

Utilization of Flour Leaf Flour and Green Bean Flour Being Biscuit for Food Interlude Breastfeeding Mother in Binjai City

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Abstract: Katuk leaf contains nutrients such as protein, fat, calcium, iron, vitamins A, B, C, and polyphenols. While green beans contain high protein and fiber. However, processed leaf-based foods such as katuk and green beans are still lacking. So in this devotion introduced another way to the utilization of these two foods by processing them into biscuits leaf biscuits and green bean flour. The methods used in this training are counseling and practice that includes the giving of materials with lectures in the form of face-to-face, dialogue and frequently asked questions and discussions. The training has provided understanding and skill to the community in Binjai City, in the utilization of katuk leaves and green beans which are processed into flour as a biscuit making material. The response of the participants at the time of giving the material was quite positive. Participants are very enthusiastic during the training, known from the many participants who asked. It is expected that the participants' active role to disseminate information on the utilization of leaf katuk and green beans can be processed into flour as an ingredient in the manufacture of biscuits to nursing mothers around them.

1 INTRODUCTION

Breastfeeding is the best food for babies because it contains all the nutrients in the ideal amount and composition needed by infants to grow and develop optimally, especially at the age of 0 to 6 months (Sartono & Utaminigrum, 2012). Breastfeeding proved beneficial for the optimization of infant immunity, growth, and development and embody the emotional bond between mother and baby (Agrasada et al., 2011). However, not all mothers can produce enough milk. This has been realized by the community, as evidenced by the existence of many products in the market in the form of medicinal herbs, pelus pelus ASI, or milk pelus milk. In fact, there are several types of foods that are known to facilitate breast milk such as leaf katuk and green beans but this food is not utilized.

Leaf katuk is one type of plant that grows in many parts of Indonesia but the utilization of katuk leaves until now still not optimal. Santoso (2014) revealed that, katuk leaf has good health benefits as the basic ingredients of breastmilk drug (ASI), anti-dope drugs, anti-fatty drugs, as a cake dye and others. The leaves

of katuk are effective for controlling blood pressure and gynecologic problems, hyperlipidemia, urolithiasis, gallstones and constipation.

According to Zuhra (2008) in Pradikta (2013), judging from its nutritional content, katuk leaves have protein, fat, calcium, phosphate, iron, vitamin A, B, C, steroids, flavonoids, and polyphenols. According to Azis et al. (2006) stated that the content of katuk food per 100 grams is calories 59 cal, protein 6.4 g, fat 1 g, hydrate of charcoal 9.9 g, fiber 1.5 g, ash 1.7 g, calcium 233 mg, phosphor 98 mg, iron 3,5 mg, carotene 10.020 µg, vitamin B and C 164 mg, and water 81 g. Katuk is a nutritious vegetable with protein content of about 33.68% per 100 grams of dry katuk.

Green beans contain high protein, as much as 24%. In the daily diet, nuts are an excellent alternative source of vegetable protein. Traditionally, pregnant women are often advised to consume green beans so that babies who are born have thick hair. Growth of body cells including hair cells requires good nutrition especially protein, and since green beans are rich in protein then the desire to have a thick-haired baby will be realized (Wuwiwa, 2007).

Green beans contain a high protein of 17 g / 100 g. Green beans have a high fiber content of about 7.6 g / 100 g. This fiber content suffices your daily fiber requirement by 30%. (Suryanetzone, 2009).

One of the efforts to diversify this food is to make it processed cookies (cookies). The development of cookie products with the addition of katuk and green bean leaves is chosen because cookies are one of the preferred snack foods and the average consumption of cookies in Indonesia is 0.40 kg / capita / tahun (Suarni 2009). The same is also expressed Nurdjanah (2014) that dry cake is one type of dry food that people love.

This product is a dry product that has low water content. Cakes are often consumed as a side meal in addition to staple food. As a food interlude, is expected to contribute energy and as a substitute for energy that has been issued. In general, cookies are rich in energy, mainly from carbohydrate and fat sources, fat added to pastries that serve to soften or make crispy, to make it more delicious (Astawan, 2008). Proteins can also be used as fuel if the body's energy requirements are not met by carbohydrates and fats (Winarno, 2004). The high level of consumption of cookies in Indonesia makes this product to be an option in meeting nutritional intake, especially in breastfeeding mothers. Cookies are one type of biscuit made from soft dough, high fat content, relatively crispy when broken and cross section of textured solid (SNI 1992).

