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ABSTRACT

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FORMULATION COOKIES AS A SUBSTITUTE WHEAT FLOUR WITH A MIXTURE OF TARO FLOUR AND GREEN BEANS AS A SNACK FOR TEENAGERS

Poor eating habits are one of the factors causing nutritional imbalances in adolescents. Several efforts can be made to reduce nutritional imbalances in adolescents, including controlling food intake. 10-20% of teenagers' daily nutritional intake needs come from snacks. One of the snacks that teenagers like is cookies. Cookies are a practical food and have a relatively long shelf life, making them suitable as an alternative snack for teenagers. This study aims to determine the effect of adding taro flour and green beans on the sensory characteristics and proximate content of cookies as a snack for teenagers. The research design used was a Completely Randomized Design (CRD) with 4 (four) treatment levels (F0, F1, F2, and F3). Determination of selected cookies is carried out through organoleptic tests (color, taste, texture and aroma). Selected cookies underwent proximate analysis for water, ash, protein, fat, carbohydrate and fiber content. The results of the organoleptic test showed that there were significant differences ($p < 0.05$) between F0 and F3 and F1 and F3 on taste sensory characteristics but there were no significant differences ($p > 0.05$) on aroma, texture and color. Proximate test results of selected cookies contain calories 414.40 kcal, water content 4.97%, ash content 1.04%, protein content 11.63%, fat content 18.17%, carbohydrates 50.19% and fiber 7.30 %. These results show that the selected cookies meet the SNI cookie requirements. Serving suggestions for teenagers aged (10-12 years) are 5 pieces, ages (13-15 years) are 6 pieces and ages (16-18 years) are 7 pieces to meet 10-20% of the AKG (energy, protein, fat, carbohydrates and fiber) needs of teenagers.

Keywords : *Taro, Green Beans, Cookies, Proximate*