

**IMPACT OF THE TRAINING OF BREAKFAST DISHES FOR THE  
WOMAN GROUP OF TOURISM VILLAGE TISTA, KERAMBITAN,  
TABANAN**

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**ABSTRACT**

Village Woman Group is a community organization that includes housewives as members. Woman Group is a partner of the government at both the local, regional, and national levels and its work programs range from social, economic, educational, cultural, sports, and women's empowerment activities. The Woman Group of Tista Tourism

Village has potential resources that can be developed to support the program. In support of optimizing their potential, the D4 Hospitality Management University of Dhyana Pura in collaboration with the Tista Tourism Village held training on making breakfast menus to answer the diversification needs of family menus as well as for business opportunities. The purpose of this training is to provide knowledge of food menus, breakfast preparation skills, the application of CHSE (cleanliness, healthy, safety, environmental), and to provide strengthening information that this training is also beneficial in developing family businesses in the food production sector. Participants are expected to be able to absorb knowledge, skills, and apply them to their families and communities. The training method is given in the

form of lectures, discussions, and demonstrations as well as direct practical assistance by the Women Group in Tista Tourism Village. The training was carried out onsite at the Public Centre, Tista Tourism Village. Participants practice enthusiastically are communicative, actively ask questions, and take part in the training with full attention. They hope that the training activities can be continuous with other materials such as cakes making, room arrangement, and other skills for women.

**KEYWORDS:** Woman Group, Training, Breakfast Dishes, CHSE, Tourism Village.

## 1. INTRODUCTION

Tista Tourism Village is a tourist village that has a beautiful view combining rice fields, agricultural fields, people's lives that are developing, and the heterogeneous fields of work of the population ranging from agriculture, cultivators, traders, entrepreneurs, workers in the hotel and tourism industry, and private and public employees.

As an educational institution, Dhyana Pura University has carried out various approaches and also very positive conversations by LPPM Undhira with the Tista Tourism Village Perbekel. Previously, several visits and conversations had been made with the Head of the Pokdarwis of the Tista Tourism Village, which was followed by the implementation of the final assignment exam for the Undhira Hospitality Management D4 student at the Tista Tourism Village which went well.

Based on the conversations and field observations, an understanding and agreement were obtained to provide assistance and training in various fields related to the management of tourist villages through Woman Group by providing related training and assistance such as culinary, handling guest house/cottage room arrangement, management of guest houses and tourist lodges, as well as the implementation of CHSE health protocol standards.

To start the collaboration, a preliminary proposal was made through the initiation of a collaboration program for D4 Hospitality Management lecturers and Undhira Family Welfare Education study program through ongoing mentoring and training with the first training on preparing breakfast food for tourists staying at guest houses/tourist lodges, implementing health standards CHSE tourist destinations and simple management of guest houses/cottages management.

Partner problems include (a) Woman Group in Tista Tourism Village need to be given additional knowledge and skills about the procedure for preparing breakfast food for tourists staying at guest houses/tourist lodges, strengthening the application of CHSE health protocols, and the ability to manage guest houses or cottages; (b) During the Covid-19 pandemic, Woman Group only focused on training on handling health impacts through the application of health protocols in general and had not been collaborated through CHSE training as a standard for implementing health protocols set by the ministry of tourism for tourist destinations including tourist villages. This is related to the results of the field visit conversations; (c) Considering that the development of guest houses/tourist lodges is being intensified in Tista Tourism Village, it is deemed necessary to provide training that supports the main training by providing short beginner training on the management of guest houses/tourist lodges through simple management.

The objectives of this activity are (a) To increase knowledge about the types of materials used in the processing/making breakfast foods; (b) Improving skills, especially in processing/making breakfast food; (c) Conduct training and assistance in the process of making breakfast foods; (d) Increase awareness of the implementation of the CHSE health protocol.

The training method is given in the form of lectures, demonstrations, the practice of making breakfast, and the practice of presenting the results of the practice of making breakfast.

## **2. Solutions and Outcome Targets**

The solutions provided to meet the training objectives include (a) Socialization or providing material information about knowledge of the types of materials used in food processing/making, application of cooking techniques or methods in food processing/making, and equipment used in food processing/making ; (b) Demonstrating the process of processing/making food, ingredients, making dough, printing, maturation or cooking until the food is ready to be served, Demonstrating the process of processing/making food, ingredients, making dough, printing, maturation or cooking until the food is ready to be served, Mentoring and practice directly the process of processing / making food, Mentoring and practicing directly the process of arranging/presenting and packaging / packing food, Giving lectures on the CHSE health protocol; (c) Provide simple training on the simple management of guest houses/tourist lodges.

