

CHAPTER I

INTRODUCTION

1.1 Background of the Study

Snacks are food products that are popular with various groups of people of all ages. As time goes by and busyness levels increase, snacks can be used as an alternative food to meet temporary energy needs. In recent years there has been a major shift in consumer preferences towards snack options that are healthier and offer nutritional benefits without compromising on taste or convenience.

A healthy lifestyle has become a trend among society, so the search for healthy and high-vitamin snacks has become an urgent concern in the modern era of nutrition and food technology. Increasing awareness of the importance of a balanced diet and the need for convenient and nutritious food options is encouraging researchers and food manufacturers to explore innovative methods to develop snacks that are not only delicious but also rich in vitamins and minerals.

More progressively people are starting to adopt a healthy lifestyle by consuming healthy food and drinks and exercising diligently (Dasbhara, 2020).

By starting a healthy lifestyle, you can help prevent chronic and long-term illnesses (Good, 2020).

Unhealthy diets tend to be low in fruits, vegetables, whole grains, legumes, nuts, and seeds, with poor micronutrients, essential fatty acids, and fiber content, and high in foods which are loaded with excess sugar, salt, unhealthy fats and other additives. (Afshin., Swinburn., Willett., 2019).

Carrots are one of the popular vegetables that can be made into a snack through various processing methods, including drying. Carrots and oats, both widely known for their nutritional value, provide an excellent opportunity to make such a snack.

According to Widiyanti, Carrots are known for their high content of beta-carotene, a precursor to vitamin A, as well as other important nutrients such as vitamin K, potassium and antioxidants. These nutrients play an important role in supporting immune function, improving vision health, and maintaining overall well-being.

Oats are excellent Fiber, namely beta glucan, and rich in vitamins, minerals and antioxidants. Whole grains are a unique dietary source and group of antioxidants that have been validated to protect against heart disease (Bjarnadottir, 2015). Current technological developments resulting in a large number of innovations in food products that use oats.

According to Muchtadi, the drying method offers a promising solution to this challenge by preserving the nutritional content of carrots and oats while creating a snack product. Various drying techniques, such as air drying, oven drying, and freeze drying, can be used to remove moisture from materials without compromising their nutritional integrity. Additionally, drying helps concentrate the flavors of the carrots and oats, improving the overall flavor profile of the snack.

This research will provide valuable insights for the development of healthy, high-vitamin snacks from carrots and oats, ultimately contributing to the creation of a more sustainable and nutritious food landscape. This approach can help create snacks that are not only healthier but also more nutritious.

1.2 Objective the Study

The objective of study are following below:

1. Provide information about the content of the crunchy snack from carrot combined with oat with drying method.
2. To follow the trend of healthy lifestyles and the increasing demand for healthy snacks.