

REFERENCES

- Afifah, D. N., Sulchana, M., Syah, D., Yanti, & Suhartono, M. T. (2015). The Use of Red Oncom Powder as Potential Production Media for Fibrinogenolytic Protease Derived from *Bacillus licheniformis* RO3. The First International Symposium on Food and Agrobiodiversity (ISFA2014). *Procedia Food Science*, 3 (2015), 453–464
- Afina, S., & Retnaningsih, R. (2018). The Influence of Students' Knowledge and Attitude toward Functional Foods Consumption Behavior. *Journal of Consumer Sciences*, 3(1), 1-14.
- Akuzawa, R., & Surono, I. S. (2002). Fermented Milks of Asia. In H. Roginski, J. W. Fuquay, & P. F. Fox (Eds.), *Encyclopedia of Dairy Sciences* (pp. 1045–1048). London: Academic Press Ltd.
- Alamsyah, Y. (2013). *Bangkitnya bisnis kuliner tradisional*. Elex Media Komputindo.
- Allah, H. A. A. (2019). The Knowledge and Perceptions Regarding Probiotics Among the People of Al-Qassim Region, Saudi Arabia. *Journal of Health and Medical Sciences*, 2(3).
- Amalia, R. M., & Marta, D. C. V. (2018). Preserving Traditional Food from West Java: An Effort to Maintain National and Regional Food Security. *International Journal on Studies in English Language and Literature*, 6(9), 1-7.
- An, S. Y., Lee, M. S., Jeon, J. Y., Ha, E. S., Kim, T. H., Yoon, J. Y., Ok, C. O., Lee, H. K., Hwang, W. S., Choe, S. J., Han, S. J., Kim, H. J., Kim, D. J., & Lee, K. W. (2013). Beneficial Effects of Fresh and Fermented Kimchi in Prediabetic Individuals. *Annals of Nutrition & Metabolism*, 63(1-2), 111–119.
- Ananta, A., Arifin, E. N., Hasbullah, M. S., Handayani, N. B., & Pramono, A. (2015). *Demography of Indonesia's Ethnicity*. Institute of Southeast Asian Studies.
- Aride, O., & Pamies-Pallise, M. D. M. (2019). From Values to Behavior: Proposition of an Integrating Model. *Sustainability*, 11(21), 6170.
- Arsana, L. (1999). *The Food of Indonesia: Authentic Recipes from The Spice Islands*. Tuttle Publishing.

- Aryanta, W. R. (1980) Microbiological and Biochemical Studies of Ragi and Brem (rice wine) of Indonesia . MSc. Thesis, University of the Philippines at Los Banos.
- Astuti, M., Meliala, A., Dalais, F. S., & Wahlqvist, M. L. (2000). Tempe, A Nutritious and Healthy Food from Indonesia. *Asia Pacific Journal of Clinical Nutrition*, 9(4), 322-325.
- Azanaw, J., Dagne, H., Andualem, Z., & Adane, T. (2021). Food Safety Knowledge, Attitude, and Practice of College Students, Ethiopia, 2019: A Cross-Sectional Study. *BioMed Research International*, 2021.
- Azman, H. B. (2016). Knowledge, Attitude, and Practice in relation to Effects of Probiotics in Food among Medical Faculty Students in a Malaysian Public University.
- Baker, A. H., & Wardle, J. (2003). Sex Differences in Fruit and Vegetable Intake in Older Adults. *Appetite*, 40(3), 269-275.
- Bertozi, L. (1998). Tipicidad alimentaria y dieta mediterránea. In A. Medina, F. Medina, & G. Colesanti (Eds.), *El color de la alimentación mediterránea. Elementos sensoriales y culturales de la nutrición* (pp. 15–41). Barcelona: Icaria
- Bilgic, S., & Yüksel, A. (2012). University Students' Perception and Attitudes towards Functional Foods in Istanbul. In *Proceedings of the 2012 International Conference on Industrial Engineering and Operations Management Istanbul, Turkey* (Vol. 1127).
- Block, K., Gibbs, L., Staiger, P. K., Gold, L., Johnson, B., Macfarlane, S., ... & Townsend, M. (2012). Growing Community: The Impact of the Stephanie Alexander Kitchen Garden Program on the Social and Learning Environment in Primary Schools. *Health Education & Behavior*, 39(4), 419-432.
- Brown, D. Cushman & Wakefield's New Report, Demographic Shifts: The World in 2030. Available online: <https://www.cushmanwakefield.com/en/insights/demographic-shifts-the-world-in-2030> (accessed on February 26, 2021).
- Budiningsari, D., Susanti, E., and Renaningtyas, D. (2010). The Effect of Tempe Porridge Modification Treatment on Food Intake, Length of Hospitalization, Frequency and

