



CERTIFICATE

Awarded To

Helda Khusun, S.TP., M.Sc., P.hD

GUEST SPEAKER

For Imparting Her Valuable Insights and Inspiration Regarding
“Dining Out and Nutrition: Striking a Balance for Optimal Health”

Given in Tuesday, January 7th, 2025



ONY LINDA, SKM., M.KES

Dean FIKES UHAMKA



UNIVERSITAS MUHAMMADIYAH PROF. DR. HAMKA
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SURAT TUGAS
NOMOR: 153 /F.03.02/2025

Pimpinan Fakultas Ilmu-Ilmu Kesehatan Universitas Muhammadiyah Prof. DR. HAMKA
memberi tugas kepada :

Nama : **Helda Khusun, Ph.D**

Tugas : Sebagai Narasumber Kuliah Tamu Mata Kuliah Gizi Kuliner,
Perkembangan Gizi Terkini, dan Kewirausahaan Program Studi Gizi
Fakultas Ilmu-Ilmu Kesehatan Universitas Muhammadiyah Prof. DR.
HAMKA Jakarta

Hari/Tanggal : Selasa, 7 Januari 2025

Waktu : Pukul 09.00 WIB s/d 12.00 WIB

Tempat : Zoom Cloud Meetings

Catatan : Setelah melaksanakan tugas harap membuat laporan secara tertulis
kepada Dekan

Demikian surat tugas ini diberikan untuk dilaksanakan dengan sebaik-baiknya sebagai
amanah dan ibadah kepada Allah Subhanahu Wata'ala.

Jakarta, 3 Rajab 1446 H
3 Januari 2025 M

Dekan,


Ony Linda, M.Kes
NIDN : 0330107403

Tembusan:

Yth. 1. Wakil Dekan I
2. Wakil Dekan II u.p Kasubag Keuangan
Fakultas Ilmu-Ilmu Kesehatan UHAMKA
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Nomor : 4337/J.03.01/2024
Lampiran : -
Perihal : **Permohonan Narasumber**

19 Jumadil Akhir 1446 H
20 Desember 2024 M

Yang terhormat
Ibu Dr. Helda Khusun
Di Tempat

Assalamu 'alaikum Warahmatullahi Wabarakatuh,

Ba'da salam, semoga berkah serta rahmat Allah Subhanaahu Wata'ala senantiasanya dilimpahkan kepada Ibu, Sehingga diberi kemudahan dalam menjalankan tugas sehari-hari, amin.

Sehubungan akan diselenggarakannya kegiatan Kuliah Tamu Mata Kuliah Gizi Kuliner, Perkembangan Gizi Terkini, dan Kewirausahaan Program Studi Gizi Fakultas Ilmu-Ilmu Kesehatan Universitas Muhammadiyah Prof. DR. HAMKA Jakarta, maka dengan surat ini kami mohon kesediaan Ibu untuk menjadi Narasumber dalam pemaparan materi ***"Dining Out and Nutrition: Striking a Balance for Optimal Health"*** yang Insya Allah akan dilaksanakan pada:

Hari, Tanggal : Selasa, 7 Januari 2025
Tempat : Zoom CloudMeetings
Waktu : Pukul 09.00 WIB s/d 12.00 WIB

Bersama surat ini kami lampirkan juga rundown kegiatan. Demikian surat permohonan ini kami sampaikan, atas perhatiannya dan kehadirannya kami ucapkan terima kasih.

Wabillahitaufiq walhidayah,
Wassalamu 'alaikum Warohmatullahi Wabarakatuh.

Dekan,



Ony Linda, M.Kes
NIDN:0330107403

RUNDOWN GUEST LECTURE
TUESDAY, 7th January, 2025

Time (GMT+7)	Agenda	Speaker
08.30 – 09.00	Registration and opening	Moderator
09.00 – 09.05	Welcoming Speech	Head of Nutrition Study Program (Imas Arumsari, M.Sc)
SPEAKER SESSION		
09.05 - 10.05	<i>"Global Culinary Business Evolution: Shaping Eating Habits and Dining Out Trends"</i> Key Talking Point: The Rise of Global Culinary Ventures: - Growth of international restaurant chains and franchises. - Influence of globalization on culinary diversity. Consumer Preferences in Dining Out: - Shifting towards convenience, experience, and cultural exploration. - Increasing demand for fusion cuisines and food innovation. Impact of Technology on Dining Trends: - Role of food delivery apps and online reservations in boosting dining out. - Social media's role in promoting food trends. Challenges in the Culinary Industry: - Balancing cultural authenticity with market demands. - Environmental sustainability in culinary business operations. Implications for the Future: - Trends likely to dominate the culinary market in the coming decades. - Influence on the frequency and nature of dining out among global populations.	Assoc. Prof. Dr. Elise Line Mognard
10.05 - 11.05	<i>"Dining Out and Nutrition: Striking a Balance for Optimal Health"</i> Key Talking Point: Eating Out vs. Home-Cooked Meals: a. Differences in nutrient density and portion sizes.	Dr. Helda Khusun

	b. Higher prevalence of ultra-processed foods in restaurant menus. 2. Nutrient Imbalances from Frequent Dining Out: a. Common deficiencies (e.g., fiber, micronutrients) and excesses (e.g., sodium, fats). b. Increased consumption of calorie-dense, nutrient-poor foods. 3. Health Consequences of Eating Out: a. Long-term risks: obesity, hypertension, and other non-communicable diseases. b. Impacts on dietary patterns among adolescents and young adults. 4. Role of Public Health and Policy: a. The importance of nutritional labeling in restaurants. b. Advocacy for healthier menu options and portion control. 5. Promoting Balanced Nutrition While Dining Out: a. Strategies for individuals to make healthier choices when eating out. b. How the culinary industry can contribute to meeting global dietary recommendations.	
11.05 – 11.30	Discussion	Moderator
11.30 – 11.35	Documentation (Photo Session)	Moderator
11.35 – 11.40	Closing	Moderator