   |       |   | 1 |   |
| 6   |         |   | 1 |   |       |   | 1 |   |      |   | 1 |   |       |   | 1 |   |
| 7   |         | 1 |   |   |       |   | 1 |   |      |   | 1 |   |       |   | 1 |   |
| 8   |         |   | 1 |   |       |   |   | 1 |      |   |   | 1 |       |   |   | 1 |
| 9   |         |   |   | 1 |       |   | 1 |   |      |   | 1 |   |       |   | 1 |   |
| 10  |         |   | 1 |   |       |   |   | 1 |      |   | 1 |   |       |   |   | 1 |
| 11  |         |   |   | 1 |       |   |   | 1 |      |   | 1 |   |       |   |   | 1 |
| 12  |         |   |   | 1 |       |   |   | 1 |      |   |   | 1 |       |   |   | 1 |
| 13  |         |   |   | 1 |       |   | 1 |   |      |   |   | 1 |       |   |   | 1 |
| 14  |         |   |   | 1 |       |   | 1 |   |      |   |   | 1 |       |   | 1 |   |
| 15  |         |   |   | 1 |       |   |   | 1 |      |   |   | 1 |       |   | 1 |   |
| 16  |         |   |   | 1 |       | 1 |   |   |      |   |   | 1 |       | 1 |   |   |
| 17  |         |   |   | 1 |       |   |   | 1 |      |   | 1 |   |       |   |   | 1 |
| 18  |         |   |   | 1 |       |   |   | 1 |      |   |   | 1 |       |   | 1 |   |
| 19  |         |   | 1 |   |       |   | 1 |   |      |   |   | 1 |       |   | 1 |   |
| 20  |         |   | 1 |   |       |   |   | 1 |      |   |   | 1 |       |   |   | 1 |



|    |      |   |    |    |     |   |    |    |     |   |    |    |      |   |    |    |
|----|------|---|----|----|-----|---|----|----|-----|---|----|----|------|---|----|----|
| 21 |      |   |    | 1  |     |   |    | 1  |     |   |    | 1  |      |   |    | 1  |
| 22 |      |   |    | 1  |     |   |    | 1  |     |   |    | 1  |      |   |    | 1  |
| 23 |      |   |    | 1  |     |   | 1  |    |     |   | 1  |    |      |   |    | 1  |
| 24 |      |   | 1  |    |     |   |    | 1  |     |   |    | 1  |      |   |    | 1  |
| 25 |      |   |    | 1  |     |   |    | 1  |     |   |    | 1  |      |   | 1  |    |
| 26 |      |   |    | 1  |     |   |    | 1  |     |   |    | 1  |      |   |    | 1  |
| 27 |      |   | 1  |    |     |   |    | 1  |     |   | 1  |    |      |   |    | 1  |
| 28 |      |   |    | 1  |     |   |    | 1  |     |   | 1  |    |      |   |    | 1  |
| 29 |      |   |    | 1  |     |   | 1  |    |     |   |    | 1  |      |   |    | 1  |
| 30 |      |   |    | 1  |     |   |    | 1  |     |   |    | 1  |      |   |    | 1  |
|    | 0    | 2 | 36 | 68 | 0   | 2 | 30 | 76 | 0   | 0 | 30 | 80 | 0    | 2 | 33 | 72 |
|    | 3,53 |   |    |    | 3,6 |   |    |    | 3,6 |   |    |    | 3,56 |   |    |    |

| Kode Sampel                                  | Kriteria Penilaian |   |   |   |       |   |   |   |      |   |   |   |       |   |   |   |
|--|--------------------|---|---|---|-------|---|---|---|------|---|---|---|-------|---|---|---|
|  | Tekstur            |   |   |   | Aroma |   |   |   | Rasa |   |   |   | Warna |   |   |   |
|  | 1                  | 2 | 3 | 4 | 1     | 2 | 3 | 4 | 1    | 2 | 3 | 4 | 1     | 2 | 3 | 4 |
| Sampel 2<br>(Cookies Kacang Hijau formula 2) |                    |   |   |   |       |   |   |   |      |   |   |   |       |   |   |   |
| 1  |                    |   | 1 |   |       |   | 1 |   |      |   | 1 |   |       |   | 1 |   |
| 2  |                    | 1 |   |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |
| 3  |                    | 1 |   |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |
| 4  |                    |   |   | 1 |       |   |   | 1 |      |   | 1 |   |       |   | 1 |   |
| 5  |                    | 1 |   |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |

|    |   |    |    |    |   |    |    |    |   |    |    |   |   |    |    |   |
|----|---|----|----|----|---|----|----|----|---|----|----|---|---|----|----|---|
| 6  |   | 1  |    |    |   | 1  |    |    | 1 |    |    |   | 1 |    |    |   |
| 7  |   | 1  |    |    |   | 1  |    |    | 1 |    |    | 1 |   |    |    |   |
| 8  |   |    |    | 1  |   | 1  |    |    |   |    | 1  |   | 1 |    |    |   |
| 9  |   |    |    | 1  |   | 1  |    |    |   | 1  |    |   | 1 |    |    |   |
| 10 |   |    | 1  |    |   | 1  |    |    |   | 1  |    |   |   |    |    |   |
| 11 |   |    | 1  |    |   | 1  |    |    |   | 1  |    |   |   | 1  |    |   |
| 12 |   |    | 1  |    |   | 1  |    |    |   | 1  |    |   |   | 1  |    |   |
| 13 |   |    | 1  |    |   | 1  |    |    |   | 1  |    |   |   | 1  |    |   |
| 14 |   |    | 1  |    |   | 1  |    |    |   | 1  |    |   |   | 1  |    |   |
| 15 |   | 1  |    |    | 1 |    |    |    |   | 1  |    |   |   | 1  |    |   |
| 16 |   | 1  |    |    |   | 1  |    |    | 1 |    |    |   |   | 1  |    |   |
| 17 |   |    |    | 1  |   | 1  |    |    |   | 1  |    |   |   |    | 1  |   |
| 18 |   |    |    | 1  |   | 1  |    |    |   |    |    | 1 |   |    | 1  |   |
| 19 |   |    | 1  |    |   | 1  |    |    |   | 1  |    |   |   | 1  |    |   |
| 20 |   |    | 1  |    |   |    |    | 1  |   | 1  |    |   |   | 1  |    |   |
| 21 |   |    |    | 1  |   | 1  |    |    |   | 1  |    |   |   | 1  |    |   |
| 22 |   |    |    | 1  |   | 1  |    |    |   | 1  |    |   |   | 1  |    |   |
| 23 |   |    |    | 1  |   | 1  |    |    |   | 1  |    |   |   |    | 1  |   |
| 24 |   |    | 1  |    |   | 1  |    |    |   |    |    | 1 |   |    | 1  |   |
| 25 |   |    |    | 1  |   | 1  |    |    | 1 |    |    |   |   | 1  |    |   |
| 26 |   |    |    | 1  |   |    |    | 1  | 1 |    |    |   |   |    | 1  |   |
| 27 |   |    | 1  |    |   | 1  |    |    |   | 1  |    |   |   |    | 1  |   |
| 28 |   |    | 1  |    |   |    |    | 1  |   | 1  |    |   |   |    | 1  |   |
| 29 |   |    |    | 1  |   | 1  |    |    |   | 1  |    |   |   |    |    | 1 |
| 30 |   |    |    | 1  |   | 1  |    |    |   | 1  |    |   |   |    |    | 1 |
|    | 0 | 14 | 33 | 48 | 1 | 22 | 42 | 16 | 3 | 30 | 30 | 8 | 1 | 32 | 30 | 8 |

|  |      |  |  |  |     |  |  |  |      |  |  |  |      |  |  |  |
|--|------|--|--|--|-----|--|--|--|------|--|--|--|------|--|--|--|
|  | 3,17 |  |  |  | 2,7 |  |  |  | 2,37 |  |  |  | 2,37 |  |  |  |
|--|------|--|--|--|-----|--|--|--|------|--|--|--|------|--|--|--|

| Kode Sampel                                  | Kriteria Penilaian |   |   |   |       |   |   |   |      |   |   |   |       |   |   |   |
|--|--------------------|---|---|---|-------|---|---|---|------|---|---|---|-------|---|---|---|
|  | Tekstur            |   |   |   | Aroma |   |   |   | Rasa |   |   |   | Warna |   |   |   |
|  | 1                  | 2 | 3 | 4 | 1     | 2 | 3 | 4 | 1    | 2 | 3 | 4 | 1     | 2 | 3 | 4 |
| Sampel 3<br>(Cookies Kacang Hijau formula 3) |                    |   |   |   |       |   |   |   |      |   |   |   |       |   |   |   |
| 1  | 1                  |   |   |   |       |   | 1 |   |      |   | 1 |   |       |   | 1 |   |
| 2  |                    | 1 |   |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |
| 3  |                    | 1 |   |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |
| 4  | 1                  |   |   |   |       | 1 |   |   |      |   | 1 |   |       |   | 1 |   |
| 5  |                    | 1 |   |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |
| 6  |                    | 1 |   |   |       |   | 1 |   |      | 1 |   |   |       | 1 |   |   |
| 7  |                    | 1 |   |   |       | 1 |   |   |      | 1 |   |   | 1     |   |   |   |
| 8  | 1                  |   |   |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |
| 9  | 1                  |   |   |   |       |   | 1 |   |      | 1 |   |   |       |   | 1 |   |
| 10   |                    |   | 1 |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |
| 11   |                    | 1 |   |   |       | 1 |   |   | 1    |   |   |   |       | 1 |   |   |
| 12   |                    | 1 |   |   |       | 1 |   |   |      | 1 |   |   |       | 1 |   |   |
| 13   |                    | 1 |   |   |       |   | 1 |   |      | 1 |   |   |       | 1 |   |   |
| 14   |                    | 1 |   |   |       |   | 1 |   |      |   | 1 |   |       | 1 |   |   |