- Duration of Diarrhea in Hospitalized Children with Diarrhea in Wirosaban Hospital Yogyakarta. Presented in Green Mega Food Workshop, Copenhagen, October 15.
- Çalışkan, C., Sabbağ, Ç., & Dedeoğlu, B. B. (2019). The Importance of the Occupational Factors in Local Food Consumption Behavior. *Anais Brasileiros De Estudos Turisticos-ABET*, 9(1, 2 e 3).
- Casey, R., & Rozin, P. (1989). Changing Children's Food Preferences: Parent Opinions. *Appetite*, 12(3), 171-182.
- Caswell, J. A., Yaktine, A. L., & National Research Council. (2013). Individual, Household, and Environmental Factors Affecting Food Choices and Access. In *Supplemental Nutrition Assistance Program: Examining the Evidence to Define Benefit Adequacy*. National Academies Press (US).
- Campbell-Platt, G. (1987). *Fermented Foods of the World: A Dictionary and Guide*. London: Butterworths. 290 p.
- Chambers, S., Lobb, A., Butler, L. T., & Traill, W. B. (2008). The Influence of Age and Gender on Food Choice: A Focus Group Exploration. *International Journal of Consumer Studies*, 32(4), 356–365.
- Chang, C. K., Wang, S. C., Chiu, C. K., Chen, S. Y., Chen, Z. T., & Duh, P. D. (2015). Effect of Lactic Acid Bacteria Isolated from Fermented Mustard on Immunopotentiating Activity. *Asian Pacific Journal of Tropical Biomedicine*, 5(4), 281-286.
- Chaiyasut, C., Kesika, P., Sirilun, S., Peerajan, S., & Sivamaruthi, B. S. (2018). Formulation and Evaluation of Lactic Acid Bacteria Fermented Brassica juncea (Mustard Greens) Pickle with Cholesterol Lowering Property. *Journal of Applied Pharmaceutical Science*, 8(04), 033-042.
- Chiou, R. Y. Y. (2004). Chinese Pickles: Leaf Mustard and Derived Products. In Y. H. Hui, M. G. Lisbeth, S. H. Ase, J. Jytee, N. Wai-Kit, S. S. Peggy, & T. Fidel (Eds.), *Handbook of Food and Beverage Fermentation Technology* (pp. 628–637). New York: Marcel Dekker.

- Cleland, A. B. (2013). Food Knowledge—What Is It and Where Does It Come From: A Study of Culinary Management Students at William Angliss Institute.
- Collado, M. C., Surono, I. S., Meriluoto, J., & Salminen, S. (2007). Potential Probiotic Characteristics of Lactobacillus and Enterococcus Strains Isolated from Traditional Dadih Fermented Milk Against Pathogen Intestinal Colonization. *Journal of Food Protection*, 70(3), 700-705.
- David, W., & Darwin, C. (2014). Perception of Young People Toward Their Traditional Food. *Asia Pacific Journal of Sustainable Agriculture, Food and Energy*, 2(2), 32-35.
- De Solier, I. (2005). TV Dinners: Culinary Television, Education and Distinction. *Continuum*, 19(4), 465-481.
- DeMars, C. E., & Erwin, T. D. (2005). Neutral or Unsure: Is There A Difference. *Poster session*.
- DeVault, M. L. (1994). *Feeding The Family: The Social Organization of Caring As Gendered Work*. University of Chicago Press.
- Desniar, M. (2013). Characterization of Lactic Acid Bacteria Isolated from An Indonesian Fermented Fish (Bekasam) and Their Antimicrobial Activity Against Pathogenic Bacteria. *Emirates Journal of Food and Agriculture*, 489-494.
- Dimidi, E., Cox, S. R., Rossi, M., & Whelan, K. (2019). Fermented Foods: Definitions and Characteristics, Impact on the Gut Microbiota and Effects on Gastrointestinal Health and Disease. *Nutrients*, 11(8), 1806.
- Fadiati, A. (2019). Codification of Indonesian Culinary: Critical Analysis of Traditional Food. *KnE Social Sciences*, 19-31.
- Fahrizah, S. (2017). *Fermentation 2017: Tropical Fermented Foods and Beverages Festival* (in Bahasa Indonesia). Bandung Institute of Technology. Retrieved July 5, 2021, from <https://www.itb.ac.id/berita/detail/56429/fermentation-2017-festival-fermentasi-makanan-dan-minuman-iklim-tropis>

- Feick, L. F., Herrmann, R. O., & Warland, R. H. (1986). Search for Nutrition Information: A Probit Analysis of the Use of Different Information Sources. *Journal of Consumer Affairs*, 20(2), 173-192.
- Fernandez, M. E. (1994). Gender and Indigenous Knowledge. *Indigenous Knowledge and Development Monitor*, 2(3), 6-7.
- Fibri, D. L. N., & Frøst, M. B. (2019). Consumer Perception of Original and Modernised Traditional Foods of Indonesia. *Appetite*, 133, 61-69.
- FSA. (2020). *The Future Consumer – Food and Generation Z*. Research Report. Available online on <http://food.gov.uk/sites/default/files/media/document/generation-z-full-report-final.pdf>
- Ganjar, I. (2000). Fermentation of the Far East. In R. K. Robinson, C. A. Batt, & P. D. Patell (Eds.), *Encyclopedia of Food Microbiology* (Vol. 2, pp. 767– 773). London: Academic.
- Gartaula, H., Patel, K., Shukla, S., & Devkota, R. (2020). Indigenous Knowledge of Traditional Foods and Food Literacy among Youth: Insights from Rural Nepal. *Journal of Rural Studies*, 73, 77-86.
- Gayatri, G., Rusadi, U., Meiningsih, S., Mahmudah, D., & Sari, D. (2016). Digital Citizenship Safety among Children and Adolescents in Indonesia. *Jurnal Penelitian dan Pengembangan Komunikasi dan Informatika*, 6(1).
- Ghazali, A. R., Sipain, Y., Rajab, N. F., Ling, S. E., Ramli, N., Abdullah, R., ... & Kamarulzaman, F. (2012). Genotoxic Potential of Shrimp Pastes (Belacan) Extracts using umu Test. *Food and Nutrition Sciences*, 3(4), 522-525.
- Ghosh-Jerath, S., Kapoor, R., Barman, S., Singh, G., Singh, A., Downs, S., & Fanzo, J. (2020). Traditional Food Environment and Factors Affecting Indigenous Food Consumption in Munda Tribal Community of Jharkhand, India. *Frontiers in Nutrition*, 7.

