

Pemantauan kualitas makanan ketoprak dan gado-gado di lingkungan kampus UI Depok melalui pemeriksaan bakteriologis

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Abstrak

Pemeriksaan bakteri *Escherichia coli* (*E. coli*) telah dilakukan pada dua jenis makanan yaitu ketoprak dan gado-gado yang dijual di kantin, pedagang kaki lima dan balsem di lingkungan Kampus Universitas Indonesia, Depok. Tujuan dari penelitian ini adalah untuk mengetahui kontaminasi kedua jenis makanan tersebut terhadap *E. coli*. Untuk pengukuran *E. coli* digunakan metode Total Plate Count (TPC) yang dilakukan pada piring, sendok dan air pencuci, dari para penjaja ketoprak dan gado-gado tersebut. Sebelum dilakukan pengukuran *E. coli* dilakukan survey pendahuluan untuk mengetahui jumlah dan lokasi masing-masing penjual gado-gado dan ketoprak. Pengumpulan data juga dilakukan dengan observasi dan wawancara mengenai higienis perorangan para penjual dengan menggunakan kuesioner. Pendidikan penjamah makanan sebagian besar berpendidikan tamat SMA. Fasilitas sanitasi sebagian besar belum memenuhi persyaratan kesehatan. Penanganan terhadap bahan-bahan makanan sudah baik, namun penjamah makanan belum berperilaku hidup bersih dan sehat. Kandungan *E. coli* pada air, pada ketoprak dan gado-gado sebagian besar tidak memenuhi persyaratan kesehatan demikian juga pada alat makan yaitu piring dan sendok. Disarankan untuk melakukan monitoring kualitas mikrobiologis makanan dan minuman secara berkala, perbaikan sanitasi bagi para penjaja makanan di kantin, balsem/gerobak yang memenuhi persyaratan sanitasi dan kesehatan.

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Measuring *E. coli* on Ketoprak and Gado-gado Sold at Campus University of Indonesia, Depok. *Escherichia coli* (*E. coli*) bacteria was measured from ketoprak and gado-gado which sold in food retailer in the area of University of Indonesia. The research was conducted to know the level of contamination of *E. coli* bacteria in two type of food that easily find in the food retailer in the area of the University of Indonesia. The Total Plate Count (TPC) method was applied to measure the level of the *E. coli* bacteria from each type of the food, which are gado-gado and ketoprak, from local registered cafeteria in each faculty, stationary and not stationary, using carriage or moveable unregistered food retailer around the University. The measurement was performed for the plate, spun and the sanitation water used by the retailers. Questioners were also used to collect information about the knowledge and practice, in related to the personal and environmental hygiene, along with observation to the observe the way the retailer to prepare, make and serve the food to the customers, and also to clean and store the utensils. The seventyfour retailers around the University were surveyed and observed. The result showed that the educational level of the respondents quite high, they were mostly graduated from Senior high school, sanitation facility were poor, the food server mostly had little knowledge and practice on healthy and good sanitation, since preparation to serving the food to the costumers and also clean the utensils. *E. coli* bacteria found above the healthy level from almost to the food retailer around the University, it found from the food, the utensils such as plates and spun, and also in the water used for cleaning the utensils. The research suggests a periodic microbiology monitoring for foods and drinks sale in the campus, to assure the quality of food that served for the civitas accademica for maintaining

health. It also needs to develop a good sanitation facility used by the food retailers in the campus.