

MEATBALLS CONTAINING BANANA BLOSSOM, RED BEAN FLOUR, AND SWEET POTATO FLOUR AS AN ALTERNATIVE SUPPLEMENTARY DIET FOR CHILDREN UNDER FIVE IN EAST NUSA TENGGARA

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ABSTRACT

Background: Malnutrition is a major public health problem in East Nusa Tenggara. Banana blossom, red bean, and sweet potato, are three types of local food that can be easily obtained in East Nusa Tenggara. Meatball is one of likeable food among people in East Nusa Tenggara. This study aimed to analyze the potentials of meatballs containing banana blossom, red bean flour, and sweet potato flour as an alternative supplementary diet for children under five years of age in East Nusa Tenggara.

Subjects and Method: This was a descriptive study conducted Kupang, East Nusa Tenggara. The study subjects involved three types of food: banana blossom, red bean flour, and sweet potato flour. The dependent variables included macro nutrition value, protein content, color and scent, and texture and taste. The difference in mean values was tested by one way Anova.

Results: The macro nutrition values of banana blossom, red bean flour, and sweet potato flour, were statistically significant different ($p < 0.001$). The color and scent of the three types of food were also statistically significant different ($p < 0.001$). However, the texture and taste were comparable among the three types of food ($p = 0.070$). The protein content was 50% in banana blossom, 15% in red bean flour, and 35% in sweet potato flour.

Conclusion: Meatballs containing banana blossom, red bean flour, and sweet potato flour, can be used as an alternative supplementary diet to improve nutrition intake for children under five years of age in East Nusa Tenggara.

Keywords: banana blossom, red bean flour, sweet potato flour, meatball, supplementary food.

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