

## Cooking Hobby, Beautiful Student of Fikes UPNVJ Won 1st Place in Healthy Snack Menu Creation Competition

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**HumasUPNVJ** - The Covid "19 pandemic, which has been running for almost a year, has not discouraged UPN Veteran Jakarta students to always work and make proud achievements. Yesterday, coinciding with National Nutrition Day which is celebrated every January 25, one of the students of the Health Sciences Faculty of Nutrition Program, Alifah Rahma Denanti, class of 2015 won 1st place in the *One Dish Meal Geriatric* Snack Menu Creation Competition.



This menu creation competition was organized by DPP PERSAGI (Indonesian Nutritionist Association) in commemoration of the 61st national nutrition day. This year's theme is *One Dish Meal* for Geriatrics and Healthy Snacks for *Work From Home* (WFH) workers which are high in fiber.

The UPNVJ Public Relations Team had the opportunity to conduct a brief *online* interview with Alifah. In her interview, Alifah shared that she chose the healthy *snack* category for WFH workers with a menu of black bean dumplings & tomato sauce. This activity was carried out *online* because it was still in a pandemic atmosphere, "The cooking competition is assessed in video form, each participant must find 5 panelists according to a predetermined category for the value of the menu we made (organoleptic test). So the final result of the assessment is a combination of the committee's assessment and the 5 panelists' assessment. Obviously Alifa

Alifah also shared how much she likes cooking, that's why she was interested in this cooking competition organized by DPP Persagi, "I've always been interested in cooking competitions and thank God, when I was in college, I also had the opportunity to win 1st place in a *crafting* menu competition several times. & cook with other friends as a team, so now I think while I have free time I just try to join competitions again so I can *review* lecture material first." he explained

As long as the participants of the competition requirements must have the status of nutrition students or *dietitians/nutritionists* who are still active members of PERSAGI and/or ASDI. The competition period is from 12-18 January 2021.

There were several preparations that Alifah made to take part in this competition, "Before deciding on the menu to be made, I looked for food ingredients that matched the theme of the contest first, after I fixed it with the menu I wanted to make, I immediately *trial and error* once to fit it in. the taste and amount of ingredients I use in one recipe. he said

The activity that Alifah participated in this time indeed had its own challenges because apart from having to cook and make videos as well as looking for panelists herself, Alifah really enjoyed the competition she participated in. "I am happy because I can *challenge* myself because what I am doing is something that I am right. -really like. Hopefully my juniors who are still in college can continue to be productive and actively participate in existing competition activities, a message from me, we must continue to learn, because learning has no time limit & doesn't matter what age, especially if we study a field we like, we will definitely the process is more exciting "€€. Connect with Alifah



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