The output targets to be achieved are (a) Know of the types of materials used in the processing/making breakfast food for guest house/tourist lodge tourists; ) b) Having skills in processing/making breakfast food served to guests or family members as well as being marketed/sold to the general public; (c) Having skills in arranging/presenting various types of breakfast food that will be served to guests or family members and also having skills in how to pack/pack food to be served for tourists; (d) Publication in the form of scientific articles in journals with ISSN.

### **3. METHOD**

The methods used in this training include (a) lectures, namely conveying material classically about knowledge of the types of materials used in food processing/making, application of cooking techniques or methods in food processing/making, equipment used in food processing/making as well as knowledge about the development of simple management of guest house/tourist cottage management; (b) Demonstration approach in the food processing/making process from preparing ingredients, making dough, molding dough, cooking process until the food is ready to be served; (c) Training, mentoring and practicing the process of processing/making snacks; (d) Training, mentoring and practicing the process of arranging/presenting and packing/packing food; (e) Evaluate the level of understanding and awareness of partners on the importance of knowing the types of ingredients, the application of appropriate cooking techniques or methods, the use of equipment in the food processing/making process, and understanding the knowledge of simple management of guest house/tourist cottage management; evaluation of the level of understanding of partners in the process of processing/making food that will be served to guests; evaluate the level of understanding and skills of partners in the process of arranging/presenting food to be served to guests.

### **4. RESULTS AND DISCUSSION**

#### **4.1 Results**

The training went smoothly according to the planned event. The training begins with checking participants according to the attendance registration that has been prepared based on the list of names given by the Head of Woman Group Tista Tourism Village and continues with the opening. The schedule of training events can be seen in Table 4.1.

From the original plan, all the participants were women but later developed with the participation of three young women from the younger generation of Tista Tourism Village.

As companions, three instructors were present who also served as facilitators, resource persons, and training instructors. To assist the smooth running of the demonstration and also the practice, the facilitator is accompanied by seven students who are in charge of preparing equipment, materials, and arranging the use of the equipment and practice procedures as well as environmental cleanliness during demonstrations, practices, and after closing. The training was not only attended by participants who were invited to the training but were also accompanied during the training by the Head of the Tista Tourism Village and the Head of the Sub-district of Kerambitan who were very enthusiastic about supporting this training as described in Table 4.2.

The presentation of the material includes the application of the principles of CHSE (cleanliness, healthy, safety, and environment) in the process of preparing, making, and serving food, the delivery of menu knowledge materials including equipment, methods, ingredients, manufacturing process, and serving process. The last stage is the demonstration stage, followed by practice by the Team and followed by the participants in turn. The form of demonstration and practice can be described in Table 4.3.

#### **4.2 Evaluation**

The results of the evaluation show that the knowledge and skills of Woman Group Tista Tourism Village women need to be continuously developed and strengthened. From observations, some of the trainees had good cooking skills and turned them into a hobby. For example, making egg dishes can be done easily because making egg dishes is not too foreign to mothers because the average person can do it and the results are very good, although the arrangement needs to be perfected. Meanwhile, in making sandwiches and fried rice, mothers find it easier to understand the preparation of ingredients, cooking methods, and serving techniques, especially when combining ingredients according to composition, as well as an emphasis on cleanliness (hygiene and sanitation) in the food processing and presentation process. The aims of the given method can run well.

The skills acquired as a hobby can be developed into a business that provides additional income for family welfare. Sawukir (2021) mentions that there are six steps need to be taken to strengthen the results of the training, namely training in making business plans, making simple promotions to introduce businesses, maximizing the time available to start focusing on businesses that have just been started, establishing networking with partners who can be a distribution of production results, and provide time for field observations to find out more

tricks for starting a small business. These six steps can be included in further training for the Woman Group from Tista Tourism Village which just started a small food selling activity by starting several food products that are easy to sell and become the needs of the general public such as fried rice, fried noodles, and traditional snacks.

In this training, the timing of the training according to the material cannot be maximized because the profile of the participants can only be known a few moments before the training so the ability of the participants is not known optimally. This is an important lesson for the following training so that the training time based on stages can be given in a balanced manner according to the knowledge and skills possessed by the participants. Based on this, it is necessary to deepen the participants' abilities in advance. Asrianti (2021) said that the training must be able to balance the timing of lectures, questions and answers, demonstrations, and training practices. Lectures and discussions are given a sufficient portion of the time so that demonstrations and training practices can be maximized, successful and efficient.

This training activity is very important and can be used as an important thing to provide knowledge to Woman Group mothers with the benefits and urgency of working and managing family businesses. It is hoped that through this training activity, there can be a change in knowledge that previously did not understand basic technical concepts and cooking methods, family business businesses, how to produce products and also market products.