|    |     |    |   |   |      |    |    |   |   |    |    |   |      |    |    |   |
|----|-----|----|---|---|------|----|----|---|---|----|----|---|------|----|----|---|
| 15 |     | 1  |   |   | 1    |    |    |   |   | 1  |    |   |      | 1  |    |   |
| 16 |     | 1  |   |   |      | 1  |    |   | 1 |    |    |   |      | 1  |    |   |
| 17 | 1   |    |   |   |      | 1  |    |   |   | 1  |    |   | 1    |    |    |   |
| 18 | 1   |    |   |   |      | 1  |    |   |   | 1  |    |   | 1    |    |    |   |
| 19 |     | 1  |   |   |      |    | 1  |   |   | 1  |    |   | 1    |    |    |   |
| 20 |     |    | 1 |   |      |    | 1  |   |   | 1  |    |   |      |    | 1  |   |
| 21 |     | 1  |   |   |      | 1  |    |   |   | 1  |    |   |      | 1  |    |   |
| 22 |     | 1  |   |   |      | 1  |    |   |   | 1  |    |   | 1    |    |    |   |
| 23 |     | 1  |   |   |      |    | 1  |   |   | 1  |    |   |      |    |    |   |
| 24 | 1   |    |   |   |      |    | 1  |   |   |    | 1  |   |      | 1  |    |   |
| 25 | 1   |    |   |   |      |    | 1  |   | 1 |    |    |   |      | 1  |    |   |
| 26 |     | 1  |   |   | 1    |    |    |   |   |    | 1  |   |      |    | 1  |   |
| 27 | 1   |    |   |   |      |    | 1  |   |   | 1  |    |   |      | 1  |    |   |
| 28 |     | 1  |   |   | 1    |    |    |   |   | 1  |    |   |      | 1  |    |   |
| 29 |     | 1  |   |   |      |    | 1  |   |   | 1  |    |   |      | 1  |    |   |
| 30 | 1   |    |   |   |      |    | 1  |   |   | 1  |    |   |      | 1  |    |   |
|    | 9   | 36 | 6 | 0 | 3    | 28 | 36 | 0 | 3 | 42 | 15 | 0 | 5    | 38 | 12 | 0 |
|    | 1,7 |    |   |   | 2,23 |    |    |   | 3 |    |    |   | 1,83 |    |    |   |

## Lampiran 11 Hasil Analisis Komposisi Cookies Labu Kuning dan Cookies Kacang Hijau



## LAPORAN HASIL UJI

Report of Analysis

No : 24000714 - 24000717 / LHU / BBLK-MKS // 2024

Nama Customer : SITI KURNIATI RAUF  
 Customer Name :  
 Alamat : Kel. Sawa Kec. Sawa Kab. Korawa Utara Sulawesi Tenggara  
 Address :  
 Jenis Sampel : Tepung & Cookies  
 Type of Sample (S) :  
 No. Sampel : 24000714 - 24000717  
 No. Sample :  
 Tanggal Penerimaan : 12 Januari 2024  
 Received Date : January 12, 2024  
 Tanggal Pengujian : 12 Januari 2024 s/d 23 Januari 2024  
 Test Date : January 12, 2024 to January 23, 2024

## HASIL PEMERIKSAAN

| No | No. Lab  | Kode Sampel          | Parameter                  | Satuan | Hasil Uji | Spesifikasi Metode |
|----|----------|----------------------|----------------------------|--------|-----------|--------------------|
| 1  | 24000714 | Tepung Labu Kuning   | Kadar Air                  | %      | 5,70      | Gravimetrik        |
|    |          |                      | Kadar Abu                  | %      | 6,29      | Gravimetrik        |
|    |          |                      | Karbohidrat by Luff Schoof | %      | 50,42     | Titrimetrik        |
|    |          |                      | Lemak                      | %      | 2,41      | Gravimetrik        |
|    |          |                      | Protein                    | %      | 5,75      | Kjedal             |
|    |          |                      | Vitamin A (Betakaroten)    | µg/g   | 7238,31   | Spektrofotometrik  |
| 2  | 24000715 | Tepung Kacang Hijau  | Kadar Air                  | %      | 7,70      | Gravimetrik        |
|    |          |                      | Kadar Abu                  | %      | 3,83      | Gravimetrik        |
|    |          |                      | Karbohidrat by Luff Schoof | %      | 44,70     | Titrimetrik        |
|    |          |                      | Lemak                      | %      | 0,82      | Gravimetrik        |
|    |          |                      | Protein                    | %      | 4,77      | Kjedal             |
| 3  | 24000716 | Cookies Labu Kuning  | Karbohidrat by Luff Schoof | %      | 54,01     | Titrimetrik        |
|    |          |                      | Lemak                      | %      | 23,39     | Gravimetrik        |
|    |          |                      | Protein                    | %      | 6,04      | Kjedal             |
|    |          |                      | Vitamin A (Betakaroten)    | µg/g   | 765,75    | Spektrofotometrik  |
| 4  | 24000717 | Cookies Kacang Hijau | Karbohidrat by Luff Schoof | %      | 47,34     | Titrimetrik        |
|    |          |                      | Lemak                      | %      | 19,78     | Gravimetrik        |
|    |          |                      | Protein                    | %      | 7,32      | Kjedal             |

Catatan: 1 Hasil uji ini berlaku untuk sampel yang diuji

Note: The analytical result are only valid for the tested sample

2 Laporan hasil uji ini terdiri dari 1 halaman

The report of analysis consists of 1 page

3 Laporan hasil uji ini tidak boleh digandakan kecuali secara lisan dan secara tertulis Laboratorium Penguji

Balai Besar Laboratorium Kesehatan Makassar

This report of analysis shall not be reproduced (copied) except for the completed one and with their written permission of the testing Laboratory Balai Besar Laboratorium Kesehatan Makassar

Makassar, 24 Januari 2024  
 Koordinator Pelayanan,  
  
 dr. IRMAWATI HAERUDDIN  
 NIP. 1963022801012001



Lampiran 12 Lembar Pemeriksaan Denver

Lampiran 1 : Lembar DDST (Denver Developmental Screening Test)

**Denver II**

PERUSAHA : \_\_\_\_\_      NAMA : \_\_\_\_\_  
 TANGGAL : \_\_\_\_\_      TANGGAL LAHIR : \_\_\_\_\_  
 NO. DM : \_\_\_\_\_      TRAJUK : \_\_\_\_\_

BUAN 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40 42 44 46 48 50

MOTORSIKASUS      BAHASA      ADAPTIF - MOTORIK HALUS      PSIKOSOSIAL

**TES PERILAKU**

(Perhatikan kotak utk. Tes 1, 2 atau 3)

|                          |   |   |   |
|--------------------------|---|---|---|
| <b>Khusus</b>            | 1 | 2 | 3 |
| Ta                       |   |   |   |
| Tidak                    |   |   |   |
| <b>Falsuh</b>            | 1 | 2 | 3 |
| Senak / Falsuh           |   |   |   |
| Sesanyo palsu            |   |   |   |
| Heding-keding palsu      |   |   |   |
| <b>Terditik eke-ling</b> | 1 | 2 | 3 |
| Tanggap                  |   |   |   |
| Apur tidak tertarik      |   |   |   |
| Sangat tidak tertarik    |   |   |   |
| <b>Melakukin</b>         | 1 | 2 | 3 |
| Tidak                    |   |   |   |
| Agak                     |   |   |   |
| Sangat                   |   |   |   |
| <b>Lama Perhatian</b>    | 1 | 2 | 3 |
| Cukup                    |   |   |   |
| Agak terpanggap          |   |   |   |
| Sangat terpanggap        |   |   |   |

BUAN 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40 42 44 46 48 50

© 2004, 2008, 2009 W.B. Fombonne & J. E. Costello. Denver II is a trademark of W.B. Fombonne & J. E. Costello.