Based on the above description it is necessary to introduce to the community through the devotion of this modification of pastries made from katuk leaves and green beans as a complete nutritious food and make cakes as an alternative to the consumption of leaves of katuk and green beans in order to improve nutrition to maintain health, Breast milk and people's tastes. Through this devotion is expected to change habits and diversify the diet of the community. In addition, this pastry can be used as one additional business for the community to increase revenue. In the manufacture of cookies needed science and technology in order to be processed so nutritious food and can be sold.

This community service activity is an intervention in the field of nutrition through training of baking cake made from katuk leaf and green beans to the community in South Binjai Subdistrict and working area of Family Planning and Family Planning (PPKB) Binjai City to utilize leaf katuk and green beans as functional food ingredients and consumed by the public at large.

2 METHODS

Community service activities are conducted in the form of training biscuit making made from leaf powder katuk and green bean flour. The training is expected to provide understanding and skills to the community in Binjai City precisely in South Binjai District and working area of PPKB Office of Binjai City, in the utilization of katuk leaf and green beans as functional food, so that family food can be overcome with food processing into biscuits and increase people's income. Activities undertaken in this training are as follows:

1. Giving an understanding of the superiority of leaf katuk and green beans from nutritional aspect, and its role as improvement of nutritional status and public health status.
2. Giving understanding of the process of making functional foods such as pastries from katuk leaves and green beans.
3. Practice or practice of making katuk leaves and green beans into biscuits.
4. Providing training and mentoring of product marketing and financial management.

3 RESULTS AND DISCUSSION

Devotion to this community has been held on Tuesday, July 10, 2018 at the Office of Urban Village Bhakti Karya District Binjai Kota which is the work area Binaji Kota District and the Office of PPKB. This devotion was attended by housewives from 20 - 55 years old and as many as 50 people.

The training begins with an introduction to the mothers who attended the event. Furthermore, given a lecture on leaves katukdan green bean covering the nutritional and utilization and the way of processing. The material is delivered by lecture and discussion methods, participants are given the freedom to ask questions and share experiences related to the material presented. Then proceed with the practice of making biscuit leaf biscuits and green bean flour. This training was followed by each participant with enthusiasm and full attention. And there were participants who admitted that they had never known that cotton flour and green bean flour could be made into biscuits with the same results and flavors as other biscuits made from wheat flour. Because during this leaf katuk people who know only a vegetable that is processed as a dish that is consumed for breastfeeding mothers. It turns out that with this devotion people get a new information in processing katuk leaf. Likewise

with the green beans known to the public can only be processed into a pulp, it can be processed into flour used as a manufacture of biscuits. The use of cotton flour and green beans in a biscuit maker gives its own flavor and aroma to the resulting biscuits. The trainees say they love the biscuit. The resulting biscuits have a sweet and savory taste and crispy like most other biscuits.

Training on the manufacture of cotton flour and red bean flour and the practice of making biscuits done on the same day. While the marketing training of products produced in this case is biscuits also given to the community groups that exist in the work area of Binjai Kota District and the Office of PPKB Kota Binjai in addition to knowledge insight if the product will be marketed later. Product marketing management training is given daily in the group.

The result that has been achieved in this service is introducing simple technology in making of katuk leaf powder and green bean flour which then can be processed as a food nutritious food. After completion of devotion in the field, hereinafter is prepare documentation in the form of youtube proses manufacture of dau katuk and nuts green and biscuit making.

At the end of this training the facilitator also tells the participants what participants and participants have done in this activity to convey the information they get to friends, or the families of the participants. So this information can be obtained by all people not only in the environment where the training is conducted. This activity is expected not only for training but also followed by the application form in daily consumption, so that it can increase food security at household level which in turn can increase household food security at sub-district and district level.

4 CONCLUSIONS

From the training activities that have been done, it can be concluded that the community of Bhakti Karya Village which is the work area of Binjai Kota District and working area of PPKB Office can understand the utilization of katuk leaf and green beans as food which can also be processed into biscuits with nutrient content more complete when compared with biscuits made from wheat flour only. The resulting biscuits can also improve family food security by utilizing locally sourced food that can be obtained easily in the local area.

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