- Halim, C. N., & Zubaidah, E. (2013). Probiotic Assay of Lactic Acid Bacteria as High Exopolysaccharides Producer from Sour Pickled Mustard (*Brassica juncea*). *Jurnal Pangan dan Agroindustri*, 1(1), 129-137.
- Harmayani, E., Santoso, U., & Gardjito, M. (2019). *Makanan Tradisional Indonesia Seri 1: Kelompok Makanan Fermentasi dan Makanan yang Populer di Masyarakat* (Vol. 1). UGM PRESS.
- Hassana, I. S., Othman, I. S., & Ibrahim, N. A. (2020). The Consciousness Toward Traditional Food Among Three Major Races in Malaysia. *Proceeding Innovation Research for Science, Technology, and Culture (IRSTC)*, A11-A15.
- Hebden, L., Chan, H. N., Louie, J. C., Rangan, A., & Allman-Farinelli, M. (2015). You Are What You Choose to Eat: Factors Influencing Young Adults' Food Selection Behaviour. *Journal of Human Nutrition and Dietetics*, 28(4), 401–408.
- Helmizar, H. (2019). Analysis of the Nutrients and Microbiological Characteristics of the Indonesian Dadih as a Food Supplementation. *Global Journal of Health Science*, 11(1).
- Herforth, A., & Ahmed, S. (2015). The Food Environment, Its Effects on Dietary Consumption, and Potential for Measurement within Agriculture-Nutrition Interventions. *Food Security*, 7(3), 505-520.
- Hesseltine, C. W., & Wang, H. L. (1967). Traditional Fermented Foods. *Biotechnology and Bioengineering*, 9, 275
- Ho, C. C. (1986). Identity and characteristics of *Neurospora intermedia* responsible for oncom fermentation in Indonesia. *Food microbiology*, 3(2), 115-132.
- Homer, P., & Kahle, L. (1998). A Structural Equation Test of The Value Attitude Behaviour Hierarchy. *Journal of Personality and Social Psychology*, Vol 54(4), 638-646.
- Hosono, A., & Tono-oka, T. (1995). Binding of Cholesterol with Lactic Acid Bacteria Cells. *Milchwissenschaft*, 50, 556–560

- Ijong, F. G., & Ohta, Y. (1996). Physicochemical and Microbiological Changes Associated with Bakasang Processing—A Traditional Indonesian Fermented Fish Sauce. *Journal of the Science of Food and Agriculture*, 71(1), 69-74.
- Indonesian Internet Network Providers (in Bahasa Indonesia: Asosiasi Penyedia Jasa Internet Indonesia). (2016). *Profile of Indonesian Internet User 2016* (in Bahasa Indonesia). Retrieved from https://web.kominfo.go.id/sites/default/files/Laporan%20Survei%20APJII_2017_v1.3.pdf (accessed July 5, 2021)
- Indonesian Ministry of Health (2018). *Indonesian Food Composition Table (2017 Version)*. Directorate General of Public Health, Indonesian Ministry of Health.
- Jaffe, J., & Gertler, M. (2006). Victual Vicissitudes: Consumer Deskillling and The (Gendered) Transformation of Food Systems. *Agriculture and Human Values*, 23(2), 143-162.
- Jordana, J. (2000). Traditional Foods: Challenges Facing the European Food Industry. *Food Research International*, 33(3-4), 147-152.
- Kabir, A., Miah, S., & Islam, A. (2018). Factors Influencing Eating Behavior and Dietary Intake Among Resident Students in A Public University in Bangladesh: A Qualitative Study. *PLoS One*, 13(6), e0198801.
- Karyadi, D., & Lukito, W. (1996). Beneficial Effects of Tempeh in Disease Prevention and Treatment. *Nutrition Reviews*, 54, S94-S98.
- Kompas. (2014). *Tourism Academy Needs Indonesian Cuisine Curriculum* (in Bahasa Indonesia). Retrieved July 5, 2021, from <https://travel.kompas.com/read/2014/05/20/0933010/Akademi.Pariwisata.Perlu.Kurikulum.Kuliner.Indonesia>
- Krosnick, J. A. (1999). Survey Research. *Annual Review of Psychology*, 50, 537-567

