

CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

The reason why I decided to make jam product is because I want to find the health benefits, because this chrysanthemum has many health benefits. flower flavor is one of the sensation that new for people. There are many flavor of jam that exist in the world and here I would like to introduce a product from chrymum jam which is where the taste comes from chrysanthemum which we often use to make a tea turned into jam and the average person in Indonesia eats bread with jam every day but most of the jam is sweet and people who have diabetes can't eat any jam because of that I created a new taste and it has many health benefits where people who have diabetes can eat it and can also reduce diabetes, high blood pressure, chest pain, and also good for those who have stomach cancer and prostate.

Chrymum jam is a type of healthy dish, chrysanthemum is one of the healthy flowers made for tea already has health benefits for many reasons I want to make a jam from chrysanthemum because most people in Indonesia like chrysanthemum tea. Sometimes people are lazy with drinking tea so I thought why not make jam that can be eaten but with the same health benefits and the same taste but with a strong smell flower and strong flower taste.

Chrymum jam, we have selected chrysanthemum and ingredients that have the besr quality and the chrysanthemum is dry so easy to use, so no need to dry it any more.

Jam there is a method where generally the fruit is cooked and the crushed then mixed with sugar and acid which will make the waste that has been crushed and smooth will thicken wich will become the jam that we eat in general. So making jam is not as difficult as we see it so hopefully the knowledge I provide can be useful

Some of chrysanthemum Health Benefits :

- a) Promote Healthy Heart Function
- b) For Skin care
- c) Helps Maintain Bone Health
- d) Improves Vision
- e) Promotes Healthy Metabolism

1.2 THE OBJECTIVE OF THE STUDY

I want to create something new that people never made. There are many drinks that are made from chrysanthemum flowers. So I decided to make a new variant, changed to jam. By eating chrysanthemum jam, it can give a lot of benefits to our body. Chrysanthemum can help people treat chest pain, high blood pressure, type 2 diabetes, and swelling.

1.3 THE BENEFITS OF THE STUDY

This study can make the student more creative, why? Because we have to see the different sides of ingredients. Also, we can invent something new, even if it's not that big, like making jam from chrysanthemum. Also, this study can teach how to make chrysanthemum jam.