

ABSTRAK

Masalah yang jadi utama untuk para ibu adalah pengetahuannya yang sangat kurang dalam memberikan asupan nutrisi untuk balita sesuai kalori yang dibutuhkan dalam sehari. Akibatnya, timbul masalah perkembangan gizi, entah itu gizi buruk yang disebabkan kurangnya asupan kalori setiap hari atau gizi lebih yang mengakibatkan balita menjadi obesitas karena terlalu banyak asupan kalori yang tidak terkontrol setiap harinya. Oleh karena itu, metode *Knowledge-Based Recommendation* dipilih untuk menyelesaikan permasalahan ini. Pada penelitian ini akan menentukan alternatif menu pangan balita berdasarkan berat badan dan kalori yang dibutuhkan dalam per hari. *Knowledge-Based* (Basis Pengetahuan) memuat informasi essensial tentang domain masalah dan sering direpresentasikan sebagai fakta (*Fact*) dan aturan (*Rules*). Alur yang dipakai untuk menghasilkan rekomendasi akhir adalah alur *Forward Chaining*. Penerapan metode *Knowledge-Based Recommendation* dengan alur *Forward Chaining* cukup baik. Hasil yang didapatkan melalui metode ini adalah berbagai menu pangan balita sesuai kebutuhan *user*.

Kata Kunci : Balita, Pangan, Kalori.

ABSTARCT

Foodstuffs are materials that allow human body growing and maintaining their body and also breed. Every kind of foodstuffs contains calories, protein, fat and carbohydrates whose numbers differ according to its size. In modern times like now, there is still a major problem, especially for mothers whose knowledge is very short in providing appropriate nutrition for toddlers according the calories needed per day. As a result, the development of nutritional problems arise; whether malnutrition caused by lack of daily caloric intake everyday or too much nutrition which resulted toddlers become obese because of too many calories uncontrolled every day. Therefore, Knowledge-Based Recommendation method is chosen to resolve this matter. This research will determine alternative toddler food menu based on weight and calories needed per day. Knowledge-Based contains essential information about the problem domain and are often represented as fact and rules. A Flow which is used to produce final recommendations is Forward Chaining flow. The application of Knowledge-Based Recommendation method with Forward Chaining flow is pretty good. The results which is obtained through this method is the variety of toddler's food menu according to user needs.

Keywords: system recommendations, food, Calorie,