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## THE IDENTIFICATION OF LOCAL FOOD MATERIAL IN THE AYAPO VILLAGE AND BHULEUBE VILLAGE DISTRICT EAST SENTANI JAYAPURA

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### ABSTRACT

*Plants food is actually very diverse in Indonesia. There are various plant food principal known in Indonesia, wrong opinion only very identical with Papuan society is sago . Indonesia has very rich resources in carbohydrates, among other things there about 157 species ingredients food carbohydrate non-seeds that has not utilized with good.*

*The Research aim is study this dripping emphasize on identification ingredients food existing local on community fringe Lake sentani especially on community in the village Ayapo and Buleube . The Research Methods by using descriptive qualitative with observational approach that will outlines potency food principal local . Research held for 3 months . Target research this is community who living in Ayapo and Buleube Village , which owns land for gardening . An initial survey results showing that amount residents who have land is by 80% (75 Heads Family ) of the total family in Ayapo and Bhuleube Village (94 Head Family ) . The method used in collection data with way Triangulation blends various method for earn validation findings . With triangulation this expected one findings could support Other findings based on fusion some method that is documentation , surveys, and interview .The Research Result has shown that The villagers of Ayapo and Bhuleube have 9 food sources of carbohydrates, 10 food sources of protein, 3 food sources of fat, 13 food sources of vitamins and minerals, and 6 types of herbs. For educational institutions and further researchers, is expected to further explore more related to food technology and food security.*

**Keywords:** Local Food, Village Food Sources.

### 1. INTRODUCTION

No one can have denied that Indonesia is one of country with biodiversity the largest in the world. Diversity not only on type plant non-food alone, plants food is actually very diverse in Indonesia. Example alone: Indonesia has very rich resources in carbohydrates, among other things there about 157 species ingredients food carbohydrate non-seeds that has not utilized with good. Besides that, deep availability food diverse, Indonesia has wealth culture food and Cook very traditional great (Tampubolon , 2002; Nurlaela , et al. , 2002).

To moment this pattern eat Indonesian society still very depends on commodities certain as rice as food principal and soy as a major source of protein. Even on community ancients who knew various food principal (for example corn and sweet potato) as if herded for switch to rice, so give superior nature of rice to community.

There are various plant food principal known in Indonesia, wrong opinion only very identical with Papuan society is sago. Indeed, sago is wrong as one ingredients food principal community Papua that highly famous. However, among community papua alone, sago is not the only one ingredients food daily staple consumed in Papua. There are various type tubers are becoming ingredients food principal who often consumed as replacement sago. For that's need do identification food Local can have developed for empowerment diversity food. For that's required something research early for knowing the potency. Research in the field diversification food must many directed on some things, wrong only is the necessity research development commodities food principal, search and development food principal, no again focus on rice. Research on potency food local (indigenous food) must increasingly encouraged.

Study this dripping emphasize on identification ingredients food existing local on community

### Food

Food is anything derived from biological and water resources, whether processed or unprocessed which is intended as food or drink for human consumption, including food additives, foodstuffs, and other materials used in the process of preparing, processing and / or the manufacture of food or drink (PP RI No.68 year 2002 in Suryana, 2003). Food classification used by FAO is known as the Food Pattern of Hope (PPH). The food groups in PPH are nine grains, tubers, animal foods, oils and fats, oily seeds, nuts, sugar, vegetables and fruits and others (beverages and spices).

### Nutrient Content of Food Carbohydrate

The word carbohydrate originated of the word carbon and water. By simple carbohydrate defined as **polymer sugar**. Primary function of carbohydrate is as backup energy period short (sugar is source energy). Function secondary from carbohydrate is as backup energy period medium (starch for plant and glycogen for animal and human). Function others is as component structural cells.

### Protein

Protein is needed for the formation and repair of all tissues in the body including blood, enzymes, hormones, skin, hair, and nails. Protein hormone formation for growth and replacing wear tissue, development of sex and metabolism. In addition, proteins are useful for protecting the balance of acids and bases in the blood and tissues maintained, while also regulating the water balance in the body. In addition to these functions, according to Joko Pekik (2006).