Lampiran 13. Master Data penelitian  
Cookies labu kuning

| NO | INISIAL | JENIS KELAMIN | UMUR | PRE TEST |      |            |                   |        | POST TEST |      |            |               |        |
|----|---------|---------------|------|----------|------|------------|-------------------|--------|-----------|------|------------|---------------|--------|
|    |         |               |      | BB       | TB   | KETERANGAN | MOTORIK KASAR     | KODING | BB        | TB   | KETERANGAN | MOTORIK KASAR | KODING |
| 1  | SNA     | Perempuan     | 2    | 8,0      | 77   | Abnormal   | P = 3, F = 1, R=2 | 1      | 9,0       | 81   | Normal     | P = 5, F = 1  | 3      |
| 2  | AI      | Laki-laki     | 5    | 13,0     | 104  | Abnormal   | P = 4, F = 2      | 1      | 13,8      | 108  | Normal     | P = 6, F = 0  | 3      |
| 3  | MN      | Laki-laki     | 3    | 10,0     | 92   | Meragukan  | P = 5, F = 1      | 2      | 10,8      | 96,5 | Normal     | P = 6, F = 0  | 3      |
| 4  | SN      | Perempuan     | 4    | 10,4     | 90   | Meragukan  | P = 3, F = 2, R=1 | 2      | 11,6      | 95   | Normal     | P = 6, F = 0  | 3      |
| 5  | HZ      | Laki-laki     | 2    | 9,0      | 82   | Meragukan  | P = 3, F = 2, R=1 | 2      | 11,5      | 87   | Meragukan  | P = 5, F = 1  | 2      |
| 6  | VN      | Laki-laki     | 3    | 10,0     | 85,5 | Meragukan  | P = 6, F = 1      | 2      | 11,8      | 89   | Normal     | P = 6, F = 0  | 3      |
| 7  | AN      | Perempuan     | 3    | 10,0     | 85   | Meragukan  | P = 6, F = 1      | 2      | 11,5      | 90   | Normal     | P = 6, F = 0  | 3      |
| 8  | SV      | Perempuan     | 3    | 10,2     | 88,5 | Meragukan  | P = 6, F = 1      | 2      | 11,3      | 91   | Normal     | P = 6, F = 0  | 3      |
| 9  | MI      | Laki-laki     | 2    | 9,2      | 81   | Meragukan  | P = 4, F = 1, R=1 | 2      | 11,2      | 87   | Normal     | P = 5, F = 1  | 3      |
| 10 | SR      | Perempuan     | 5    | 10,4     | 85   | Meragukan  | P = 6, F = 1      | 2      | 13,0      | 91   | Normal     | P = 6, F = 0  | 3      |
| 11 | SR      | Perempuan     | 5    | 10,2     | 87   | Meragukan  | P = 6, F = 1      | 2      | 13,0      | 93   | Normal     | P = 6, F = 0  | 3      |
| 12 | ZI      | Perempuan     | 5    | 11,5     | 93   | Abnormal   | P = 5, F = 2      | 1      | 10,8      | 96   | Normal     | P = 6, F = 0  | 3      |
| 13 | AG      | Laki-laki     | 4    | 10,8     | 87   | Meragukan  | P = 6, F = 1      | 2      | 11,5      | 90,4 | Normal     | P = 6, F = 0  | 3      |
| 14 | SNSS    | Laki-laki     | 2    | 8,5      | 82   | Meragukan  | P = 6, F = 1      | 2      | 9,8       | 90   | Normal     | P = 6, R= 0   | 3      |
| 15 | AN      | Perempuan     | 3    | 10,2     | 92   | Meragukan  | P = 6, F = 1      | 2      | 11,9      | 96   | Normal     | P = 6, F =0   | 3      |
| 16 | AGU     | Laki-laki     | 5    | 12,3     | 102  | Meragukan  | P = 6, R= 1       | 2      | 12,4      | 106  | Normal     | P = 6, F= 0   | 3      |

|    |     |           |   |      |      |           |                     |   |      |       |        |                 |   |
|----|-----|-----------|---|------|------|-----------|---------------------|---|------|-------|--------|-----------------|---|
| 17 | JA  | Perempuan | 5 | 12,0 | 99   | Meragukan | P = 5 R= 1          | 2 | 13,5 | 102   | Normal | P = 6 F= 0      | 3 |
| 18 | MA  | Perempuan | 5 | 12,5 | 102  | Meragukan | P = 5 R= 1          | 2 | 13,9 | 108   | Normal | P = 6 F= 0      | 3 |
| 19 | AI  | Perempuan | 4 | 11,0 | 96   | Meragukan | P = 5, F= 1,<br>R=1 | 2 | 11,5 | 101   | Normal | P = 5, F= 1     | 3 |
| 20 | SU  | Perempuan | 2 | 7,8  | 80   | Meragukan | P = 3, F= 1,<br>R=2 | 2 | 8,0  | 77,6  | Normal | P = 6, F= 1     | 3 |
| 21 | RN  | Perempuan | 5 | 11,9 | 96   | Normal    | P = 6, F = 0        | 3 | 12,9 | 102   | Normal | P = 6, F =<br>0 | 3 |
| 22 | AL  | Perempuan | 5 | 12,0 | 101  | Meragukan | P = 5 R= 1          | 2 | 13,8 | 105,7 | Normal | P = 6 F= 0      | 3 |
| 23 | FA  | Perempuan | 5 | 13,2 | 99,5 | Meragukan | P = 5, F = 1        | 2 | 14,2 | 103,5 | Normal | P = 6, F =<br>0 | 3 |
| 24 | MAL | Perempuan | 3 | 11,2 | 92   | Normal    | P = 6, F = 0        | 3 | 13,2 | 96    | Normal | P = 6, F =<br>0 | 3 |
| 25 | MAL | Perempuan | 3 | 10,8 | 92,5 | Normal    | P = 6, F = 0        | 3 | 12,1 | 92,5  | Normal | P = 6, F =<br>0 | 3 |
| 26 | DI  | Laki-laki | 4 | 11,5 | 93   | Meragukan | P = 6, F = 1        | 2 | 12,7 | 98,5  | Normal | P = 6, F =<br>0 | 3 |
| 27 | TN  | Perempuan | 4 | 11,2 | 95,5 | Abnormal  | P = 5, F = 2        | 1 | 14,2 | 102   | Normal | P = 5, F =<br>0 | 3 |
| 28 | MM  | Laki-laki | 4 | 11,8 | 95   | Meragukan | P = 6, F = 1        | 2 | 12,4 | 101   | Normal | P = 6, F =<br>0 | 3 |
| 29 | RF  | Laki-laki | 3 | 9,7  | 84   | Abnormal  | P = 3, F= 2,<br>R=2 | 1 | 9,8  | 88    | Normal | P = 5, F= 1     | 3 |
| 30 | AN  | Perempuan | 5 | 12,8 | 102  | Meragukan | P = 6, F = 1        | 2 | 13,7 | 106,5 | Normal | P = 6, F = 1    | 3 |



## Cookies Kacang hijau

| NO | INISLAI | JENIS KELAMIN | USIA | PRE TEST |         |            |               |        | POST TEST |         |            |               |        |
|----|---------|---------------|------|----------|---------|------------|---------------|--------|-----------|---------|------------|---------------|--------|
|    |         |               |      | BB (Kg)  | TB (Cm) | KETERANGAN | MOTORIK KASAR | KODING | BB (Kg)   | TB (Cm) | KETERANGAN | MOTORIK KASAR | KODING |
| 1  | AR      | Perempuan     | 3    | 9,5      | 86      | abnormal   | P=2, F=2, R=2 | 1      | 10,5      | 91      | meragukan  | P=5, F=1      | 2      |
| 2  | MA      | Laki-laki     | 3    | 9,5      | 85      | abnormal   | P=4, F=2      | 1      | 9,8       | 90,5    | normal     | P=6, F=0      | 3      |
| 3  | MAL     | Laki-laki     | 2    | 8,7      | 84      | abnormal   | P=4, F=2      | 1      | 9,4       | 90      | normal     | P=6, F=0      | 3      |
| 4  | SP      | Perempuan     | 2    | 8,5      | 83      | meragukan  | P=6, R=2      | 2      | 9,2       | 88,5    | normal     | P=6, F=0      | 3      |
| 5  | MAG     | Laki-laki     | 4    | 12,0     | 97      | meragukan  | P=6, F=1      | 2      | 12,6      | 101     | meragukan  | P=6, F=1      | 2      |
| 6  | TK      | Perempuan     | 1    | 6,5      | 69      | meragukan  | P=5, F=1, R=1 | 2      | 7,4       | 77      | meragukan  | P=6, F=1      | 2      |
| 7  | IS      | Laki-laki     | 5    | 12,8     | 99      | normal     | P=6, F=0      | 3      | 13,2      | 104     | normal     | P=6, F=0      | 3      |
| 8  | AL      | Laki-laki     | 5    | 13,0     | 101     | normal     | P=6, F=0      | 3      | 14,2      | 106,5   | normal     | P=6, F=0      | 3      |
| 9  | ALF     | Laki-laki     | 5    | 13,5     | 101     | meragukan  | P=6, F=1      | 2      | 14,2      | 106     | normal     | P=6, F=0      | 3      |
| 10 | ARD     | Laki-laki     | 5    | 12,7     | 108     | meragukan  | P=6, F=1      | 2      | 13,4      | 112     | normal     | P=6, F=0      | 3      |
| 11 | LV      | Perempuan     | 3    | 9,5      | 89      | meragukan  | P=5, F=1, R=1 | 2      | 11,9      | 95      | normal     | P=6, F=0      | 3      |
| 12 | SH      | Perempuan     | 3    | 9,5      | 85      | meragukan  | P=5, F=1, R=1 | 2      | 11,4      | 92      | normal     | P=6, F=0      | 3      |
| 13 | IRD     | Perempuan     | 3    | 10,3     | 86      | meragukan  | P=6, F=1      | 2      | 11,3      | 91,5    | normal     | P=6, F=0      | 3      |
| 14 | MGG     | Laki-laki     | 2    | 9,8      | 90      | meragukan  | P=6, F=1      | 2      | 10,6      | 95      | normal     | P=6, F=0      | 3      |
| 15 | AMS     | Laki-laki     | 4    | 12,9     | 99      | meragukan  | P=6, F=1      | 2      | 14,0      | 104     | meragukan  | P=6, F=1      | 2      |

