









Demonstration of Simple and Elite Balanced Menu to Increasing Immunity During the Covid-19 Pandemic

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ARTICLE INFO

Article history:

Received 15 May 2023

Revised 30 May 2023

Accepted 31 May 2023

Available online

<https://talenta.usu.ac.id/jst/index>

E-ISSN: 2621-4830

P-ISSN: 2621-2560

How to cite:

G. Siahaan, E. Nainggolan, D. Lestrina, B. Doloksaribu, U. A. Karimah, E. G. Sitorus, N. Panjaitan, S.E.P. Sinaga "Demonstration of Simple and Elite Balanced Menu to Increasing Immunity During the Covid-19 Pandemic," Journal Saintech Transfer, vol. 6, no. 1. pp. 41-45 2023.

ABSTRACT

A balanced menu is a meal menu consisting of rice, animal side dishes, vegetable side dishes, vegetables and fruits in one meal. This community service aims to provide examples of a balanced menu and maintain a balanced diet as an effort to increase endurance in the midst of the Covid 19 pandemic. This activity is carried out through demonstration methods, giving leaflets, and discussions. The activity participants were the elderly at the Veteran ABRI Housing in Medan Estate Deli Serdang Regency with a total of 20 participants. The balanced menu being demonstrated is a simple and elite balanced nutrition menu, which aims to adjust to the economic conditions of the local community. The results of the activity showed an increase in participants' knowledge about a balanced menu. Before the activity the number of participants who had good knowledge was 16% and after the activity there were 62% of participants who had good knowledge.

Keyword: balanced menu; body immunity; the covid-19 pandemic; elderly

ABSTRAK

Menu seimbang adalah menu makan yang terdiri dari nasi, lauk pauk hewani, lauk pauk nabati, sayur, dan buah-buahan dalam satu kali makan. Pengabdian pada masyarakat ini bertujuan untuk memberikan contoh menu seimbang dan menjaga pola makan dengan menu seimbang sebagai upaya untuk meningkatkan daya tahan tubuh di tengah pandemic covid 19. Kegiatan ini dilakukan melalui metode demonstrasi, pemberian leaflet, serta diskusi. Peserta kegiatan adalah lansia di Perumahan Veteran ABRI Medan Estate Kabupaten Deli Serdang dengan jumlah peserta 20 orang. Menu seimbang yang didemonstrasikan adalah menu gizi seimbang sederhana dan elite, yang bertujuan untuk menyesuaikan keadaan ekonomi masyarakat setempat. Hasil kegiatan menunjukkan terjadi peningkatan pengetahuan partisipan tentang menu seimbang. Sebelum kegiatan jumlah peserta yang memiliki pengetahuan baik adalah 16% dan setelah kegiatan terdapat 62% peserta yang memiliki pengetahuan dengan kategori baik.

Keyword: menu seimbang; imunitas tubuh; pandemic covid 19; lansia



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<http://doi.org/10.32734/jst.v6i1.11995>

1. Introduction

Covid-19 is a type of infectious disease caused by the Severe Acute Respiratory Syndrome Coronavirus (SARS-Cov2) virus which can cause respiratory infections ranging from mild to acute symptoms. Covid-19 is referred to as a global pandemic where the number of cases appears throughout the world. Cases of Covid-19 continue to increase because of its transmission which can infect anyone, such as the elderly, adults, adolescents and children regardless of age which can cause respiratory problems, acute pneumonia and death. Covid-19 can cause the body to have a fever, so it requires intake of energy and nutrients that can speed up the recovery process [1].

Efforts that can be made to increase body immunity by maintaining a good and balanced diet which can prevent the transmission of the Covid-1 virus as recommended by WHO. A balanced menu is a food menu that includes complete nutrition, both macronutrients such as carbohydrates, protein, fat, as well as micronutrients from vitamins (such as vitamins A, B6, folate, B12, C and D) and minerals (such as iron and zinc). All types

of foodstuffs can be made into a simple balanced menu to an elite balanced menu according to the finances of each household [2]. In this community service activity, the balanced menu that was demonstrated was a menu consisting of anchovies, red beans and salmon.