### Fat

Fats typically become the term for animal oil at room temperature, independent of its solid or liquid form, which is present in body tissues called adipose. Oil or fat is an important food ingredient. The term oil or fat actually depends on whether at room temperature the material is either liquid or solid. When at room temperature in a liquid state, it is called oil, otherwise when in a solid state called fat (Simanjuntak, 2015). Lipids or lipids are more of a scientific term, which includes both oil and

fringe Lake Sentani especially on community in the village of Ayapo and Buleube.

fat. In foreign libraries, the lipids we eat are generally called the diery fat, which we can translate food fat.

### Vitamin

Vitamine is an organic compound contained in very little amounts in the diet and is very important role in metabolic reactions. According Sunita Almatsier (2009: 151) vitamins are complex organic substances that are needed in very small quantities and in general cannot be formed by the body. Therefore, it must be imported from food. Vitamine included as regulator substance and life maintenance.

### Mineral

According to Risqie Auliana (2001: 29) mineral is an organic compound that has an important role in the body. The mineral elements are carbon (C), hydrogen (H), oxygen (O), and nitrogen (N), and minerals also have other chemical elements, namely calcium (Ca), chloride (CO), iron (Fe), magnesium (Mg), phosphorus (P), potassium (K), sodium (Na), sulfur (S). The human body cannot be synthesizing minerals, thus having to obtain from food. Minerals needed by the body in small quantities. Minerals are important substances for the health of the body, because all the tissues and water in the body contains minerals. Thus minerals are an important component of bone, teeth, muscles, tissues, blood and nerves. Minerals are essential in the maintenance and control of all physiological processes in the body, hardening bones, promoting health heart, brain and nerves. Minerals also help balance the water and blood conditions so as not too acidic or too alkaline in addition to minerals also help in the manufacture of anti-body, the cells that kill bacteria.

### Local Papuan Foodstuffs

Specific local food sources of Papua such as sweet potatoes, taro, gembili, sago, and millet have been cultivated by indigenous Papuans for generations. These commodities have become a major source of food for Papuans. Husain (2004) states, local food is food produced locally (a certain region / region) for economic and / or consumption purposes. Thus, Papua's local food is food produced in Papua with economic or production objectives.

Papua's agroecosystem conditions strongly support the development of agricultural commodities, especially locally specific food commodities. Suggest alternative food would be diverse in Papua, from tubers, cereals, fruits, and even plants medications can provide sufficient food for the local community so as to avoid malnutrition (*malnutrition*) or starvation. However, the socialization of the use of alternative food sources has not been done wisely and sustainably. In addition, the community began to rely on the source of rice food because in addition to delicious also easily obtained. This matter is one of the government policy draft that only focus on ensuring the availability of rice. The policy has unwittingly changed the menu of community carbohydrates from non-rice to rice, especially in areas that traditionally consume non-rice food, such as eastern Indonesia (Budi 2003). Local food crops that have been utilized by the community as a food source for generations are tubers (sweet potato, taro, and gembili), sago, and millet.

### National Food Security

Food security focuses on the aspect of the fulfilment of nutrition, both quantity and quality of nutrition in order to form qualified human resources. The meeting point between food diversification and national food security lies in the goal of achieving national nutrition fulfilment at an affordable price and high nutritional quality. Food diversification will provide an opportunity for households to have more than one type of food option used to meet family nutrition. With more options, it will

create an opportunity for all groups of people's incomes to meet nutrition equally in household consumption.

## 2. METHODOLOGY RESEARCH

Type research this is descriptive qualitative with approach observational that will outline potency food principal local. Research held for 3 months. Target research this is community who living in kampung Ayapo and Buleube, which owns land for gardening. An initial survey results showing that amount residents who have land is by 80% (75 Heads Family) of the total family in the village Ayapo and Bhuleube (94 Head Family).

The method used in collection data with way Triangulation blends various method for earn validation findings. With triangulation this expected one findings could support Other findings based on fusion some method that is documentation, surveys, and interview. Documentation used for extracting initial data about condition and potency ingredients food local in Ayapo and Bhuleube Village, District Sentani East, District Jayapura. Preliminary data digging this do on service related that is Service Agriculture, Animal Husbandry, Fisheries, and Body Endurance Food district Jayapura. Interview and survey do on owner land acting agriculture as informant. Survey on land agriculture do for *cross check* results interview.