|    |      |           |   |      |      |           |                 |   |      |       |           |          |   |
|----|------|-----------|---|------|------|-----------|-----------------|---|------|-------|-----------|----------|---|
| 16 | AZH  | Perempuan | 2 | 8,5  | 80   | abnormal  | P=4, F=2        | 1 | 10,2 | 86    | normal    | P=6, F=0 | 3 |
| 17 | MHQ  | Laki-laki | 3 | 9,8  | 86   | meragukan | P=6, F=1        | 2 | 11,6 | 93    | normal    | P=6, F=0 | 3 |
| 18 | MGB  | Laki-laki | 3 | 9,5  | 85   | abnormal  | P=4, F=2        | 1 | 10,2 | 91    | meragukan | P=6, F=1 | 2 |
| 19 | MDZ  | Laki-laki | 3 | 10,7 | 92,8 | meragukan | P=4, F=1, R = 1 | 2 | 11,5 | 97    | normal    | P=6, F=0 | 3 |
| 20 | AKH  | Laki-laki | 3 | 10,8 | 92,5 | meragukan | P=4, R = 2      | 2 | 11,3 | 96    | meragukan | P=5, F=1 | 2 |
| 21 | AZA  | Perempuan | 2 | 9,0  | 84   | meragukan | P=4, F=1, R = 1 | 2 | 10,5 | 87    | meragukan | P=6, F=1 | 2 |
| 22 | ARMP | Perempuan | 4 | 10,7 | 92   | meragukan | P=6, F=1        | 2 | 12,3 | 98,5  | normal    | P=6, F=0 | 3 |
| 23 | ARK  | Laki-laki | 4 | 12,0 | 96   | normal    | P=6, F=0        | 3 | 12,9 | 101   | normal    | P=6, F=0 | 3 |
| 24 | M.I  | Laki-laki | 4 | 11,3 | 95,5 | normal    | P=6, F=0        | 3 | 12,1 | 101   | normal    | P=6, F=0 | 3 |
| 25 | MAND | Laki-laki | 4 | 10,5 | 90   | normal    | P=6, F=0        | 3 | 11,6 | 96    | normal    | P=6, F=0 | 3 |
| 26 | MANW | Laki-laki | 5 | 12,2 | 99   | meragukan | P=5 F=1         | 2 | 12,8 | 104   | normal    | P=6, F=0 | 3 |
| 27 | ALS  | Perempuan | 3 | 10,5 | 87,5 | meragukan | P=5 F=1, R=1    | 2 | 11,7 | 93    | meragukan | P=5 F=1  | 2 |
| 28 | ALF  | Laki-laki | 5 | 12,4 | 101  | meragukan | P=65 F=1, R=1   | 2 | 12,6 | 104,3 | normal    | P=6, F=0 | 3 |
| 29 | ALI  | Laki-laki | 5 | 12,0 | 98   | normal    | P=6, F=0        | 3 | 13,8 | 103   | normal    | P=6, F=0 | 3 |
| 30 | FIR  | Perempuan | 4 | 11,2 | 93   | meragukan | P=6, F=1        | 2 | 12,4 | 98,3  | normal    | P=6, F=0 | 3 |

*Lampiran 14. Analisis Food Recall*  
Kelompok Cookies Labu Kuning

| Pre Test  | Pagi        |         |       |        | Siang       |         |       |        | Malam       |         |       |        | Selingan    |         |       |
|-----------|-------------|---------|-------|--------|-------------|---------|-------|--------|-------------|---------|-------|--------|-------------|---------|-------|
| Responden | Karbohidrat | Protein | Lemak | Kalori | Karbohidrat | Protein | Lemak | Kalori | Karbohidrat | Protein | Lemak | Kalori | Karbohidrat | Protein | Lemak |
| 1         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 2,72        | 4,46    | 5,24  | 70     | 1,99        | 1,28    | 4,35  | 49     | 0,56        | 2       | 2,28  | 34     | 0           | 0       | 0     |
|           |             |         |       |        | 1,61        | 5,7     | 1,94  | 56,7   |             |         |       |        | 0           | 0       | 0     |
| 2         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 1,99        | 1,28    | 4,35  | 49     | 0,49        | 5,51    | 4,65  | 68     | 8,48        | 18,14   | 14,23 | 239    | 0           | 0       | 0     |
| 3         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 4,34        | 12,7    | 1,8   | 141    | 4,34        | 12,7    | 1,8   | 141    | 4,34        | 12,7    | 1,8   | 141    | 0           | 0       | 0     |
| 4         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 2,72        | 4,46    | 5,24  | 70     | -           | 26,15   | 2,65  | 128    | 21,26       | 1,62    | 4,68  | 129    | 0           | 0       | 0     |
| 5         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 0           | 0       | 0     |
| 6         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 1,79        | 2       | 2,28  | 34     | 1,79        | 2       | 2,28  | 34     | 1,79        | 2       | 2,28  | 34     | 0           | 0       | 0     |
| 7         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | -           | 26,15   | 2,65  | 128    | 8,47        | 18,14   | 14,23 | 239    | 8,47        | 18,14   | 14,23 | 239    | 0           | 0       | 0     |
|           | 8,8         | 2,13    | 2,73  | 70     |             |         |       |        | 4,34        | 12,7    | 1,8   | 141    | 0           | 0       | 0     |
| 8         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 0           | 0       | 0     |
| 9         | 32,96       | 2,99    | 0,27  | 150    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 1,56        | 0,66    | 3,38  | 15     | 1,61        | 5,77    | 1,94  | 56,7   | 1,61        | 5,77    | 1,94  | 56,7   | 0           | 0       | 0     |
| 10        | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 2,72        | 4,46    | 5,24  | 70     | -           | 26,15   | 2,65  | 128    | 21,26       | 1,62    | 4,68  | 129    | 0           | 0       | 0     |
| 11        | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |

|    |      |      |      |      |      |       |       |      |       |       |       |      |   |   |   |
|----|------|------|------|------|------|-------|-------|------|-------|-------|-------|------|---|---|---|
|    | 1,99 | 1,28 | 4,35 | 49   | 0,49 | 5,51  | 4,65  | 68   | 8,48  | 18,14 | 14,23 | 239  | 0 | 0 | 0 |
| 12 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 2,72 | 4,46 | 5,24 | 70   | -    | 26,15 | 2,65  | 128  | 21,26 | 1,62  | 4,68  | 129  | 0 | 0 | 0 |
| 13 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    |      |      |      |      | 4,34 | 12,7  | 1,8   | 141  | 1,99  | 1,28  | 4,35  | 49   | 0 | 0 | 0 |
| 14 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 1,61 | 5,77 | 1,94 | 56,7 | 1,61 | 5,77  | 1,94  | 56,7 | 1,61  | 5,77  | 1,94  | 56,7 | 0 | 0 | 0 |
| 15 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    |      |      |      |      | -    | 26,15 | 2,65  | 128  | 4,34  | 12,7  | 1,8   | 141  | 0 | 0 | 0 |
| 16 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 1,99 | 1,28 | 4,35 | 49   | 1,99 | 1,28  | 4,35  | 49   | 1,99  | 1,28  | 4,35  | 49   | 0 | 0 | 0 |
| 17 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 2,72 | 4,46 | 5,24 | 70   | -    | 26,15 | 2,65  | 128  | 21,26 | 1,62  | 4,68  | 129  | 0 | 0 | 0 |
| 18 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 1,61 | 5,7  | 1,94 | 56,7 | 1,61 | 5,7   | 1,94  | 56,7 | 1,61  | 5,7   | 1,94  | 56,7 | 0 | 0 | 0 |
| 19 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 1,99 | 1,28 | 4,35 | 49   | 0,49 | 5,51  | 4,65  | 68   | 8,48  | 18,14 | 14,23 | 239  | 0 | 0 | 0 |
| 20 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 2,72 | 4,46 | 5,24 | 70   | 1,61 | 5,7   | 1,94  | 56,7 |       |       |       |      | 0 | 0 | 0 |
| 21 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 0,49 | 5,51 | 4,65 | 68   | 1,61 | 5,77  | 1,94  | 56,7 | 1,61  | 5,7   | 1,94  | 56,7 | 0 | 0 | 0 |
| 22 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 4,34 | 12,7 | 1,8  | 141  | 4,34 | 12,7  | 1,8   | 141  | 4,34  | 12,7  | 1,8   | 141  | 0 | 0 | 0 |
| 23 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 1,61 | 5,7  | 1,94 | 56,7 | 1,99 | 1,28  | 4,35  | 49   | 1,61  | 5,77  | 1,94  | 56,7 | 0 | 0 | 0 |
| 24 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 0,49 | 5,51 | 4,65 | 68   | 8,48 | 18,14 | 14,23 | 239  | 4,34  | 12,7  | 1,8   | 141  | 0 | 0 | 0 |
| 25 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |

|    |      |       |      |      |      |      |      |      |      |      |      |     |   |   |   |
|----|------|-------|------|------|------|------|------|------|------|------|------|-----|---|---|---|
|    | 1,61 | 5,77  | 1,94 | 56,7 | 1,61 | 5,77 | 1,94 | 56,7 | 1,99 | 1,28 | 4,35 | 49  | 0 | 0 | 0 |
| 26 | 27,9 | 2,66  | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 0 | 0 | 0 |
|    | 4,34 | 12,7  | 1,8  | 141  | 1,99 | 1,28 | 4,35 | 49   | 4,34 | 12,7 | 1,8  | 141 | 0 | 0 | 0 |
| 27 | 27,9 | 2,66  | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 0 | 0 | 0 |
|    | 4,34 | 12,7  | 1,8  | 141  | 1,61 | 5,77 | 1,94 | 56,7 | 0,49 | 5,51 | 4,65 | 68  | 0 | 0 | 0 |
| 28 | 27,9 | 2,66  | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 0 | 0 | 0 |
|    | 1,99 | 1,28  | 4,35 | 49   | 1,99 | 1,28 | 4,35 | 49   | 1,99 | 1,28 | 4,35 | 49  | 0 | 0 | 0 |
| 29 | 27,9 | 2,66  | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 0 | 0 | 0 |
|    | -    | 26,15 | 2,65 | 128  | 1,61 | 5,77 | 1,94 | 56,7 | 4,34 | 12,7 | 1,8  | 141 | 0 | 0 | 0 |
| 30 | 27,9 | 2,66  | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 0 | 0 | 0 |

| Post Test | Pagi        |         |       |        | Siang       |         |       |        | Malam       |         |       |        | Selingan    |         |       |
|-----------|-------------|---------|-------|--------|-------------|---------|-------|--------|-------------|---------|-------|--------|-------------|---------|-------|
| Responden | Karbohidrat | Protein | Lemak | Kalori | Karbohidrat | Protein | Lemak | Kalori | Karbohidrat | Protein | Lemak | Kalori | Karbohidrat | Protein | Lemak |
| 1         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 54,01       | 6,04    | 23,39 |
|           | 1,99        | 1,28    | 4,35  | 49     | 0,56        | 2       | 2,28  | 34     | 2,72        | 4,46    | 5,24  | 70     | 54,01       | 6,04    | 23,39 |
|           | 1,61        | 5,7     | 1,94  | 56,7   |             |         |       |        |             |         |       |        | 54,01       | 6,04    | 23,39 |
| 2         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 54,01       | 6,04    | 23,39 |
|           | 0,49        | 5,51    | 4,65  | 68     | 8,48        | 18,14   | 14,23 | 239    | 1,99        | 1,28    | 4,35  | 49     | 54,01       | 6,04    | 23,39 |
| 3         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 54,01       | 6,04    | 23,39 |
|           | 4,34        | 12,7    | 1,8   | 141    | 4,34        | 12,7    | 1,8   | 141    | 4,34        | 12,7    | 1,8   | 141    | 54,01       | 6,04    | 23,39 |
| 4         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 54,01       | 6,04    | 23,39 |
|           | -           | 26,15   | 2,65  | 128    | 21,26       | 1,62    | 4,68  | 129    | 2,72        | 4,46    | 5,24  | 70     | 54,01       | 6,04    | 23,39 |
| 5         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 54,01       | 6,04    | 23,39 |
|           | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 54,01       | 6,04    | 23,39 |
| 6         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 54,01       | 6,04    | 23,39 |
|           | 1,79        | 2       | 2,28  | 34     | 1,79        | 2       | 2,28  | 34     | 1,79        | 2       | 2,28  | 34     | 54,01       | 6,04    | 23,39 |
| 7         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 54,01       | 6,04    | 23,39 |
|           | 8,47        | 18,14   | 14,23 | 239    | 8,47        | 18,14   | 14,23 | 239    | -           | 26,15   | 2,65  | 128    | 54,01       | 6,04    | 23,39 |
|           |             |         |       |        | 4,34        | 12,7    | 1,8   | 141    | 8,8         | 2,13    | 2,73  | 70     | 54,01       | 6,04    | 23,39 |
| 8         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 54,01       | 6,04    | 23,39 |
|           | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 54,01       | 6,04    | 23,39 |
| 9         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 32,96       | 2,99    | 0,27  | 150    | 54,01       | 6,04    | 23,39 |
|           | 1,61        | 5,77    | 1,94  | 56,7   | 1,61        | 5,77    | 1,94  | 56,7   | 1,56        | 0,66    | 3,38  | 15     | 54,01       | 6,04    | 23,39 |
| 10        | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 54,01       | 6,04    | 23,39 |
|           | -           | 26,15   | 2,65  | 128    | 21,26       | 1,62    | 4,68  | 129    | 2,72        | 4,46    | 5,24  | 70     | 54,01       | 6,04    | 23,39 |
| 11        | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 54,01       | 6,04    | 23,39 |
|           | 0,49        | 5,51    | 4,65  | 68     | 8,48        | 18,14   | 14,23 | 239    | 1,99        | 1,28    | 4,35  | 49     | 54,01       | 6,04    | 23,39 |
| 12        | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 54,01       | 6,04    | 23,39 |

|    |      |       |       |      |       |       |       |      |      |      |      |      |       |      |       |
|----|------|-------|-------|------|-------|-------|-------|------|------|------|------|------|-------|------|-------|
|    | -    | 26,15 | 2,65  | 128  | 21,26 | 1,62  | 4,68  | 129  | 2,72 | 4,46 | 5,24 | 70   | 54,01 | 6,04 | 23,39 |
| 13 | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 27,9 | 2,66 | 0,28 | 129  | 54,01 | 6,04 | 23,39 |
|    | 4,34 | 12,7  | 1,8   | 141  | 1,99  | 1,28  | 4,35  | 49   |      |      |      |      | 54,01 | 6,04 | 23,39 |
| 14 | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 27,9 | 2,66 | 0,28 | 129  | 54,01 | 6,04 | 23,39 |
|    | 1,61 | 5,77  | 1,94  | 56,7 | 1,61  | 5,77  | 1,94  | 56,7 | 1,61 | 5,77 | 1,94 | 56,7 | 54,01 | 6,04 | 23,39 |
| 15 | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 27,9 | 2,66 | 0,28 | 129  | 54,01 | 6,04 | 23,39 |
|    | -    | 26,15 | 2,65  | 128  | 4,34  | 12,7  | 1,8   | 141  |      |      |      |      | 54,01 | 6,04 | 23,39 |
| 16 | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 27,9 | 2,66 | 0,28 | 129  | 54,01 | 6,04 | 23,39 |
|    | 1,99 | 1,28  | 4,35  | 49   | 1,99  | 1,28  | 4,35  | 49   | 1,99 | 1,28 | 4,35 | 49   | 54,01 | 6,04 | 23,39 |
| 17 | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 27,9 | 2,66 | 0,28 | 129  | 54,01 | 6,04 | 23,39 |
|    | -    | 26,15 | 2,65  | 128  | 21,26 | 1,62  | 4,68  | 129  | 2,72 | 4,46 | 5,24 | 70   | 54,01 | 6,04 | 23,39 |
| 18 | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 27,9 | 2,66 | 0,28 | 129  | 54,01 | 6,04 | 23,39 |
|    | 1,61 | 5,7   | 1,94  | 56,7 | 1,61  | 5,7   | 1,94  | 56,7 | 1,61 | 5,7  | 1,94 | 56,7 | 54,01 | 6,04 | 23,39 |
| 19 | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 27,9 | 2,66 | 0,28 | 129  | 54,01 | 6,04 | 23,39 |
|    | 0,49 | 5,51  | 4,65  | 68   | 8,48  | 18,14 | 14,23 | 239  | 1,99 | 1,28 | 4,35 | 49   | 54,01 | 6,04 | 23,39 |
| 20 | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 27,9 | 2,66 | 0,28 | 129  | 54,01 | 6,04 | 23,39 |
|    | 1,61 | 5,7   | 1,94  | 56,7 |       |       |       |      | 2,72 | 4,46 | 5,24 | 70   | 54,01 | 6,04 | 23,39 |
| 21 | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 27,9 | 2,66 | 0,28 | 129  | 54,01 | 6,04 | 23,39 |
|    | 1,61 | 5,77  | 1,94  | 56,7 | 1,61  | 5,7   | 1,94  | 56,7 | 0,49 | 5,51 | 4,65 | 68   | 54,01 | 6,04 | 23,39 |
| 22 | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 27,9 | 2,66 | 0,28 | 129  | 54,01 | 6,04 | 23,39 |
|    | 4,34 | 12,7  | 1,8   | 141  | 4,34  | 12,7  | 1,8   | 141  | 4,34 | 12,7 | 1,8  | 141  | 54,01 | 6,04 | 23,39 |
| 23 | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 27,9 | 2,66 | 0,28 | 129  | 54,01 | 6,04 | 23,39 |
|    | 1,99 | 1,28  | 4,35  | 49   | 1,61  | 5,77  | 1,94  | 56,7 | 1,61 | 5,7  | 1,94 | 56,7 | 54,01 | 6,04 | 23,39 |
| 24 | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 27,9 | 2,66 | 0,28 | 129  | 54,01 | 6,04 | 23,39 |
|    | 8,48 | 18,14 | 14,23 | 239  | 4,34  | 12,7  | 1,8   | 141  | 0,49 | 5,51 | 4,65 | 68   | 54,01 | 6,04 | 23,39 |
| 25 | 27,9 | 2,66  | 0,28  | 129  | 27,9  | 2,66  | 0,28  | 129  | 27,9 | 2,66 | 0,28 | 129  | 54,01 | 6,04 | 23,39 |
|    | 1,61 | 5,77  | 1,94  | 56,7 | 1,99  | 1,28  | 4,35  | 49   | 1,61 | 5,77 | 1,94 | 56,7 | 54,01 | 6,04 | 23,39 |