- Kusumawati, N., Jenie, B. S. L., Setyahadi, S., & Hariyadi, R. D. (2003). Selection Indigenous Lactic Acid Bacteria as Probiotic Strain with The Ability to Lower Cholesterol. *Journal of Microbiology Indonesia*, 8(2), 39-43.
- Kwik, J. C. (2008). *Traditional Food Knowledge: Renewing Culture and Restoring Health* (Master's Thesis, University of Waterloo).
- Lang, T., & Heasman, M. (2004). Food Wars: The Global Battle for Mouths. *Minds and Markets*.
- Liu, X., Chen, H., Zhou, Q., Zhang, H., Asawasirisap, P., & Kearney, J. (2020). Knowledge, Attitude and Practices (KAP) towards Diet and Health among International Students in Dublin: A Cross-Sectional Study. *International journal of environmental research and public health*, 17(9), 3182.
- Livingstone, K. M., Lamb, K. E., Abbott, G., Worsley, T., & McNaughton, S. A. (2020). Ranking of Meal Preferences and Interactions with Demographic Characteristics: A Discrete Choice Experiment in Young Adults. *International Journal of Behavioral Nutrition and Physical Activity*, 17(1), 1-12.
- Marías, Y. F., & Glasauer, P. (2014). *Guidelines for Assessing Nutrition-related Knowledge, Attitudes and Practices*. Food and Agriculture Organization of the United Nations (FAO).
- Martinez-Villaluenga, C., Peñas, E., Sidro, B., Ullate, M., Frías, J., & Vidal-Valverde, C. (2012). White Cabbage Fermentation Improves Ascorbigen Content, Antioxidant and Nitric Oxide Production Inhibitory Activity in LPS-induced Macrophages. *LWT-Food Science and Technology*, 46(1), 77-83.
- Masuda, S., Yamaguchi, H., Kurokawa, T., Shirakami, T., Tsuji, R. F., & Nishimura, I. (2008). Immunomodulatory Effect of Halophilic Lactic Acid Bacterium *Tetragenococcus halophilus* Th221 from Soy Sauce Moromi Grown in High-Salt Medium. *International Journal of Food Microbiology*, 121(3), 245-252.

- Monde, M.D. (2011). The KAP Survey Model (Knowledge, Attitudes, and Practices). Available online: <https://www.springnutrition.org/publications/tool-summaries/kap-survey-model-knowledge-attitudes-and-practices> (accessed March 9, 2021)
- Moorman, C., & Matulich, E. (1993). A Model of Consumers' Preventive Health Behaviors: The Role of Health Motivation and Health Ability. *Journal of Consumer Research*, 20(2), 208-228.
- Moreira, P. A., & Padrão, P. D. (2004). Educational and Economic Determinants of Food Intake in Portuguese Adults: A Cross-Sectional Survey. *BMC Public Health*, 4(1), 1-11.
- Munaroh, T. (2013). *Isolasi dan Karakterisasi Bakteri Asam Laktat pada Terasi dan Aktivitas Antibakterinya*. (Doctoral Dissertation, Universitas Gadjah Mada).
- Neumark-Sztainer, D., Story, M., Perry, C., & Casey, M. A. (1999). Factors Influencing Food Choices of Adolescents: Findings from Focus-Group Discussions with Adolescents. *Journal of the American Dietetic Association*, 99(8), 929-937.
- Nor, N. M., Sharif, M. S. M., Zahari, M. S. M., Salleh, H. M., Isha, N., & Muhammad, R. (2012). The Transmission Modes of Malay Traditional Food Knowledge within Generations. *Procedia-Social and Behavioral Sciences*, 50, 79-88.
- Nnanyelugo, D. O., Okeke, E. C., & Ibeanu, V. (2003). Knowledge, Attitude and Usage Patterns of Fermented and Germinated Complementary Foods in Nigeria. *Plant Foods for Human Nutrition*, 58(1), 41-51.
- Nuraida, L. I. L. I. S., & Owens, J. D. (2014). Sweet, Sour, Alcoholic Solid Substrate Fungal Fermentations. *Indigenous Fermented Foods of Southeast Asia*, 137(2), 56-66.
- Pahlevi, Y. W., Estiasih, T., & Saparianti, E. (2008). Mikroenkapsulasi Ekstrak Karoten dari Spora Kapang Oncom Merah (*Neurospora* sp.) dengan Bahan Penyalut Berbasis Protein menggunakan Metode Pengeringan Semprot. *Jurnal Teknologi Pertanian*, 9(1), 31-39.
- Pato, U., & Surono, I. S. (2013). Bile and Acid Tolerance of Lactic Acid Bacteria Isolated from Tempoyak and Their Probiotic Potential. *International Journal of Agricultural Technology*, 9 (7), 1849–1862

