

## **CHAPTER V**

### **CONCLUSION AND SUGGESTION**

#### **5.1 Conclusion**

The nutritional problem often faced by children is their dislike for consuming vegetables. Vegetables themselves are a beneficial source of food for development, growth, and health. Various methods have been used to create food types derived from vegetables, especially those liked by children, such as candy. Vegetable candy is a new innovation that not only processes food in a modern and attractive way but also utilizes the abundant vegetable harvest. Vegetable candy is made from carrots and mustard greens as the main ingredients. Carrots are a vegetable with a high content of vitamin A, which helps maintain eye health and acts as an antioxidant. Another nutritious vegetable is mustard greens, which contain relatively high levels of vitamins B and C and are beneficial in preventing various diseases. Therefore, vegetable candy can be an alternative to increase children's interest and love for eating vegetables. This is because vegetable candy contains many vitamins that can be beneficial for health.

#### **5.2 Suggestion**

Vegetable candy requires proper and suitable packaging to maintain its quality and freshness. This is because vegetable candy is a type of semi-moist snack with a relatively short shelf life. When entering the international trading market, it is essential to ensure that vegetable candy is packaged in a way that protects the product and extends its shelf life to maintain its quality over time.