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ANALISIS KADAR KALSIUM, ZINC, ZAT BESI DAN DAYA TERIMA BISKUIT TEPUNG KEPALA IKAN LELE (*Clarias Sp*) SEBAGAI ALTERNATIF MAKANAN SELINGAN ANAK STUNTING

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Stunting adalah suatu penyakit kronis yang memerlukan strategi dan penanganan. Salah satu penanganannya adalah dengan pemberian makanan alternatif atau makanan selingan seperti biskuit. Tepung kepala ikan lele dapat diolah menjadi biskuit. Tepung kepala ikan lele mengandung kalsium, zinc dan zat besi yang dapat membantu memperbaiki gizi pada anak. Tujuan dari penelitian ini untuk mengetahui daya terima kadar kalsium, zinc, zat besi pada biskuit substitusi tepung kepala ikan lele (*Clarias Sp*) sebagai alternatif selingan anak *stunting*. Pada penelitian dilakukan uji kalsium, zinc dan zat besi dengan perbandingan substitusi tepung terigu dan tepung kepala ikan lele (100%:0%, 90%:10%, 80%:20%, 70%:30%), uji kadar kalsium dengan metode *Titrimetri*, uji kadar zinc dan zat besi dengan metode *spektrofometri visibel* dan uji daya terima dengan metode *Hedonic Scale Scoring*. Berdasarkan hasil penelitian kadar kalsium tertinggi adalah P3 1574,66 mg dengan proporsi 70%:30%, kadar zinc tertinggi adalah P3 6,43 mg dengan proporsi 70%:30%, dan kadar zat besi tertinggi adalah 82,71 mg dengan proporsi 80%:20%. Analisis *one way anova* mengatakan bahwa ada pengaruh substitusi tepung kepala ikan lele terhadap kadar kalsium, zinc dan zat besi pada biskuit. Analisis *Friedman* pada daya terima adalah warna, aroma, tekstur, dan rasa yang berarti ada pengaruh tepung kepala ikan lele terhadap daya terima biskuit. Daya terima biskuit meliputi warna, aroma, tekstur dan rasa yang paling banyak dipilih yaitu pada perlakuan P0 sangat suka meliputi warna dan aroma, pada perlakuan P1 suka meliputi tekstur, dan yang terakhir pada perlakuan P3 yang paling tidak disukai meliputi rasa.

Kata Kunci : Kalsium, Zinc, Zat Besi, Formulasi Biskuit, *Stunting*

ABSTRACT

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ANALYSIS OF CALCIUM, ZINC, IRON AND ACCEPTANCE OF BISCUIT FLOUR HEAD CATFISH (*Clarias Sp*) AS ALTERNATIVE MEAL FOR STUNTING CHILDREN

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*Stunting is a chronic disease that requires strategy and treatment. One of the treatments is by giving alternative foods or snacks such as biscuits. Catfish head flour can be processed into biscuits. Catfish head flour contains calcium, zinc and iron which can help improve nutrition in children. The purpose of this study was to determine the acceptability of calcium, zinc, iron levels in catfish head flour substitution biscuits (*Clarias Sp*) as an alternative to stunting children. In this study, the calcium, zinc and iron were tested with the ratio of substitution of wheat flour and catfish head flour (100%:0%, 90%:10%, 80%:20%, 70%:30%), calcium levels test with Titrimetric method, zinc and iron level test using visible spectrophotometry method and acceptability test using Hedonic Scale Scoring method. Based on the results of the study, the highest calcium level was P3 1574.66 mg with a proportion of 70%:30%, the highest zinc level was P3 64.34 mg with a proportion of 70%:30%, and the highest iron content was 82.71 mg with a proportion of 80. %:20%. One way ANOVA analysis said that there was an effect of substitution of catfish head flour on calcium, zinc and iron levels in biscuits. Friedman's analysis on acceptability is color, aroma, texture, and taste which means there is an effect of catfish head flour on the acceptability of biscuits. The acceptability of biscuits includes color, aroma, texture and taste, the most chosen is in the P0 treatment, which includes color and aroma, the P1 treatment likes texture, and the last in the P3 treatment the least likes includes taste.*