

# CHAPTER I

## INTRODUCTION

### 1. 1 Background

Spinach or also known as "*The Spanish Vegetable*" is an edible flowering plant. The name of this leafy green veggie was later shortened to the name we call it today. It's thought to have originated in ancient Persia. Spinach cultivation spread to Nepal, and by the seventh century, to China, where it's still called "Persian Greens." The Moors introduced it to Spain around the 11th century. And now Spinach is really popular among us in Indonesia as well as around the world.

They are assured contained lot of health benefit. Such as low in fat and even lower in cholesterol. Spinach is high in niacin and zinc, as well as protein, fiber, vitamins A, C, E and K, thiamin, vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper, and manganese. In other word, it's loaded with good things for every part of your body.

We all know famous cartoons Popeye the Sailor Man is invented so kids want to and try to eat spinach to be strong like Popeye. But in reality all of that just gone to waste. Moms do tricks for their kid to eat vegetables so they can adsorb all the vitamins and health benefit for the children growth. For children they hate anything green, such as spinach. They don't like the taste of it, but moms will do anything to make their kid to eat it.

But on the other side, spinach has a lot of benefit to do with your anatomy, eventhough the taste is unpleasant.

### 1. 2 Objective

1. Everyone (no age border) can consume this powder easily that contain a lot of vitamins, minerals, and etc.
2. No added artificial chemical, 100% vegan and cruelty free.
3. It is not time consuming to use so it can be added to food, drink or consume it as a powder itself.