Anchovy is an example of a high-quality animal food ingredient because all parts of its body can be consumed and it contains very high levels of protein, calcium and iron. Kidney beans (*Phaseolus vulgaris* L) are included in the Leguminosae family, aka legumes. Kidney beans are a good source of complex carbohydrates, protein, B vitamins, iron, calcium and phosphorus. Red beans are also rich in fiber and flavonoids. The food ingredients above are an example of a simple balanced menu that is easy to find at a relatively cheap price [3]

Salmon fish has benefits for immune growth because it contains very high EPA and DHA. The content of salmon is omega-3 fatty acids and high protein. The protein and omega-3 content found in salmon can boost immunity, repair damaged body cells and function to produce antibodies and high albumin which functions as a scavenger of free radicals during the Covid-19 pandemic. This salmon can be used as food for an elite balanced menu for people who have an economic level and above.

The elderly group is a group of people who are very vulnerable to infection, including Covid 19 infection. Veteran ABRI Housing in Medan Estate Deli Serdang Regency is mostly inhabited by the elderly. Therefore, this community service activity aims to disseminate knowledge regarding simple to elite balanced menus to the elderly group at the Veterans ABRI Housing Medan, in order to prevent them from being infected with Covid-19.

2. Methods

Participants in this community service activity were elderly housewives at the Veterans ABRI Housing Medan Estate Deli Serdang Regency. Participants were previously screened based on their willingness to take part in predetermined activities, as well as being physically healthy and not in a state of illness. Based on the results of the screening, the number of target people is 20 people.

2.1. Pra activity

The community service activity team conducts pre-community service by discussing the time and place of implementation, as well as the topic of activities, namely a simple and elite balanced menu which will be demonstrated. Then it is followed by an explanation of the preparation of materials, tools and procedures for cooking demonstrations during community service. At this meeting the community was also asked to participate in providing the tools that will be needed during the demonstration of a balanced menu.

2.2. Demonstration about simple and elite balanced menu

The community service team provided material on a simple and elite balanced menu in increasing body immunity during the Covid-19 pandemic at the Medan Estate Deli Serdang Retired ABRI Veterans Complex in 15 minutes. The community service team explained the importance of implementing a balanced menu during the Covid-19 pandemic as an effort to protect and prevent oneself from the Covid-19 virus. The dedication team also explained that a balanced menu doesn't have to be expensive and luxurious, but can be arranged according to the family's financial conditions, from a simple to elite balanced menu.

The community service activity continued with a demonstration of making a simple and elite balanced menu. The Simple Balanced Menu provided consisted of: white rice, anchovy and peanut sauce, tofu balls, mashed sweet potato leaf curry, and papaya juice. Meanwhile, the elite balanced menu provided consists of mashed potatoes with mushroom sauce, grilled salmon in lemon sauce, red bean kalio, kailan sweet curry, and dragon fruit juice mixed with pineapple.

2.3. Program evaluation

Program evaluation is carried out through pre-test and post-test. Before the activity begins, a pretest is carried out by asking activity participants to fill out a questionnaire containing questions about participants' understanding of a balanced menu. The post-test was carried out after demonstrating and discussing activities by administering a questionnaire with the same questions as in the pre-test.

3. Results and Discussion

3.1. Demonstration of balanced menu making

A balanced menu is a menu that has a variety of food compositions in proportions that suit a person's nutritional needs. Balanced nutritional proportions, such as energy sources from carbohydrates, building blocks from protein, and regulatory sources from vitamins and minerals according to the type, amount, and frequency of meals [4].

The application of balanced nutrition is expected to be able to complement each other. The content of nutrients works synergistically in the body in maintaining health or fighting viruses that will enter a person's body. Balanced nutrition has several ingredients such as bioactive substances that function in the occurrence of inflammation or inflammation caused by Covid-19 and sometimes even a balanced menu contains several nutrients that can minimize the occurrence of mutations of the Covid-19 virus. In addition, a balanced menu is high in antioxidants which can maintain and maintain and improve one's body health during Covid-19 [5].

All kinds of foodstuffs can be made into a simple balanced menu to an elite balanced menu according to the finances of each household. A balanced menu contains nutrients in types and amounts according to nutritional needs (carbohydrates, animal protein, vegetable protein, vegetables, and fruit). In addition, ways to display food that pay attention to color, shape, and food portions that complement each other are also very important in preparing a balanced menu so that even though the ingredients used are simple, they will be attractive and not seem monotonous in the appearance of a simple balanced menu. An example of a simple balanced menu consists of white rice, anchovy sauce, tofu balls, mashed sweet potato leaf curry and papaya juice (Figure 1). An example of an elite balanced menu consists of mashed potato, grilled salmon in lemon sauce, red bean kalio, kailan sweet curry and ferocious juice (dragon mixed with pineapple) as shown in Figure 2.



Figure 1. Simple balanced menu.

