

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

In conclusion, Immunity Boosting Honey Lollipop is an innovation of healthy candy made from honey, spices, and fruits that is intended as an alternative snack that is not only delicious, but also supports the body's immune system which has natural antioxidant and antimicrobial properties. This candy has a carbohydrate content of 20 grams which is ideal for providing fast energy without burdening daily calorie intake, is classified as low in fat, sodium, high in potassium to maintain the body's electrolyte balance. The use of isomalt sugar as the main sweetener provides additional benefits in the form of lower calorie content and stability to moisture. The results of the sensory test showed that this candy has a fairly good visual, texture, and aroma.

However, the ginger flavor that is too strong and the texture that is too hard are still being evaluated, especially for the children's segment. The taste got the lowest score, which was caused by the unbalanced composition of the ingredients and the stirring technique that caused excess air bubbles to appear, thus affecting the appearance and comfort when consumed. After being processed, the candy contains 70 calories per serving where the energy content is lower than conventional candy which can be up to 120 calories, making it a lighter and healthier snack choice for consumers who are paying attention to calorie intake. In terms of durability, Immunity Boosting Honey Lollipop is estimated to have a shelf life of 3–6 months at room temperature (25°C), if stored in airtight packaging and dry conditions.

5.2 Suggestion

It is recommended to conduct further research and development to improve the overall taste and texture of Immunity Boosting Honey Lollipop, especially in balancing the ginger flavor to make it more child-friendly and paying attention to the appearance of the final result to make it more attractive. To optimize the production process, exploration of alternative cooking and mixing techniques is needed that can produce a smoother texture and a more attractive appearance. In addition, additional research on the stability of active compounds from natural ingredients such as ginger, turmeric, and honey during the heating process is also important to ensure that the effectiveness of the immune-boosting function is maintained. This development is expected to improve the sensory quality, functional value, and competitiveness of candy products in the growing healthy snack market. The next product evaluation is to develop a more attractive packaging design with bright colors and choose packaging that is not too big, choose a print that is more fitting and not too big, choose inner packaging that is equipped with carnauba wax coating so that it does not stick when stored.