- Pew Research Center. (2019). *Defining Generations: Where Millennials End and Generation Z Begins*. Available online on <https://www.pewresearch.org/fact-tank/2019/01/17/where-millennials-end-and-generation-z-begins/> (accessed February 26, 2021).
- Porter, J. R., Xie, L., Challinor, A. J., Cochrane, K., Howden, S. M., Iqbal, M. M., ... & Travasso, M. I. (2014). *Food Security and Food Production Systems*.
- Pretorius, T. B. (2004). Numbers, Hypotheses and Conclusions: A Course in Statistics for The Social Sciences, edited by C. Tredoux and K. Durrheim: book review. *South African Journal of Psychology*, 34(2), 318-321.
- Priatni, S. (2014). Potential Production of Carotenoids from *Neurospora*. *Nusantara Biocenter*, 6(1), 63-68.
- Puspito, H., & Fleet, G. H. (1985). Microbiology of Sayur Asin Fermentation. *Applied Microbiology and Biotechnology*, 22(6), 442-445.
- Ronto, R., Ball, L., Pendergast, D., & Harris, N. D. (2016). Food Literacy at Secondary Schools in Australia. *Journal of School Health*, 86(11), 823-831.
- Sastraatmadja, D. D., Tomita, F., & Kasai, T. (2002). Production of High-Quality Oncom, A Traditional Indonesian Fermented Food, by the Inoculation with Selected Mold Strains in the form of Pure Culture and Solid Inoculum. *Journal of the Graduate School of Agriculture, Hokkaido University*, 70, 111–127.
- Sääksjärvi, M., Holmlund, M., & Tanskanen, N. (2009). Consumer Knowledge of Functional Foods. *The International Review of Retail, Distribution and Consumer Research*, 19(2), 135–156.
- Sharif, M. S. M., Zahari, M. S. M., Ishak, N., Muhammad, R., Noor, A. M., & Salleh, H. M. (2012). Traditional Food Knowledge (TFK) of Malay Festive Foods. *Current Issues in Hospitality and Tourism: Research and Innovation, Kuala Lumpur, Malaysia*.
- Sharif, M. S. M., Nor, N. M., Zahari, M. S. M., & Muhammad, R. (2015). What Makes the Malay Young Generation Had Limited Skills and Knowledge in the Malay Traditional Food Preparation?. *Procedia-Social and Behavioral Sciences*, 202, 152-158.

- Sharma, S. K., Mudgal, S. K., Thakur, K., & Gaur, R. (2020). How to Calculate Sample Size for Observational and Experimental Nursing Research Studies?. *Natl J Physiol Pharm Pharmacol*, 10(Online First).
- Silk, K. J., Sherry, J., Winn, B., Keesecker, N., Horodyski, M. A., & Sayir, A. (2008). Increasing Nutrition Literacy: Testing the Effectiveness of Print, Web Site, and Game Modalities. *Journal of Nutrition Education and Behavior*, 40(1), 3-10.
- Snyder, S. (2009). Ethnographies of Taste: Cooking, Cuisine, and Cultural Literacy. *Journal of Agricultural and Environmental Ethics*, 22(3), 273-283.
- Soenarto, Y., Sudigbia, Hermana, I., Karmini, M., and Karyadi, D. (1997). Antidiarrheal Characteristics of Tempe Produced Traditionally and Industrially in Children Aged 6–24 Months with Acute Diarrhea. In S. Sudarmadji, S., Suparmo, and S. Raharjo (Eds.), *Reinventing the Hidden Miracle of Tempe Proceedings International Tempe Symposium*, eds. Jakarta: Yayasan Tempe Indonesia, pp. 174–186
- Some, S., & Mandal, A. K. (2020). Fermented Foods for Health: Processes and Prospects. *Microbial Fermentation and Enzyme Technology*, 6, 195.
- Spronk, I., Kullen, C., Burdon, C., & O'Connor, H. (2014). Relationship between Nutrition Knowledge and Dietary Intake. *British Journal of Nutrition*, 111(10), 1713-1726.
- Stroud, C., Walker, L. R., Davis, M., & Irwin Jr, C. E. (2015). Investing in the Health and Well-Being of Young Adults. *Journal of Adolescent Health*, 56(2), 127-129.
- Sujaya, I. N., Amachi, S., Yokota, A., Asano, K., & Tomita, F. (2001). Identification and Characterization of Lactic Acid Bacteria in Ragi Tape. *World Journal of Microbiology and Biotechnology*, 17(4), 349-357.
- Sujaya, I. N., Amachi, S., Saito, K., Yokota, A., Asano, K., & Tomita, F. (2002). Specific Enumeration of Lactic Acid Bacteria in Ragi Tape by Colony Hybridization with Specific Oligonucleotide Probes. *World Journal of Microbiology and Biotechnology*, 18(3), 263-270.