## 3. RESULTS

### Jenis Bahan Pangan Sumber Karbohidrat

| No | Nama Daerah           | Nama Indonesia | Nama Ilmiah                     | Bagian yang di konsumsi |
|----|-----------------------|----------------|---------------------------------|-------------------------|
| 1  | Sagu                  | Sagu           | <i>Caryota no Beec.</i>         | Batang                  |
| 2  | Hekei/Bete            | Talas          | <i>Colocasia esculenta L.</i>   | Umbi                    |
| 3  | Singkong              | Singkong       | <i>Manihot utilissima Pohl.</i> | Umbi                    |
| 4  | Keladi                | Keladi         | <i>Colocasia sp.</i>            | Umbi                    |
| 5  | Fam/Siapu/<br>Kumbili | Gembili        | <i>Dioscorea esculenta L.</i>   | Umbi                    |
| 6  | Fiako/Kiha            |                |                                 | Umbi                    |
| 7  | Yara                  | Ubi Kelapa     | <i>Dioscorea alata</i>          | Umbi                    |
| 8  | Betatas               | Ubi Jalar      | <i>Ipomoea batatas L.</i>       | Umbi                    |
| 9  | Jagung                | Jagung         | <i>Zea mays L.</i>              | Buah                    |

(Sumber : Data primer, 2017)

Here are pictures of some types of food sources of carbohydrates consumed by people on the edge of Lake Sentani.

The Carbohydrates sources to people on East Lake Sentani-Papua Indonesia



Taro

Yara

Tabel 7. Bahan Pangan Sumber Protein

| No | Nama Daerah | Nama Indonesia | Nama Ilmiah                      |
|----|-------------|----------------|----------------------------------|
| 1  | Babi Hutan  | Babi           | <i>Sus scorfa</i>                |
| 2  | Ulat Sagu   | Ulat Sagu      | <i>Rhynchophorus ferrugineus</i> |
| 3  | Ayam        | Ayam           | <i>Gallus gallus domesticus</i>  |
| 4  | Ayam Hutan  | Ayam Hutan     | <i>Gallus gallus banleiva.</i>   |
| 5  | Tikus tanah | Tikus Tanah    | <i>Talpidae.</i>                 |
| 6  | Ikan Gabus  | Ikan gabus     | <i>Channa striata.</i>           |
| 7  | Ikan Lohan  | Ikan Red Devil | <i>Amphilophus Labiatus</i>      |
| 8  | Kamseli     | Ikan Sembilang | <i>Plotosus lineatus</i>         |
| 9  | Ikan Mujair | Ikan Mujair    | <i>Oreochromis mossambicus</i>   |
| 10 | Kahilo      | Belut          | <i>Monopterus albus</i>          |

(Sumber : Data primer, 2017)



Nine / Sembilan fish



Louhan fish

Tabel 8. Bahan Pangan Sumber Lemak

| No | Nama Daerah | Nama Indonesia | Nama Ilmiah                      |
|----|-------------|----------------|----------------------------------|
| 1  | Babi Hutan  | Babi           | <i>Sus scorfa.</i>               |
|    | Ayam ras    | Ayam ras       | <i>Gallus gallus domesticus.</i> |
| 2  |             |                |                                  |
| 3  | Ayam Hutan  | Ayam Hutan     | <i>Gallus gallus banleiva.</i>   |

(Sumber : Data primer, 2017)

This plant is found almost in all parts of Indonesia with different names, in Central Java called Cumin leaf, the Sundanese call it ajeran leaves, in Madura called goat leaves and in Bali called Iwak leaf. In North Sumatra Batak region itself is referred to as leaves wake-build or torbangun (Gembong, 2004).

This plant contains various types of flavonoids i.e. quercetin, apigenin, luteolin, salvigenin, genkwanin. This plant leaf has also been proven as anti-inflammatory because it inhibits the inflammatory response induced by cyclooxygenase, also proven as anti-cancer and anti-tumor (Kaliappan, 2008; Mangathayaru, 2008).



Primer Data; Fea Leaves

#### 4. CONCLUSION

The villagers of Ayapo and Bhuleube have 9 food sources of carbohydrates, 10 food sources of protein, 3 food sources of fat, 13 food sources of vitamins and minerals, and 6 types of herbs. Suggestion. For educational institutions and further researchers, is expected to further

explore more related to food technology and food security. For agriculture, livestock and food security agencies, it should create more community empowerment programs by utilizing local food wisdom.

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