Regarding the training participants, good input was given and it needed to be considered in further training, namely providing opportunities for mothers with disability status but can cook. This is also in line with the results of community service carried out by Ita Aziz (2021) where training in the form of community service is not aimed at normal mothers but also mothers with disabilities.

Furthermore, an overview of the training atmosphere can be seen in the attached photos in the form of practical implementation by participants and at the same time the arrangement of practice results on the display table as shown in Figures 4.1, 4.2, 4.3, and 4.4.

## APPENDIX

**Table 4.1: Schedule of Community Service Activities Tista Tourism Village, Kerambitan, Tabanan.**

No	Day Date	Time	Activity	Location	Person Responsible	Notes
1	Friday 13 Nov. 2021	09.00- 12.00	Technical Preparation in Campus Dhyana Pura	Dhyana Pura Laboratory	Ni Kadek Widyastuti, SE., M.Par.	Lectures and Students
2	Monday 15 Nov. 2021	09.00- 09.45	<ul style="list-style-type: none"> <li>• Message from the Head of the Tista Tourism Village and the Head of the Kerambitan Sub-district</li> <li>• Introduction to the D4 Hospitality Management and the Application of CHSE in Tourism Villages</li> <li>• Aspects of Tourism Village Promotion</li> </ul>	Village Public Centre	Dr. Sidhi Bayu Turker, SH., M.Par	Woman Group, Tista Tourism Village  Head of Tista Tourism Village
3		09.45- 13.00	Presentation: Breakfast Dishes Menu Knowledge followed by demonstrations and practice of preparing, making, and arranging breakfast.	Village Public Centre	Dra. Ni Made Erpia Ordani Astuti, M.Pd.	Head of Kerambitan District
4		13.00 – 13.30	Closing: <ul style="list-style-type: none"> <li>• Message from the Head of Tista Tourism Village, Head of Kerambitan District</li> <li>• Certificate Submission</li> <li>• Thank-you note</li> </ul>	Village Public Centre	Ni Kadek Widyastuti, SE., M.Par.	Head of D4 Hotel Management Dhyana Pura

**Table 4.2: List of Speakers Training Materials.**

No	Topics	Speaker
1	Introduction to Study Program & Application of CHSE in Tourism Villages (cleanliness, healthy, safety, environmental)	Dr. Sidhi Bayu Turker, SH., M.Par
2	Promotion Aspects in Tista Tourism Village, Kerambitan, Tabanan	Kade Widyastuti, SE., M.Par.
3	Menu Knowledge, Breakfast Preparation and Arrangement	Dra. Ni Made Erpia Ordani Astuti, M.Pd.
4	Demonstration and Practice Making Breakfast Dishes and Arrangement	Dra. Ni Made Erpia Ordani Astuti, M.Pd. Students.

**Table 4.3: Cooking Demonstration & Practice.**

No	Method	Topic
1	Demonstration & Practice	Introduction of Equipment and Supplies Introduction of raw and semi-finished materials Cutting method introduction Introduction to the stages of preparing raw materials Introduction to cooking method
2	Demonstration and Practice by the instructor and accompanied by students	The demonstration of cooking practice was shown to participants by the instructor and accompanying students by showing directly the process of cooking stages in groups
3	Practice by trainees in each group	The training participants take turns practicing making various egg dishes and having breakfast accompanied by the instructor and students
4	Arrangement of the results of the practice of the trainees	The practice carried out by the participants was carried out several times to get maximum results which were then arranged on the table of the training participants' practice results

**APPENDIX IMAGES / PHOTOS****Figure 4.1: Training Participants.**

The Head of Kerambitan Sub-district, Head of Tista Tourism Village, Lecturers and Instructors, Students, and Training Participants.





**Figure 4.2: Delivering Welcoming and Training Materials, accompanied by the Head of the Kerambitan Sub-district, the Head of the Tista Tourism Village, Head of the Woman Group of Tista.**



**Figure 4.3: The atmosphere of training.**



**Figure 4.4: Arrangement of the Practice Results.**

## 5. CONCLUSION

The training can meet the expectations of the training objectives, namely (a) Successfully increasing knowledge and understanding of the procedures for preparing breakfast food for tourists staying at guest houses/tourist lodges, the introduction of various types of cooking ingredients, correct methods of processing food, rice food processing techniques fried and sandwiches, understanding of the functions and benefits of breakfast, skills in how to prepare breakfast dishes as the driving force of the art of serving food, awareness of the importance of hygiene and sanitation in producing healthy food; (b) training participants received strengthened information about the implementation of the CHSE health protocol in a wider scope; (c) increasing understanding of the importance of simple management of guest houses/tourist lodges to provide a sense of satisfaction for tourists visiting Tista Tourism Village, Kerambitan, Tabanan.

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