- Sulistiani, Abinawanto, Sukara, E., Salamah, A., Dinoto, A., & Mangunwardoyo, W. (2014). Identification of Lactic Acid Bacteria in Sayur Asin from Central Java (Indonesia) based on 16S rDNA Sequence. *International Food Research Journal*, 21 (2), 527–532
- Sumarwan, U. (2011). *Consumer Behavior* (in Bahasa Indonesia). 2nd edition.
- Surono, I. S. (2003). In-vitro Probiotic Properties of Indigenous Dadih Lactic Acid Bacteria. *Asian-Australasian Journal of Animal Sciences*, 16(5), 726-731.
- Surono, I. S. (2016). Ethnic Fermented Foods and Beverages of Indonesia. In *Ethnic fermented foods and alcoholic beverages of Asia* (pp. 341-382). Springer, New Delhi.
- Surono, I. S., & Hosono, A. (1994). Microflora and Their Enzyme Profile in "Terasi" Starter. *Bioscience, Biotechnology, and Biochemistry*, 58(6), 1167-1169.
- Surono, I. S., Pato, U., & Hosono, A. (2009). In-vivo Antimutagenicity of Dadih Probiotic Bacteria towards Trp-P1. *Asian-Australasian Journal of Animal Sciences*, 22(1), 119-123.
- Surono, I. S., Koestomo, F. P., Novitasari, N., & Zakaria, F. R. (2011). Novel Probiotic Enterococcus faecium IS-27526 Supplementation Increased Total Salivary sIgA Level and Bodyweight of Pre-school Children: A Pilot Study. *Anaerobe*, 17(6), 496-500.
- Surono, I. S., Martono, P. D., Kameo, S., Suradji, E. W., & Koyama, H. (2014). Effect of Probiotic L. plantarum IS-10506 and Zinc Supplementation on Humoral Immune Response and Zinc Status of Indonesian Pre-school children. *Journal of Trace Elements in Medicine and Biology*, 28(4), 465-469.
- Susanto, S., Sumarpo, A., Parikesit, A. A., Putra, A. B. N., Ishida, E., Tabuchi, K., & Sugahara, T. (2018). Immunostimulatory Effect of Tempoyak (Fermented Durian) on Inducing Cytokine Production (IL-6 and TNF- α) by RAW 264.7 cells. *Biodiversitas Journal of Biological Diversity*, 19(1), 318-322.
- Susilawati, F. (2017). *Healthy Foods: Integrated Thematic Book for Curriculum 2013*. Indonesian Ministry of Education and Culture.

- Steinkraus, K. H., Yap, B. H., van Buren, J. P., Provvidenti, M. I., & Hand, D. B. (1960). Studies on Tempeh, an Indonesian Fermented Soybean Food. *Food Research*, 25 , 777–788.
- Steinkraus, K. H. (1983). *Handbook of Indigenous Fermented Foods*. New York: Marcel Dekker
- Steinkraus, K. (1995). *Handbook of Indigenous Fermented Foods, Revised and Expanded*. CRC Press.
- Tamang, J. P. (2014). Biochemical and Modern Identification Techniques | Microfloras of Fermented Foods. *Encyclopedia of Food Microbiology*, 250–258.
- Tamang, J. P. (Ed.). (2015). *Health Benefits of Fermented Foods and Beverages*. CRC press.
- Vanhonacker, F., Lengard, V., Guerrero, L., Scalvedi, L., Raude, J., Zakowska, S., ... & Verbeke, W. (2008). *Europeans and Traditional Foods: Definition and Image from the Consumers' Perspective* (No. 725-2016-49340).
- Van Loo, E. J., Diem, M. N. H., Pieniak, Z., & Verbeke, W. (2013). Consumer Attitudes, Knowledge, and Consumption of Organic Yogurt. *Journal of Dairy Science*, 96(4), 2118-2129.
- Van Veen, A.G., Schaefer, G. (1950). The Influence of Tempeh Fungus on the Soyabean. *Documenta Neerlandica et Indonesica de Morbis Tropicis* 2:270–281.
- Vileisis, A. (2008). *Kitchen Literacy: How We Lost Knowledge of Where Food Comes From and Why We Need to Get It Back*. Island Press.
- Wang, S. C., Chang, C. K., Chan, S. C., Shieh, J. S., Chiu, C. K., & Duh, P. D. (2014). Effects of Lactic Acid Bacteria Isolated from Fermented Mustard on Lowering Cholesterol. *Asian Pacific Journal of Tropical Biomedicine*, 4(7), 523-528.
- Westenhofer, J. (2005). Age and Gender Dependent Profile of Food Choice. *Diet Diversification and Health Promotion*, 44–51.
- Wijaya, S. (2019). Indonesian Food Culture Mapping: A Starter Contribution to Promote Indonesian Culinary Tourism. *Journal of Ethnic Foods*, 6(1), 1-10.

