

CHAPTER I

BACKGROUND

1.1 Background

Taro is the root of the taro plant, which is grown in semi-tropical and tropical climates all over the world. Taro root is inedible raw and must be cooked thoroughly to leach out the calcium oxalate (associated with gout and kidney stones), preferably with a pinch of baking soda. Taro leaves should also be cooked before eating. Taro root is used in curries, prepared in similar ways to potatoes, cooked with lentils, used in baking, and even used in dessert recipes. Taro chips, also known as vegetable chips, are available in many health food stores. Taro has a mild, nutty flavor.

Taro also contain Vitamin A, C, E, Kalium, Calcium, Sugar, and Carbohydrate. Taro is nutritious, and is an excellent source of potassium, which is an essential mineral for many bodily functions. Taro also contain B vitamins, as well as magnesium, manganese and copper. Taro leaves contain good amounts of vitamins A and C, fiber and a relatively high amount of protein.

Taro has many benefits over potatoes but does actually contain more calories, gram for gram, with 142 calories per 100 grams to the 93 calories per 100 grams of a potato. However, with the additional benefits of fiber and a low Glycemic Index, taro is still a good choice as a starch vegetable.

Jam is a food made by boiling fruit and sugar to a thick consistency. So many variant taste for jam. But i will make a different flafour for jam with purple sweet potato/taro. Taro have a sweet nuty flafour. I choose taro because still no one made jam from a taro and i choose make a jam because jam can saved until a several month. You can eat jam with different way. The starch is easily digestible, and since the grains are fine and small it is often used for baby food. Young taro leaves and stems can be eaten after boiling twice to remove the acrid flavor and the leaves are a good source of vitamins A and C and contain more protein than the corms. And still so many function of taro and vitamin content.

1.2 Objective

1. Give another alternative to consume taro
2. Give the information about benefits and nutrition value about taro