

Kajian Pembuatan Permen Jelly Labu Kuning (*Cucurbita Moschata Duch*) Sebagai Alternatif Makanan Sumber Vitamin A Bagi Balita Umur 3 – 5 Tahun (Study the Production of Jelly Candy from Yellow Pumpkin (*Cucurbita Moschata Duch*) as an Alternatif to Food of Vitamin A for Toddler Aged 3 – 5 years)

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ABSTRACT

Toddlers needs vitamins A in vision, growth, keep the health from infection, and the establishment and growth of the nervous system. One of the favorite food of toddlers is jelly candy with the addition of yellow pumpkin that has a high content of betacaroten. Yellow pumpkin jelly candy is expected to become the snack that can fulfill the needs of vitamin A on toddlers. The research aims is to examine the quality of pumpkin jelly candy as source of vitamin A food product for toddlers ages 3 – 5 years old. The experiment design was using Complete Random Design (RAL). The determination of formulation in this reasearch was by doing the different concentration between yellow pumpkin and water were A1 = 10 ml : 65 ml, A2 = 15 ml : 60 ml, A3 = 20 ml : 55 ml, A4 = 25 ml : 50 ml, A5 = 30 ml : 45 ml, A6 = 35 ml : 40 ml and each treatment was repeated about four times. The result showed that the value of vitamins A and moisture content of pumpkin jelly candy showed the different results between the each treatment. The result of the the organoleptic have the real impact of texture, color, taste and flavor on jelly candy. The best treatment is found in A6 treatment with the addition concentration is 35 ml yellow pumpkin : 40 ml water. Feeding toddler with yellow pumpkin jelly candy as snack in a day based on the content of vitamin A in the amount of 80 – 90 µg/day is 6 – 7 slice of jelly candy.

Keyword : Jelly Candy, Yellow Pumpkin, and Vitamin A