

CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF STUDY

The reason I made "Low Sugar Strawberry Cookies Bath" is because some people like to eat snacks at any time such as watching dramas, doing assignments, when there is no work, during snack time. So I decided to make healthy snacks that can be eaten all the time and create other ways to consume cookies and jam / coulis. This snack has lots of vitamins and is also low in sugar so it can be consumed at all ages, and of course it is safe without preservatives.

The reason why I chose strawberry as the material I use is because I personally like strawberry jam and I want to combine strawberry with jam like "nastar" but with a different look. Our cookies use the basic ingredient of sorghum flour which has a high fiber content and is also low in sugar, good for people on diet and those with diabetes or people who just want to eat healthy. We also use real fruit that has guaranteed quality and taste and also has high vitamins. Also our cookies are free from preservatives so it is guaranteed safe for all ages.

"Low Sugar Strawberry Cookies Bath" contains vitamins, namely: contain folic acid, potassium, manganese, riboflavin, omega-3 fatty acids, vitamin C, vitamin E, vitamins K, vitamin B5, and vitamin B6.

Vitamin C which is useful for increasing body resistance, as an antioxidant that helps protect body cells from free radical damage, inhibits

the risk of premature aging, the course of cancer and heart disease, prevents cataracts and gallbladder disease. Vitamin E which is useful for Antioxidants to Antidote to Free Radicals, Maintain Hormonal Balance, Helps Lower the Risk of Alzheimer's Disease, Important Nutrients to Support Pregnancy and Fetal Development:

Vitamin K which is useful for Recovery of wounds and normal blood clotting Reduces risk of heart disease Maintains bone strength and density Preserves cognitive function Potentially reduces risk of cancer. Vitamin B6 (Harnaningsih, 2010) Facilitates the transmission of nerve impulses. An important molecule for the transmission of information in the nervous system called "neurotransmitters", the most famous neurotransmitter is serotonin. Aids in the metabolism of homocysteine which, when present in high levels, is associated with cardiovascular disease and cognitive impairment.

These "Low Sugar Strawberry Cookies Bath" are low sugar cookies which are baked at 180c and topped with strawberry jam/coulis and put in a jar to make a crunchy combination of cookies and the fresh taste of sweet and sour strawberry coulis. So "Low Sugar Strawberry Cookies Bath" has a characteristic sweet and sour taste and is combined with the crunch of low-sugar cookies.

1.2 THE OBJECTIVE OF THE STUDY

- a) Know other ways to consume cookies and jam
- b) Makes cookies and coulis that are lower in sugar and healthier made from sorgum flour.
- c) Know how to process coulis and cookies to make them last longer.
- d) Know how to maintain the crispness of cookies

1.3 THE BENEFITS OF THE STUDY

- a) Innovate another way of consuming cookies and Coulis.
- b) Help develop ideas and creativity.