- Wikandari, P. R., Suparmo, S., Marsono, Y., & Rahayu, E. S. (2012). Potensi Bakteri Asam Laktat yang Diisolasi Dari Bekasam sebagai Penghasil Angiotensin Converting Enzyme Inhibitor pada Fermentasi “Bekasam-Like” Product. *Agritech*, 32(3).
- Wildcat, M., McDonald, M., Irlbacher-Fox, S., & Coulthard, G. (2014). Learning from the Land: Indigenous Land based Pedagogy and Decolonization. *Decolonization: Indigeneity, Education & Society*, 3(3).
- Wirawati, C. U. (2002). *Potency of Lactic Acid Bacteria Isolated from Tempoyak as Probiotic* (Doctoral dissertation, Thesis. Bogor Agricultural University, In Indonesian Language).
- Wood, B. J. B. (Ed.). (1998). *Microbiology of Fermented Foods* (2nd ed., Vol. 2, p. 498). London: Blackie Academic and Professional. Vols 1 and 2.
- Xiang, H., Sun-Waterhouse, D., Waterhouse, G. I., Cui, C., & Ruan, Z. (2019). Fermentation-enabled Wellness Foods: A Fresh Perspective. *Food Science and Human Wellness*, 8(3), 203-243.
- Yulia, C., Nikmawati, E. E., & Widiaty, I. (2017). Preliminary Study in Developing Traditional Street Foods as Nutrition Education Media for Indonesia Youth.
- Yuliana, N. (2004). Biochemical Changes in Fermented Durian (*Durio zibethinus* Murr). Ph.D Thesis. University of the Philippines, Los Banos, Laguna, Philippines.
- Yuliana, N., & Dizon, E. I. (2011). Phenotypic Identification of Lactic Acid Bacteria Isolated from Tempoyak (Fermented Durian) made in the Philippines. *International Journal of Biology*, 3(2), 145.
- Zhu, Y., & Tramper, J. (2013). Koji—Where East Meets West in Fermentation. *Biotechnology Advances*, 31(8), 1448-1457.

APPENDICES

Appendix 1. Distribution of participants' responses within each question in the knowledge section.

No.	Question	Answers (N (%))		
		True	False	DK
1	Traditional foods are foods produced based on the recipe and method inherited from generation to generation.	394 (95)	14 (3)	5 (1)
2	Fermented foods are foods produced from fermentation process, which is a process of breaking down carbohydrate to protein or fat helped by microorganisms.	322 (78)	60 (15)	31 (8)
3	The white cotton-like part in tempeh is a result from bacterial fermentation.	297 (72)	75 (18)	41 (10)
4	The main ingredient for red <i>oncom</i> is tofu cake, that is a soybean waste in which the protein content has been taken for tofu making.	264 (64)	13 (3)	136 (33)
5	In <i>tape</i> manufacturing, yeast is needed as a microorganism to aid the fermentation process.	363 (88)	7 (2)	43 (10)
6	<i>Dadih</i> is a fermented milk product from Indonesia that is widely consumed in ethnic people in Minangkabau, West Sumatera.	157 (38)	4 (1)	252 (61)
7	Solid and liquid <i>brem</i> are made from fermented <i>tape</i> using cassava.	209 (51)	44 (11)	160 (39)
8	The flesh of jackfruit is used as an ingredient in <i>tempoyak</i> fermentation process.	91 (22)	86 (21)	236 (57)
9	<i>Bekasam</i> is a fermented fish product that has sour and salty flavor.	124 (30)	11 (3)	278 (67)

10	<i>Kecap</i> is a fermented product that is made solely by the help of bacteria.	158 (38)	142 (34)	113 (27)
11	Fermentation process in <i>terasi</i> produced glutamic acid that contribute in umami flavor.	242 (59)	5 (1)	166 (40)
12	An amount of rice is added to <i>sayur asin</i> fermentation, so that the fermentation could yield a sufficient amount of sour flavor.	90 (22)	83 (20)	240 (58)
13	Probiotics present in fermented foods could benefit human digestive system.	359 (87)	6 (1)	48 (12)
14	Lactic acid bacteria isolated from Indonesian traditional fermented foods has the potentiality to exhibit positive effects toward human digestive system.	217 (53)	16 (4)	180 (44)
15	<i>Tempeh</i> contains isoflavones that could potentially increase menopause symptoms in women.	65 (16)	80 (19)	268 (65)

Appendix 2. Distribution of participants' responses within each statement in the attitude section.

No.	Statement	Answers (N (%))		
		Agree	Neutral	Disagree
1	I love Indonesian traditional fermented foods that are unique.	268 (65)	129 (31)	16 (4)
2	I prefer Indonesian traditional fermented foods rather than fermented foods from other countries (e.g., kimchi, sauerkraut, natto, etc.).	204 (49)	155 (38)	54 (13)
3	I feel more nationalist when I consume Indonesian traditional fermented foods.	171 (41)	153 (37)	89 (22)
4	I consume Indonesian traditional fermented foods to obtain the health benefits from the foods.	218 (53)	134 (32)	61 (15)
5	It is important for me to know the origin, ingredients, manufacturing method, and ways to consume Indonesian traditional fermented foods.	241 (58)	104 (25)	68 (16)
6	It is important for me to know and learn various types of Indonesian traditional fermented foods.	217 (53)	134 (32)	62 (15)
7	It is important for me to know and learn various benefits and usefulness of Indonesian traditional fermented foods.	299 (72)	91 (22)	23 (6)
8	It is important to me that Indonesian traditional fermented foods are a part of Indonesia's cultural heritage.	326 (79)	68 (16)	19 (5)
9	It is important for me to accept and share the knowledge about Indonesian traditional fermented foods to preserve Indonesia's food culture.	284 (69)	106 (26)	23 (6)

Appendix 2. Sample of online questionnaire developed in Google Form

KNOWLEDGE SECTION

Pengetahuan tentang Makanan Fermentasi Tradisional Indonesia

Mohon usahakan untuk menjawab sebaik-baiknya sesuai dengan kemampuan Anda tanpa melihat sumber. Jawaban "Tidak Tahu" dapat dipilih jika Anda tidak memiliki pengetahuan akan hal yang ditanyakan.


