



## ABSTRACT

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### **THE ADDITIONS OF CATFISH FLOUR TO SWEET BREADS ADD MORE PROTEIN AND CALCIUM AS A SUPPLEMENTARY FOOD FOR CHILDREN 2-5 YEARS OLD**

VI Chapter, 55 Pages, 11 Tables, 6 Pictures, 2 Attachments

**Background** : Development in infancy is very susceptible to various diseases, one of which is due to lack or excess food intake and can cause abnormal nutritional status. Children aged 24-59 months are age groups of children who are vulnerable to experiencing malnutrition. The program to overcome the problem of vulnerable age groups is Supplementary Feeding (PMT). To create variations of PMT, sweet bread is made with the addition of catfish flour. Researchers are interested in creating sweet bread with the addition of catfish to increase protein and calcium intake in toddlers.

**Objective** : Knowing the acceptability and nutritional value (carbohydrates, protein, fat, calcium, and fiber) in sweet bread with the addition of catfish flour to increase protein and calcium intake in toddlers.

**Method** : An experimental study with a factorial Completely Randomized Design (CRD) with four levels of treatment and two repetitions of analysis. Organoleptic test was carried out by 25 semi-trained panelists. Nutrient analysis conducted is an analysis of carbohydrate, protein, fat, calcium, fiber, water, and ash content, as well as total plate number analysis. Statistical analysis was carried out using the one-way ANOVA test and further analysis using Duncan.

**Results** : The organoleptic results showed that the most preferred product was at F2. Based on the best hedonic quality test results are on the F2 formulation with a brownish yellow color, sweet taste, not fishy aroma with a soft texture. Meanwhile, based on protein and calcium results which are high in F3. Water content, ash, and total plate figures of all formulations are still in accordance with SNI sweet bread.

**Conclusion** : The best product chosen based on organoleptic results is in Formulation F2 with a ratio of adding catfish flour of 15g. The best nutrient content is Formulation F3. So, to meet the high intake of protein and calcium the best product is taken at F3.

**Keywords** : Sweet bread, Catfish, Protein, Calcium

References : 56 (1999-2018)