

CHAPTER I

INTRODUCTION

1.1. Background of Study

Vegetables are a type of food with complete nutritional content and are also needed by humans. Vegetables contain carbohydrates, proteins, minerals, fats, vitamins and fiber. However, Indonesian people are still lacking in awareness of consuming vegetables, most people prefer fast food rather than having to cook. This does not only happen to adults, but children tend to find it more difficult to eat vegetables because they prefer to eat frozen food, junk food and other fast food.

Child growth period is the fastest period after toddlerhood. Children are the next generation of the nation where nutritional intake in children must be considered so that children can grow optimally. Of the many nutritional problems faced by children, the one that is often encountered is their dislike of consuming vegetables. According to (Fitriyani, 2022) Vegetable consumption in Indonesia itself is still relatively low and intake is still below the recommended consumption. The recommendations for balanced nutrition guidelines are 300-400 grams/day which is divided into 150 grams of fruit and 250 grams of vegetables or if you eat 2-3 servings of fruit and 3-4 servings of vegetables each day.

The current position of Indonesia is an agricultural country that has very high yields of vegetables and fruits, for example carrots (*Daucus carota*). Carrot (*Daucus carota*) is a vegetable plant that is grown all year round, especially in mountainous areas where the air temperature is cold and humid, approximately at an altitude of 1200 meters above sea level. Carrot plants need sunlight and can grow in all seasons. (Lidyawati, 2013)

One of the sources of food that is beneficial for development, growth and health is vegetables, so the consumption of vegetables during childhood is very important. Various methods are used to create types of food that are sourced from vegetables, new innovations in food processing are increasingly modern and attractive, vegetable-based preparations are made into various types of food, especially those that are liked by children, such as candy samples.

Various kinds of vegetables can be made into candy in various ways, either through the processing of mixed cooking ingredients or with the drying method, it depends on the innovation and creativity of the food processor, in this case the researcher will focus on discussing processed carrots and mustard greens, apart from being easy to find many the benefits of carrot and mustard greens are good for children and can be consumed daily.

Candy is a favorite product of children, not even just children but all walks of life. According to (Lidyawti, 2013) the idea of processing carrots through making carrot candy is one of the ideas offered to increase public interest, especially children, in consuming carrots, so that the need for vitamin A can be fulfilled properly. Apart from that, providing information to the public regarding the consumption and proper processing of carrots is also very necessary so that mothers can carry out proper processing of vegetables so that the vitamins in the vegetables are not lost and they want to consume vegetables.

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1.2.The objectives of the study

The objectives of this study are following below:

1. To increase the consumption of eating vegetables in children through sugar-free vegetable candy because many children think that vegetables are food that is not tasty and looks not delicious food.
2. To introduce to all the general public about the importance of consuming vegetables.
3. To be marketed internationally, vegetable candy can be a healthy recipe and is of interest to many children and all walks of life, in Indonesia there are many regions that produce vegetables.
4. To foster children's love for vegetables, even if they don't eat them right away, but in another way of consuming them