|    |      |      |      |      |      |      |      |     |      |       |      |     |       |      |       |
|----|------|------|------|------|------|------|------|-----|------|-------|------|-----|-------|------|-------|
| 26 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 27,9 | 2,66  | 0,28 | 129 | 54,01 | 6,04 | 23,39 |
|    | 1,99 | 1,28 | 4,35 | 49   | 4,34 | 12,7 | 1,8  | 141 | 4,34 | 12,7  | 1,8  | 141 | 54,01 | 6,04 | 23,39 |
| 27 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 27,9 | 2,66  | 0,28 | 129 | 54,01 | 6,04 | 23,39 |
|    | 1,61 | 5,77 | 1,94 | 56,7 | 0,49 | 5,51 | 4,65 | 68  | 4,34 | 12,7  | 1,8  | 141 | 54,01 | 6,04 | 23,39 |
| 28 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 27,9 | 2,66  | 0,28 | 129 | 54,01 | 6,04 | 23,39 |
|    | 1,99 | 1,28 | 4,35 | 49   | 1,99 | 1,28 | 4,35 | 49  | 1,99 | 1,28  | 4,35 | 49  | 54,01 | 6,04 | 23,39 |
| 29 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 27,9 | 2,66  | 0,28 | 129 | 54,01 | 6,04 | 23,39 |
|    | 1,61 | 5,77 | 1,94 | 56,7 | 4,34 | 12,7 | 1,8  | 141 | -    | 26,15 | 2,65 | 128 | 54,01 | 6,04 | 23,39 |
| 30 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 27,9 | 2,66  | 0,28 | 129 | 54,01 | 6,04 | 23,39 |



## Kelompok Cookies Kacang Hijau

| Pre Test  | Pagi        |         |       |        | Siang       |         |       |        | Malam       |         |       |        | Selingan    |         |       |
|-----------|-------------|---------|-------|--------|-------------|---------|-------|--------|-------------|---------|-------|--------|-------------|---------|-------|
| Responden | Karbohidrat | Protein | Lemak | Kalori | Karbohidrat | Protein | Lemak | Kalori | Karbohidrat | Protein | Lemak | Kalori | Karbohidrat | Protein | Lemak |
| 1         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 4,34        | 12,7    | 1,8   | 141    | 0           | 0       | 0     |
|           | 1,99        | 1,28    | 4,35  | 49     | 4,34        | 12,7    | 1,8   | 141    | 1,99        | 1,28    | 4,35  | 49     | 0           | 0       | 0     |
| 2         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 4,34        | 12,7    | 1,8   | 141    | 8,48        | 18,14   | 14,23 | 239    | 4,34        | 12,7    | 1,8   | 141    | 0           | 0       | 0     |
| 3         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 4,34        | 12,7    | 1,8   | 141    | 4,34        | 12,7    | 1,8   | 141    | 4,34        | 12,7    | 1,8   | 141    | 0           | 0       | 0     |
| 4         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 2,72        | 4,46    | 5,24  | 70     | 4,34        | 12,7    | 1,8   | 141    | 21,26       | 1,62    | 4,68  | 129    | 0           | 0       | 0     |
| 5         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 0           | 0       | 0     |
| 6         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 1,79        | 2       | 2,28  | 34     | 4,34        | 12,7    | 1,8   | 141    | 1,79        | 2       | 2,28  | 34     | 0           | 0       | 0     |
| 7         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | -           | 26,15   | 2,65  | 128    | 1,36        | 2,23    | 2,62  | 35     | 1,99        | 1,28    | 4,35  | 49     | 0           | 0       | 0     |
|           | 8,8         | 2,13    | 2,73  | 70     | 1,61        | 5,7     | 1,94  | 56,7   | 4,34        | 12,7    | 1,8   | 141    | 0           | 0       | 0     |
| 8         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 7,55        | 0,61    | 0,15  |
|           | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 0           | 0       | 0     |
| 9         | 32,96       | 2,99    | 0,27  | 150    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 1,56        | 0,66    | 3,38  | 15     | 1,61        | 5,77    | 1,94  | 56,7   | 1,61        | 5,77    | 1,94  | 56,7   | 0           | 0       | 0     |
| 10        | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 4,34        | 12,7    | 1,8   | 141    | -           | 26,15   | 2,65  | 128    | 21,26       | 1,62    | 4,68  | 129    | 0           | 0       | 0     |
| 11        | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 0           | 0       | 0     |
|           | 1,99        | 1,28    | 4,35  | 49     | 0,49        | 5,51    | 4,65  | 68     | 8,48        | 18,14   | 14,23 | 239    | 0           | 0       | 0     |

|    |      |      |      |      |      |       |      |      |       |       |       |      |   |   |   |
|----|------|------|------|------|------|-------|------|------|-------|-------|-------|------|---|---|---|
| 12 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 2,72 | 4,46 | 5,24 | 70   | -    | 26,15 | 2,65 | 128  | 21,26 | 1,62  | 4,68  | 129  | 0 | 0 | 0 |
| 16 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 4,34  | 12,7  | 1,8   | 141  | 0 | 0 | 0 |
|    | 1,99 | 1,28 | 4,35 | 49   | 1,99 | 1,28  | 4,35 | 49   | 1,99  | 1,28  | 4,35  | 49   | 0 | 0 | 0 |
| 14 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 1,61 | 5,77 | 1,94 | 56,7 | 1,61 | 5,77  | 1,94 | 56,7 | 1,61  | 5,77  | 1,94  | 56,7 | 0 | 0 | 0 |
| 15 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 4,34 | 12,7 | 1,8  | 141  | 4,34 | 12,7  | 1,8  | 141  | 4,34  | 12,7  | 1,8   | 141  | 0 | 0 | 0 |
| 16 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 4,34  | 12,7  | 1,8   | 141  | 0 | 0 | 0 |
|    | 1,99 | 1,28 | 4,35 | 49   | 1,99 | 1,28  | 4,35 | 49   | 1,99  | 1,28  | 4,35  | 49   | 0 | 0 | 0 |
| 17 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 2,72 | 4,46 | 5,24 | 70   | -    | 26,15 | 2,65 | 128  | 21,26 | 1,62  | 4,68  | 129  | 0 | 0 | 0 |
| 18 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 1,61 | 5,7  | 1,94 | 56,7 | 1,61 | 5,7   | 1,94 | 56,7 | 1,61  | 5,7   | 1,94  | 56,7 | 0 | 0 | 0 |
| 19 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 1,99 | 1,28 | 4,35 | 49   | 0,49 | 5,51  | 4,65 | 68   | 8,48  | 18,14 | 14,23 | 239  | 0 | 0 | 0 |
| 20 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 1,36 | 2,23 | 2,62 | 35   | 1,36 | 2,23  | 2,62 | 35   | 1,36  | 2,23  | 2,62  | 35   | 0 | 0 | 0 |
| 21 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 1,36 | 2,23 | 2,62 | 35   | 1,36 | 2,23  | 2,62 | 35   | 1,36  | 2,23  | 2,62  | 35   | 0 | 0 | 0 |
| 22 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 4,34 | 12,7 | 1,8  | 141  | 1,61 | 5,77  | 1,94 | 56,7 | 0,49  | 5,51  | 4,65  | 68   | 0 | 0 | 0 |
| 23 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 1,36 | 2,23 | 2,62 | 35   | 1,99 | 1,28  | 4,35 | 49   | 1,61  | 5,77  | 1,94  | 56,7 | 0 | 0 | 0 |
| 24 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |
|    | 1,36 | 2,23 | 2,62 | 35   | 1,36 | 2,23  | 2,62 | 35   | 1,36  | 2,23  | 2,62  | 35   | 0 | 0 | 0 |
| 25 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 0 | 0 | 0 |

