

CHAPTER I

INTRODUCTION

1.1 Background of the Project

Child growth is the fastest period after toddlerhood. Children are the next generation of the nation where nutritional intake in children must be considered so that children can grow optimally. Of the many nutritional problems faced by children, the most common is their dislike for fruit and vegetable consumption. Consumption of fruit and vegetables in Indonesia itself is still relatively low and the intake is still below the recommended consumption. The recommendation for balanced nutrition guidelines is 300-400 grams/day which is divided into 150 grams of fruit and 250 grams of vegetables or if you eat 2-3 servings for fruit, and 3-4 servings for vegetables every day. One of the sources of food that is beneficial for development, growth and health is fruit and vegetables, so the consumption of fruits and vegetables during childhood is very important. Even when viewed from various studies discussing this topic, it is stated that the consumption of fruits and vegetables plays a role in maintaining health such as normal blood pressure, normal blood cholesterol levels, reducing the risk of constipation, obesity, preventing chronic diseases such as diabetes, coronary heart disease, several types of cancer, and plays a role in overcoming deficiencies and preventing dementia (Fitriyani et al, 2022).

Various nutritional problems in school children can occur mainly due to lack of intake of macronutrients such as energy, protein and fat, as well as micronutrients (vitamins and minerals). One type of healthy food is fish. Fish provides a variety of proteins, fats (omega 3 fatty acids), vitamins (vitamin A, vitamin D, vitamin B6, vitamin B12), and minerals (iron, iodine, selenium, zinc, and fluorine) needed by the body (Effendie, 2002 in Kresnasari, 2019). In this case, Bengkalis has an abundant source of protein in the fisheries sector.

Riau Province has potential capture fisheries and aquaculture spread throughout the district. Riau Province has great fishery potential, strategic location

and strong maritime culture (Ramadona et al, 2019). The east coast of Sumatra Island is geographically directly opposite the Malacca Strait, making Riau Province has a large fishery potential (Djunaidi, 2021). Generally, the types of fish that are often caught by fishermen in Bengkalis are lomek fish (*Harpodon nehereus*), Malong (*Gnathophis nystromi*), Biang (*Ilisha elongata*), Mackerel (*Scomberomorus*), Parang (*Chirocentrus*), Gonjeng (*Coilia mystus*) and others. In this final project, the fish used is Parang fish (*Chirocentrus*). This fish is generally processed into grilled fish cake or otak-otak by the local community. In this final Nageito Fish project, Parang fish is used because it is easy to get and is not a seasonal fish. Like fish in general, Parang fish of course contains protein which is good for the growth of children. But sometimes children also don't like to eat fish, and parents must be wise in processing fish so that children want to eat it. One of the favorite preparations for children is nuggets. So in this final project, nuggets made from fish were made to prevent children from eating fish as well as vegetables.

Nugget is fast food processed product made from ground beef and mixed with flour dough, seasoning and then coat with breadcrumbs. According to Afriani et al (2020), Nugget is a processed product in frozen form that is ready to be cooked. According to Sinta et al (2019), Nugget is a reconstruction of processed meat flakes that are shaped in such a way with the addition of certain ingredients to form a new product that is accepted by the community. Nugget is a food that is mostly consumed by the public because it is widely available in minimarkets or supermarkets and is a favorite for children and adolescents, generally using raw materials in the form of broiler chicken with the addition of powdered milk. According to Afrisanti (2010) in Sinta et al (2019), Nugget is a form of ready-to-eat frozen food product, namely a product that has been heated until half-cooked (precooked), then frozen. Saleh et al (2002) in Sinta et al (2019), Nugget is a form of processed meat product made from ground beef which is molded in rectangular pieces and coated with seasoned flour after which the nuggets are frozen. This frozen ready-to-eat product in the form of nuggets only

requires frying time for 1 minute at a temperature of 150° C. Nuggets are consumed after the deep fat frying process.

Darmadi et al (2019) in Sari et al (2021) High enough nutrition in fish nuggets accompanied by variations in shape is expected to increase nutritional intake in children's growth and development so that they can improve children's growth for the better. Nugget has long been a food that is quite liked by all people, including children. Nuggets can also be used as a "meal companion" for children.

This proposal describes the plans for the Nageetto Fish business such as production plans, implementation plans, control plans and project reporting plans. In addition to planning the business, the production department is tasked with producing products from raw materials into finished products and until they are handed over to the marketing department. Based on this background, this final project was made with the title “**Planning and Production of Nageetto Fish**”.

1.2 Identification of the Project

Based on the background described above, the problem that arises is how to plan and produce Nageetto Fish?

1.3 Purpose of the Project

The purpose of this final project are divided into two purpose, namely the general purpose of the project and the specific purpose of the project, as follows.

1.3.1 General Purpose of the Project

The general purpose of this final project is to find out how to plannig and production Nageetto Fish.

1.3.2 Specific Purpose of the Project

The specific purpose to be achieved in the final project carried out are as follows:

1. To find out the raw materials used in the process of making Nageetto Fish.
2. To find out how to planning and producing Nageetto Fish.
3. To find out the Cost of Goods Manufacture of Nageetto Fish.

1.4 Significance of the Project

The significance of the Final Project for Planning and Production Nagekto Fish are:

1. For the Author

This final project can be used as a means to improve knowledge, insight and as a guide in completing the final project which is one of the requirements for completing an Applied Bachelor in the Department of Commercial Administration.

2. For the Entrepreneur

The benefit obtained by entrepreneurs is that this final project can be used as a material for consideration in making production decisions in the same field.

3. For the Community

This paper can be an additional knowledge and insight for the community regarding nuggets as an alternative to processed food for children or groups of people who do not like vegetables, the potential for fisheries in Bengkalis which can be used as processed fish products such as fish nuggets with good protein for children's growth. This paper also provides information to the public about new innovations in food processing, especially fish nuggets.

4. For Other Parties

This final project is expected to be used as a reference and help the implementation of future projects in the same field.

1.5 Time and Place of Project Implementation

The Final Project of Planning And Production Nagekto Fish will be carried out for 3 months from August to October 2022, at home, precisely on Haji Gani Street, Bantan Timur Village, Bengkalis.

1.6 Writing System

Report writing is systematically carried out so that this project report can be arranged neatly. The following is a systematic writing of the Final Project for Planning and Production Nagekto Fish.

CHAPTER 1: INTRODUCTION

This chapter describes the background of the project, project identification, purpose of the project, project benefits, place and time of project implementation, and systematics of project writing.

CHAPTER 2: LITERATURE RIVIEW

This chapter explains project-related theories that can strengthen the rationale for making projects and discusses planning, production, cost of goods manufactured and raw materials.

CHAPTER 3: PROJECT COMPLETION METHODS AND PROCESSES

This chapter describes the project preparation plan, project implementation plan, and project accomplishment plan of the final project "Planning and Production of Nageetto Fish".

CHAPTER 4: RESULT AND DISCUSSION

This chapter describes and discusses the analysis of the results of the final project carried out.

CHAPTER 5: CONCLUTION AND SUGGESTION

This chapter describes the conclusions reached after implementing the final project and provides suggestions for this project to pave the way for future projects.