

# CHAPTER I

## INTRODUCTION

### 1.1. BACKGROUND OF THE STUDY

Jelly candy is one of a kind candy is preferred, because it has properties typical. Jelly candy made from fruit or vegetables have advantages with nutritional value compared with that exist in the market that only originates from the addition of essence from the ingredients chemistry (Hidayat and Ikarisztina,2004). But I will make jelly candy with herbal and many benefits, such as gelatin as an adhesive, date juice as a sweetener, and ginger and turmeric spices as coloring agent.

Dates are a fruit that has a high enough glucose content. In general use of dates is used a stabilizer and a natural sweetener (Anonymous, 2018). Substitution of sugar with dates has a significant effect on the level of preference for taste, color and texture (Anonymous, 2018). Dates as one type of fruit has a number of compounds high in *polyphenols* and also rich in fiber. It's function is good for maintaining the health of the canal digestion . . Dates is a source of several minerals, such as substances iron, potassium, calcium and rich in *phenolic antioxidants*. Based on this, dates has the potential to be used as food functional, because functional food has active components that can provide health benefits.. Dates is also a source of micronutrients, which is good and contributes to several aspects of the human body. Dates are rich in minerals, calcium, sodium, iron, zinc, and magnesium, which is important in the process of respiration, functioning of the immune system, reducing physical fatigue, and play a role in the formation bones, teeth, soft tissue, hemoglobin, muscles, and nerve cells. Therefore it must improve the quality of the candy, not only the taste and appearance, but also the beneficial effect, so it needs to be developed sweeteners from the dates can be beneficial to the body.

Ginger (*Zingiber Officinale*) is a plant spices originating from South

Asia, and now has spread all over the world. In the 16<sup>th</sup> century, in England, King Hendry VIII recommended ginger for overcoming the plague, while Queen Elizabeth I recommended ginger for boosting energy (Goulart,1995). In Asia, ginger has been used as ingredient for cooking and traditional medicine thousand of years ago (Ware, 2017). In Indonesia, there are three types of ginger (sunti ginger, elephant ginger, and emprit ginger) that are widely cultivated intensively in the Rejang Lebong (Bengkulu), Bogor, Magelang, Yogyakarta, and Malang are used for cooking spices, medical ingredients herbs, and for drinks (Santoso, 2008). As a cooking spice, the content of nutrients in ginger can complement the nutrients in the main ingredients and helps improve the digestive process (Ware, 2017). The active substance in essential ginger include: shogaol, gingerol, zingeron, and antioxidants. Other natural properties to prevent and treat a variety of ailments from mild to severe, such as: colds, coughs, headaches, aches, rheumatism, nausea, motion sickness, impotence, alzHEMEIRS, cancer, and heart disease. As a traditional medicine, ginger can be used alone or in combination with medicinal ingredients, other herbs that have mutual functions strengthening and complementing (Nala, 1992; Santoso, 2008). In this study, liquid ginger will be utilized for colored on jelly candy.

Turmeric (*Curcuma Domestica Val*) is a herbal plant has efficiency as an anti inflammatory agent in gouty arthritis. This plant is well known widely by the community, because it is easy to obtain and cheap. Turmeric grows in India and Indo-Malaysia. Based on turmeric taxonomy belongs to the division *Spermatophyta*, *Subdivision Angiosperms*, *Class Monocotyledonae*, *Nation Zingiberaceae*, *Curcuma*, and *Curcuma Species Domestica Val*. Turmeric has been widely used by society as a medicinal plant. A number of the properties of turmeric include: Anti bacterial, Anti tumor, Anti cancer, Antioxidant, Antiseptic, and Anti inflammatory. Turmeric is commonly used herbal therapy for various types of diseases. In addition to the properties already mentioned. Previously, turmeric can also reduce levels fat, cholesterol in the blood and heart, (Anonymous,2020).

## **1.2.THE OBJECTIVE OF THE STUDY**

1. To create a jelly candy, which if consumed in large quantities is not good for health, because it use artificial sweeteners and coloring agent, into candy which can be consumed in large quantities, has many benefits, and the taste of candy whose identity is sweet.
2. Creating jelly candy for general, because this candy is a herbal candy that has many benefits from natural sweeteners and natural color.
3. Explore the components of spices which have many properties amd dates as the main components in jelly candy, so that they are safe from all harmful compounds in candy and safe for consumption.
4. To create a new market in herbal candy market. If this product is already on the market, it means to try perfecting it with my own versio