|    |      |       |      |      |      |      |      |      |      |      |      |     |   |   |   |
|----|------|-------|------|------|------|------|------|------|------|------|------|-----|---|---|---|
|    | 1,61 | 5,77  | 1,94 | 56,7 | 1,61 | 5,77 | 1,94 | 56,7 | 1,99 | 1,28 | 4,35 | 49  | 0 | 0 | 0 |
| 26 | 27,9 | 2,66  | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 0 | 0 | 0 |
|    | 4,34 | 12,7  | 1,8  | 141  | 1,99 | 1,28 | 4,35 | 49   | 4,34 | 12,7 | 1,8  | 141 | 0 | 0 | 0 |
| 27 | 27,9 | 2,66  | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 0 | 0 | 0 |
|    | 4,34 | 12,7  | 1,8  | 141  | 1,61 | 5,77 | 1,94 | 56,7 | 0,49 | 5,51 | 4,65 | 68  | 0 | 0 | 0 |
| 28 | 27,9 | 2,66  | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 0 | 0 | 0 |
|    | 1,99 | 1,28  | 4,35 | 49   | 1,99 | 1,28 | 4,35 | 49   | 1,99 | 1,28 | 4,35 | 49  | 0 | 0 | 0 |
| 29 | 27,9 | 2,66  | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 0 | 0 | 0 |
|    | -    | 26,15 | 2,65 | 128  | 1,61 | 5,77 | 1,94 | 56,7 | 4,34 | 12,7 | 1,8  | 141 | 0 | 0 | 0 |
| 30 | 27,9 | 2,66  | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 0 | 0 | 0 |
|    | 1,99 | 1,28  | 4,35 | 49   | 1,99 | 1,28 | 4,35 | 49   | 1,99 | 1,28 | 4,35 | 49  | 0 | 0 | 0 |

| Post Test | Pagi        |         |       |        | Siang       |         |       |        | Malam       |         |       |        | Selingan    |         |       |
|-----------|-------------|---------|-------|--------|-------------|---------|-------|--------|-------------|---------|-------|--------|-------------|---------|-------|
| Responden | Karbohidrat | Protein | Lemak | Kalori | Karbohidrat | Protein | Lemak | Kalori | Karbohidrat | Protein | Lemak | Kalori | Karbohidrat | Protein | Lemak |
| 1         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 47,34       | 7,32    | 19,78 |
|           | 4,34        | 12,7    | 1,8   | 141    | 4,34        | 12,7    | 1,8   | 141    | 4,34        | 12,7    | 1,8   | 141    | 47,34       | 7,32    | 19,78 |
|           |             |         |       |        | 1,61        | 5,7     | 1,94  | 56,7   |             |         |       |        | 47,34       | 7,32    | 19,78 |
| 2         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 47,34       | 7,32    | 19,78 |
|           | 0,49        | 5,51    | 4,65  | 68     | 8,48        | 18,14   | 14,23 | 239    | 4,34        | 12,7    | 1,8   | 141    | 47,34       | 7,32    | 19,78 |
| 3         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 47,34       | 7,32    | 19,78 |
|           | 4,34        | 12,7    | 1,8   | 141    | 4,34        | 12,7    | 1,8   | 141    | 4,34        | 12,7    | 1,8   | 141    | 47,34       | 7,32    | 19,78 |
| 4         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 47,34       | 7,32    | 19,78 |
|           | 2,72        | 4,46    | 5,24  | 70     | 4,34        | 12,7    | 1,8   | 141    | 21,26       | 1,62    | 4,68  | 129    | 47,34       | 7,32    | 19,78 |
| 5         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 47,34       | 7,32    | 19,78 |
|           | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 47,34       | 7,32    | 19,78 |
| 6         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 47,34       | 7,32    | 19,78 |
|           | 1,79        | 2       | 2,28  | 34     | 1,79        | 2       | 2,28  | 34     | 1,79        | 2       | 2,28  | 34     | 47,34       | 7,32    | 19,78 |
| 7         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 47,34       | 7,32    | 19,78 |
|           | -           | 26,15   | 2,65  | 128    | 8,47        | 18,14   | 14,23 | 239    | 8,47        | 18,14   | 14,23 | 239    | 47,34       | 7,32    | 19,78 |
|           | 8,8         | 2,13    | 2,73  | 70     |             |         |       |        | 4,34        | 12,7    | 1,8   | 141    | 47,34       | 7,32    | 19,78 |
| 8         | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 47,34       | 7,32    | 19,78 |
|           | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 1,36        | 2,23    | 2,62  | 35     | 47,34       | 7,32    | 19,78 |
| 9         | 32,96       | 2,99    | 0,27  | 150    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 47,34       | 7,32    | 19,78 |
|           | 1,56        | 0,66    | 3,38  | 15     | 1,61        | 5,77    | 1,94  | 56,7   | 1,61        | 5,77    | 1,94  | 56,7   | 47,34       | 7,32    | 19,78 |
| 10        | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 47,34       | 7,32    | 19,78 |
|           | 2,72        | 4,46    | 5,24  | 70     | -           | 26,15   | 2,65  | 128    | 21,26       | 1,62    | 4,68  | 129    | 47,34       | 7,32    | 19,78 |
| 11        | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 47,34       | 7,32    | 19,78 |
|           | 1,99        | 1,28    | 4,35  | 49     | 0,49        | 5,51    | 4,65  | 68     | 8,48        | 18,14   | 14,23 | 239    | 47,34       | 7,32    | 19,78 |
| 12        | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 27,9        | 2,66    | 0,28  | 129    | 47,34       | 7,32    | 19,78 |

|    |      |      |      |      |      |       |      |      |       |       |       |      |       |      |       |
|----|------|------|------|------|------|-------|------|------|-------|-------|-------|------|-------|------|-------|
|    | 2,72 | 4,46 | 5,24 | 70   | -    | 26,15 | 2,65 | 128  | 21,26 | 1,62  | 4,68  | 129  | 47,34 | 7,32 | 19,78 |
| 13 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 47,34 | 7,32 | 19,78 |
|    | 2,72 | 4,46 | 5,24 | 70   | -    | 26,15 | 2,65 | 128  | 21,26 | 1,62  | 4,68  | 129  | 47,34 | 7,32 | 19,78 |
| 14 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 47,34 | 7,32 | 19,78 |
|    | 1,61 | 5,77 | 1,94 | 56,7 | 1,61 | 5,77  | 1,94 | 56,7 | 1,61  | 5,77  | 1,94  | 56,7 | 47,34 | 7,32 | 19,78 |
| 15 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 47,34 | 7,32 | 19,78 |
|    |      |      |      |      | -    | 26,15 | 2,65 | 128  | 4,34  | 12,7  | 1,8   | 141  | 47,34 | 7,32 | 19,78 |
| 16 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 4,34  | 12,7  | 1,8   | 141  | 47,34 | 7,32 | 19,78 |
|    | 1,99 | 1,28 | 4,35 | 49   | 1,99 | 1,28  | 4,35 | 49   | 1,99  | 1,28  | 4,35  | 49   | 47,34 | 7,32 | 19,78 |
| 17 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 47,34 | 7,32 | 19,78 |
|    | 2,72 | 4,46 | 5,24 | 70   | -    | 26,15 | 2,65 | 128  | 21,26 | 1,62  | 4,68  | 129  | 47,34 | 7,32 | 19,78 |
| 18 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 47,34 | 7,32 | 19,78 |
|    | 1,61 | 5,7  | 1,94 | 56,7 | 1,61 | 5,7   | 1,94 | 56,7 | 1,61  | 5,7   | 1,94  | 56,7 | 47,34 | 7,32 | 19,78 |
| 19 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 47,34 | 7,32 | 19,78 |
|    | 1,99 | 1,28 | 4,35 | 49   | 0,49 | 5,51  | 4,65 | 68   | 8,48  | 18,14 | 14,23 | 239  | 47,34 | 7,32 | 19,78 |
| 20 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 47,34 | 7,32 | 19,78 |
|    | 2,72 | 4,46 | 5,24 | 70   | 1,61 | 5,7   | 1,94 | 56,7 | 1,61  | 5,7   | 1,94  | 56,7 | 47,34 | 7,32 | 19,78 |
| 21 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 47,34 | 7,32 | 19,78 |
|    | 1,36 | 2,23 | 2,62 | 35   | 1,36 | 2,23  | 2,62 | 35   | 1,36  | 2,23  | 2,62  | 35   | 47,34 | 7,32 | 19,78 |
| 22 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 47,34 | 7,32 | 19,78 |
|    | 4,34 | 12,7 | 1,8  | 141  | 1,61 | 5,77  | 1,94 | 56,7 | 0,49  | 5,51  | 4,65  | 68   | 47,34 | 7,32 | 19,78 |
| 23 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 47,34 | 7,32 | 19,78 |
|    | 1,61 | 5,7  | 1,94 | 56,7 | 1,99 | 1,28  | 4,35 | 49   | 1,61  | 5,77  | 1,94  | 56,7 | 47,34 | 7,32 | 19,78 |
| 24 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 47,34 | 7,32 | 19,78 |
|    | 1,61 | 5,77 | 1,94 | 56,7 | 1,61 | 5,77  | 1,94 | 56,7 | 1,99  | 1,28  | 4,35  | 49   | 47,34 | 7,32 | 19,78 |
| 25 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66  | 0,28 | 129  | 27,9  | 2,66  | 0,28  | 129  | 47,34 | 7,32 | 19,78 |
|    | 1,61 | 5,77 | 1,94 | 56,7 | 1,61 | 5,77  | 1,94 | 56,7 | 1,99  | 1,28  | 4,35  | 49   | 47,34 | 7,32 | 19,78 |