Makanan tradisional adalah makanan yang dibuat berdasarkan resep dan metode yang diturunkan dari generasi ke generasi. *

Betul
 Salah
 Tidak Tahu

Makanan fermentasi adalah makanan yang dihasilkan dari proses fermentasi, yaitu proses pengubahan karbohidrat menjadi protein atau lemak yang dibantu oleh mikroorganisme. *

Betul
 Salah
 Tidak Tahu

Bagian putih seperti kapas yang terdapat pada tempe adalah hasil dari fermentasi bakteri. *



Sumber Gambar: Detik.com

Betul
 Salah
 Tidak Tahu

Probiotik (bakteri menguntungkan) yang terdapat dalam makanan fermentasi dapat memberi efek positif terhadap sistem pencernaan manusia. *

Betul
 Salah
 Tidak Tahu

Bakteri asam laktat (BAL) yang diisolasi dari makanan fermentasi tradisional Indonesia berpotensi memiliki efek positif terhadap sistem pencernaan manusia. *

Betul
 Salah
 Tidak Tahu

Tempe mengandung senyawa isoflavon yang berpotensi meningkatkan gejala menopause pada wanita. *

Betul
 Salah
 Tidak Tahu

ATTITUDE SECTION

Sikap terhadap Makanan Fermentasi Tradisional Indonesia

Untuk setiap pernyataan, mohon berikan jawaban atas sikap Anda terhadap makanan fermentasi tradisional Indonesia.

- 1: Sangat Tidak Setuju
- 2: Tidak Setuju
- 3: Netral
- 4: Setuju
- 5: Sangat Setuju

Saya cinta makanan fermentasi tradisional Indonesia yang unik. *

Sangat Tidak Setuju 1 2 3 4 5 Sangat Setuju

Saya lebih memilih makanan fermentasi tradisional Indonesia dibanding makanan fermentasi negara lain (contoh: kimchi, sauerkraut, natto, dll.). *

Sangat Tidak Setuju 1 2 3 4 5 Sangat Setuju

Saya mengonsumsi makanan fermentasi tradisional Indonesia untuk mendapatkan manfaat kesehatan dari makanan tersebut. *

Sangat Tidak Setuju 1 2 3 4 5 Sangat Setuju

Penting bagi saya untuk mengetahui asal-usul, bahan baku, proses pembuatan, dan cara konsumsi makanan fermentasi tradisional Indonesia. *

Sangat Tidak Setuju 1 2 3 4 5 Sangat Setuju

Penting bagi saya untuk mempelajari beragam jenis makanan fermentasi tradisional Indonesia. *

Sangat Tidak Setuju 1 2 3 4 5 Sangat Setuju

Penting bagi saya untuk mempelajari manfaat kesehatan dan kegunaan makanan fermentasi tradisional Indonesia. *

Sangat Tidak Setuju 1 2 3 4 5 Sangat Setuju

Penting bagi saya untuk mengetahui bahwa makanan fermentasi tradisional Indonesia adalah bagian dari warisan budaya Indonesia. *

Sangat Tidak Setuju 1 2 3 4 5 Sangat Setuju

Penting bagi saya untuk menerima dan menyebarkan pengetahuan tentang makanan fermentasi tradisional Indonesia untuk melestarikan budaya makanan Indonesia. *

Sangat Tidak Setuju 1 2 3 4 5 Sangat Setuju

PRACTICES SECTION

Kebiasaan terkait Makanan Fermentasi Tradisional Indonesia

Mohon berikan jawaban atas kebiasaan Anda terkait makanan fermentasi tradisional Indonesia.

PANDUAN VISUAL



Dalam kurun waktu 1 bulan terakhir, seberapa sering Anda MENGONSUMSI makanan-makanan di bawah ini? *

	Tidak Pernah	Jarang	Kadang-kadang	Sering	Selalu
Tempe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oncom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tape	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dadih	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tempoyak	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bekasam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kecap	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Terasi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sayur asin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Mohon pilih MAKSIMAL 3 makanan yang paling Anda KETAHUI dan PAHAM secara menyeluruh (asal usul, bahan baku, proses pembuatan, dan cara mengonsumsi)! *

- Tempe
- Oncom
- Tape
- Dadih
- Brem
- Tempoyak
- Bekasam
- Kecap
- Terasi
- Sayur asin

MEDIA SECTION

Media untuk Pembelajaran

Mohon pilih MAKSIMAL 3 media yang paling cocok dan diperlukan untuk anak muda Indonesia belajar tentang makanan fermentasi tradisional Indonesia (secara teori dan praktik)! *

- Media sosial
 - Keluarga
 - Pendidikan formal (seperti penambahan kurikulum belajar di sekolah atau universitas)
 - Ekstrakurikuler atau kursus
 - Kegiatan masyarakat (di sekitar tempat tinggal)
 - Kegiatan resmi yang diadakan oleh pemerintah, seperti seminar atau festival
 - Other: _____
-