

Utilizing Local Wisdom Community Towards A Healthy Food Industry: A Preliminary Research Of Torbangun Leaves Biscuit

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Abstract

In the Batak ethnic group in Indonesia, local wisdom is found in the community regarding the use of torbangun leaves (*Coleus Amboinicus* L.). These leaves are believed to improve the quality of breast milk that will be given to babies aged 12-24 months. Various studies have shown that torbangun leaves contain elements that can increase the baby's height and nutrition. This paper shows that torbangun leaves are very suitable to be served to breastfeeding mothers in a practical, comfortable and healthy form according to the standards of the Ministry of Health of the Republic of Indonesia, namely in the form of biscuits. The research was conducted experimentally to obtain biscuits from torbangun leaves based on the aroma, texture, taste and color of the biscuits so that they are attractive to present and analyze the nutritional content of torbangun biscuits. The last method is to intervene in stunted children aged 12-24 months. These children were grouped into children who were given biscuits with torbangun leaves and children who were given biscuits without torbangun leaves for 3 months every day. The findings from the results of the organoleptic test showed that the most suitable biscuits to be given to children aged 12-24 months were biscuits with the addition of torbangun leaf flour. There was a significant difference in the body length of the children who were given biscuits mixed with torbangun leaves and biscuits without torbangun leaves