

**RESEARCH AND DEVELOPMENT FINAL
PROJECT**

“LAVENDER AND CHRYSANTHEMUM JAM”

(Healthy jam to help insomnia)



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**STUDY PROGRAM OF CULINARY ART
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2020**

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(Healthy jam to help insomnia)

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PREFACE

All praise and thanks to God for the successful completion of this report. The Author can complete the writing of this Research and Development project which is prepared as one of the requirements to complete the Diploma III of Culinary Arts in OTTIMMO International. The Author believes, this report Entitled “Lavender and chrysanthemum jam” committed to this report. In the process of completing this report, The Author had received guidance and assistance from various parties. To that end, The Author expresses their sincere gratitude to:

1. Ms. Nurul Azizah Choiriyah, S.TP, M.Sc. as this projects’ Advisor who had provided excellent guidance and suggestions through the making and completion of this report.
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Finally, The Author hopes that this report may be of help to the parties who are reading this report.

Surabaya, 29 juni 2020

Monica Tiono

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EXECUTIVE SUMMARY

Lavandula angustifolia or often referred to as lavender is widely known as a flower that helps to treat skin blemishes, reduce blood pressure, ease insomnia and Anxiety. there are other plants that could help insomnia problems, which is Chrysanthemum, a popular flower usually used as a beverage. In this era, people often have insomnia or anxiety, either about family problems, personal problems or their environment. Anxiety could also ties with insomnia, making the person unable to sleep or struggles to get a wink of sleep- which could affect the person's body function in the day.

The purpose of this research is to create a new product from an ingredient that is rarely used in Indonesia- but still popular which is lavender and chrysanthemum. With this research, the author hopes to raise awareness about anxiety and sleep disorders since it is not taken seriously in Indonesia. This product will be presented through both online and offline platforms and will be the first flower jam to launch in Indonesia.