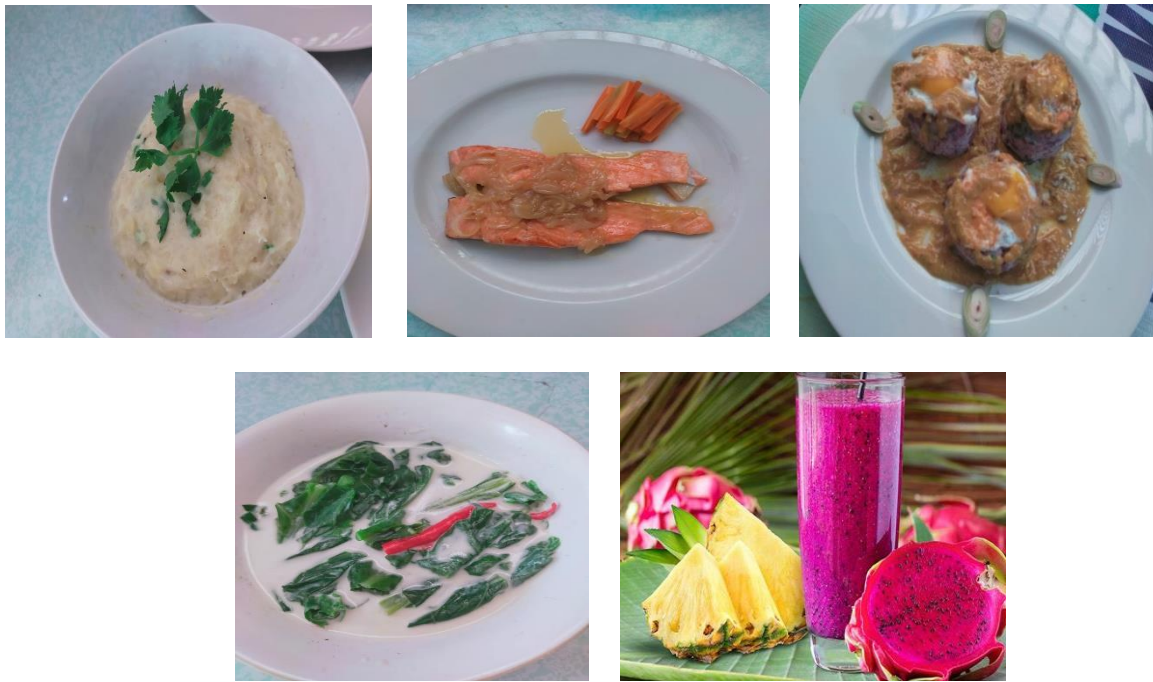


Figure 2. Elite balanced menu.

3.2. Result of pre-test and post-test

All participants in this community service activity were given a pre-test before counseling and demonstrations about a balanced menu and then continued with the delivery of counseling material. After the delivery of the material, it was followed by a question and answer session directly regarding the material by the participants and presenters, then a post test was given. The results of the pre-test and post-test are presented in Table 1.

Table. 1 The results of Pre-test and Post-test

Category	Pre-test		Post test	
	n	%	n	%
Good	4	19	13	62
Enough	12	57	6	29
Less	5	24	2	9
Total	21	100	21	100

The results of the pre-test on community service showed that before the demonstration activities were carried out, there were 5 people (24%) who answered questions in the less category and as many as 12 people (57%) in the sufficient category. After receiving the material and demonstration of making simple and elite balanced menus, the participants' knowledge increased to 13 people (62%), 6 people in the sufficient category and 2 people (9%) in the good category.

The results of the questionnaire also show that the participants are enthusiastic in learning how to make a balanced, nutritious menu that doesn't have to come from expensive foodstuffs. All kinds of foodstuffs can be made into a simple balanced menu to an elite balanced menu according to the finances of each household.

Demonstration is one of the counseling methods by practicing or displaying the process of making something directly so that participants are interested and enthusiastic in seeing and can immediately know step by step in demonstration activities. In this demonstration method, participants can better understand that a balanced menu does not have to come from luxurious and expensive ingredients. But cheap and simple ingredients can also be made into an interesting balanced menu. The use of leaflet media in counseling on

simple and elite balanced menus can increase knowledge with information and pictures.

4. Conclusions

The results of community service activities regarding demonstrations and counseling about simple and elite balanced menus can be accepted by the community in order to increase their body's immunity during the Covid 19 pandemic. Demonstration and discussion methods used in community service can increase knowledge by 62%. Therefore, demonstration and counseling methods can be applied to convey important information to the public.

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