

**ABSTRAK:** Penyelenggaraan makan di pondok pesantren dapat mempengaruhi asupan makan, status gizi dan konsentrasi belajar santri, sehingga penyelenggaraan makanan yang terdapat pada pondok pesantren bisa memperhatikan tahapan penyelenggaraan makanan. Penelitian ini bertujuan untuk Menganalisis sistem penyelenggaraan makanan yang meliputi *input*, *process* dan *output*, asupan gizi dan status gizi di Modern Gaza Al Islami *Boarding School*. Desain penelitian ini adalah *cross-sectional* dengan penarikan sample menggunakan *simple random sampling* dengan jumlah sampel 87 santri. Analisis data menggunakan uji korelasi *Spearman*. Penelitian ini termasuk kedalam jenis penelitian *observasional*. Hasil penelitian menunjukkan masih belum adanya perencanaan anggaran, SOP dan sarana yang kurang memadai. Proses penyelenggaraan makanan dilakukan secara sweloka. Didapatkan hasil status gizi santri mayoritas memiliki status gizi normal sebesar 64%. Ketersediaan zat gizi dari menu selama 3 hari dengan rata-rata energi sebesar 1348,2 kkal, protein 45,91 gram, karbohidrat, 224,08 gram, lemak 27,72 gram. Asupan gizi dalam pesantren yang masih di bawah 80% sedangkan asupan luar pesantren diatas 20%. Tidak ada hubungan signifikan pada tingkat kesukaan dengan status gizi, namun terdapat hubungan pasda asupan lemak terhadap status gizi dengan nilai  $p = 0,027$ . Pnelitian ini menyimpulkan bahwa sistem penyelenggaraan makanan masih ada beberapa belum menerapkan standar penyelenggaraan makanan, asupan zat gizi makro masih masuk dalam kategori defisit berat, status gizi santri mayoritas normal, dan rata-rata santri merasa suka terhadap makanan yang disajikan pada pondok pesantren.

Kata Kunci: Asupan Gizi, Penyelenggaraan Makanan, Remaja, Status Gizi

*ABSTRACT : The organization of meals in Islamic boarding schools can affect the food intake, nutritional status and learning concentration of students, so that the food management in Islamic boarding schools can pay attention to the stages of food administration. This research aims to analyze the food management system which includes input, process and output, nutritional intake and nutritional status at the Modern Gaza Al Islami Boarding School. The design of this study was cross-sectional with sampling using simple random sampling with a sample of 87 students. Data analysis used the Spearman correlation test. This research is included in the type of observational research. The results of the research show that there is still no budget planning, SOP and inadequate facilities. The process of organizing food is carried out independently. The results of the nutritional status of the majority of students have a normal nutritional status of 64%. Availability of nutrients from the menu for 3 days with an average energy of 1348.2 kcal, protein 45.91 grams, carbohydrates 224.08 grams, fat 27.72 grams. Nutritional intake in Islamic boarding schools is still below 80% while intake outside Islamic boarding schools is above 20%. There is no significant relationship between the level of liking and nutritional status, but there is a relationship between fat intake and nutritional status with a value of  $p = 0.027$ . This research concluded that some food management systems still do not implement food service standards, macronutrient intake is still in the severe deficit category, the nutritional status of the majority of students is normal, and on average students like the food served at Islamic boarding schools.*

*Keyword: Adolescents, Food Administration, Nutrition Intake, Nutritional Status*