|    |      |      |      |     |      |      |      |      |      |      |      |     |       |      |       |
|----|------|------|------|-----|------|------|------|------|------|------|------|-----|-------|------|-------|
| 26 | 27,9 | 2,66 | 0,28 | 129 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 47,34 | 7,32 | 19,78 |
|    | 4,34 | 12,7 | 1,8  | 141 | 1,99 | 1,28 | 4,35 | 49   | 4,34 | 12,7 | 1,8  | 141 | 47,34 | 7,32 | 19,78 |
| 27 | 27,9 | 2,66 | 0,28 | 129 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 47,34 | 7,32 | 19,78 |
|    | 4,34 | 12,7 | 1,8  | 141 | 1,61 | 5,77 | 1,94 | 56,7 | 0,49 | 5,51 | 4,65 | 68  | 47,34 | 7,32 | 19,78 |
| 28 | 27,9 | 2,66 | 0,28 | 129 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 47,34 | 7,32 | 19,78 |
|    | 1,99 | 1,28 | 4,35 | 49  | 1,99 | 1,28 | 4,35 | 49   | 1,99 | 1,28 | 4,35 | 49  | 47,34 | 7,32 | 19,78 |
| 29 | 27,9 | 2,66 | 0,28 | 129 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 47,34 | 7,32 | 19,78 |
|    | 1,36 | 2,23 | 2,62 | 35  | 1,36 | 2,23 | 2,62 | 35   | 1,36 | 2,23 | 2,62 | 35  | 47,34 | 7,32 | 19,78 |
| 30 | 27,9 | 2,66 | 0,28 | 129 | 27,9 | 2,66 | 0,28 | 129  | 27,9 | 2,66 | 0,28 | 129 | 47,34 | 7,32 | 19,78 |
|    | 8,8  | 2,13 | 2,73 | 70  | 8,8  | 2,13 | 2,73 | 70   | 8,8  | 2,13 | 2,73 | 70  | 47,34 | 7,32 | 19,78 |

## Lampiran 15. Output SPSS

|  | Kolmogorov-Smirnov <sup>a</sup> |    |       | Shapiro-Wilk |    |       |
|--|---------------------------------|----|-------|--------------|----|-------|
|  | Statistic                       | df | Sig.  | Statistic    | df | Sig.  |
| Pre Test<br>BB Labu<br>Kuning                    | 0,094                           | 30 | .200* | 0,975        | 30 | 0,691 |
| Pre Test<br>TB Labu<br>Kuning                    | 0,488                           | 30 | 0,000 | 0,487        | 30 | 0,000 |
| Pre Test<br>Motorik<br>Kasar Labu<br>Kuning      | 0,384                           | 30 | 0,000 | 0,696        | 30 | 0,000 |
| Post Test<br>BB Labu<br>Kuning                   | 0,101                           | 30 | .200* | 0,948        | 30 | 0,153 |
| Post Test<br>TB Labu<br>Kuning                   | 0,510                           | 30 | 0,000 | 0,215        | 30 | 0,000 |
| Post Test<br>Motorik<br>Kasar Labu<br>Kuning     | 0,539                           | 30 | 0,000 | 0,180        | 30 | 0,000 |
| Pre Test<br>BB Kacang<br>Hijau                   | 0,123                           | 30 | .200* | 0,965        | 30 | 0,419 |
| Pre Test<br>TB Kacang<br>Hijau                   | 0,280                           | 30 | 0,000 | 0,621        | 30 | 0,000 |
| Pre Test<br>Motorik<br>Kasar<br>Kacang<br>Hijau  | 0,322                           | 30 | 0,000 | 0,772        | 30 | 0,000 |
| Post Test<br>BB Kacang<br>Hijau                  | 0,105                           | 30 | .200* | 0,974        | 30 | 0,655 |
| Post Test<br>TB Kacang<br>Hijau                  | 0,501                           | 30 | 0,000 | 0,216        | 30 | 0,000 |
| Post Test<br>Motorik<br>Kasar<br>Kacang<br>Hijau | 0,457                           | 30 | 0,000 | 0,554        | 30 | 0,000 |

## Paired Samples Test

| Paired Differences | t | df |
|--------------------|---|----|
|--------------------|---|----|

|        |  | Mean   | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |         |        |    | Sig. (2-tailed) |
|--------|--|--------|----------------|-----------------|---|---------|--------|----|-----------------|
|        |  |        |                |                 | Lower                                     | Upper   |        |    |                 |
| Pair 1 | Pre Test BB Labu Kuning - Post Test BB Labu Kuning   | 1,2567 | 0,8411         | 0,1536          | 1,5707                                    | 0,9426  | -8,184 | 29 | 0,000           |
| Pair 2 | Pre Test BB Kacang Hijau - Post Test BB Kacang Hijau | 1,0300 | 0,5240         | 0,0957          | 1,2257                                    | -0,8343 | 10,766 | 29 | 0,000           |

### Descriptive Statistics

|                           | N  | Minimum | Maximum | Mean   | Std. Deviation |
|---------------------------|----|---------|---------|--------|----------------|
| Pre Test BB Labu Kuning   | 30 | 7,8     | 13,2    | 10,770 | 1,4215         |
| Post Test BB Labu Kuning  | 30 | 8,0     | 14,2    | 12,027 | 1,5521         |
| Pre Test BB Kacang Hijau  | 30 | 6,5     | 13,5    | 10,660 | 1,6654         |
| Post Test BB Kacang Hijau | 30 | 7,4     | 14,3    | 11,690 | 1,6174         |
| Valid N (listwise)        | 30 |         |         |        |                |



### Jenis Kelamin Labu Kuning

|       |           | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------|-----------|---------|---------------|--------------------|
| Valid | Perempuan | 19        | 63.3    | 63.3          | 63.3               |
|       | Laki-laki | 11        | 36.7    | 36.7          | 100.0              |
|       | Total     | 30        | 100.0   | 100.0         |                    |

### Usia

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | 2     | 5         | 16.7    | 16.7          | 16.7               |
|       | 3     | 8         | 26.7    | 26.7          | 43.3               |
|       | 4     | 6         | 20.0    | 20.0          | 63.3               |
|       | 5     | 11        | 36.7    | 36.7          | 100.0              |
|       | Total | 30        | 100.0   | 100.0         |                    |

### Jenis Kelamin Kacang Hijau

|       |           | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------|-----------|---------|---------------|--------------------|
| Valid | Perempuan | 11        | 36.7    | 36.7          | 36.7               |
|       | Laki-laki | 19        | 63.3    | 63.3          | 100.0              |
|       | Total     | 30        | 100.0   | 100.0         |                    |

### Usia

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | 1     | 1         | 3.3     | 3.3           | 3.3                |
|       | 2     | 5         | 16.7    | 16.7          | 20.0               |
|       | 3     | 10        | 33.3    | 33.3          | 53.3               |
|       | 4     | 7         | 23.3    | 23.3          | 76.7               |
|       | 5     | 7         | 23.3    | 23.3          | 100.0              |
|       | Total | 30        | 100.0   | 100.0         |                    |

### Chi-Square Tests

|                                    | Value              | df | Asymptotic<br>Significance<br>(2-sided) | Exact Sig.<br>(2-sided) | Exact Sig.<br>(1-sided) |
|------------------------------------|--------------------|----|---|-------------------------|-------------------------|
| Pearson Chi-Square                 | 6.405 <sup>a</sup> | 1  | .011                                    |                         |                         |
| Continuity Correction <sup>b</sup> | 4.706              | 1  | .030                                    |                         |                         |
| Likelihood Ratio                   | 7.161              | 1  | .007                                    |                         |                         |
| Fisher's Exact Test                |                    |    |   | .026                    | .013                    |
| Linear-by-Linear<br>Association    | 6.298              | 1  | .012                                    |                         |                         |
| N of Valid Cases                   | 60                 |    |   |                         |                         |

a. 2 cells (50.0%) have expected count less than 5. The minimum expected count is 4.50.

b. Computed only for a 2x2 table

## Lampiran 16. Dokumentasi

## Pembuatan Tepung Labu Kuning



Pembuatan Tepung Kacang Hijau





### Pembuatan Cookies Labu Kuning



### Pembuatan Cookies Kacang Hijau



Uji Organoleptik





Distribusi Cookies



