

# **DEVLOPMENT OF RAGI BAR FOR CHILDREN**

**Dissertation for the Degree of Master of Science**

**Foods and Nutrition**

**By**

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## **Abstract:**

### Background & objectives

The goal of this study was to create a ragi bar that could be given to children instead of chocolate. This research was done on three to five-year-old children of Vidyathika. The Vidyarthi's children 'shad to see if these ragi bars might substitute chocolate.

### Methods

In this study, after three ragi bar samples were developed, a standard sample was to be developed using a sensory evaluation, nutritional analysis of this standard sample was done, and the children were tested Children were to be asked whether they liked the Ragi bar test or not.

### Results

First, from the reference sample, sample number three was selected and sent to Parisil Laboratory for nutritional analysis. The selected ragi bars were then tested on the children, who responded positively when asked if they liked the test.

### Interpretation& conclusion

The children in this study preferred the ragi bar test and wanted to eat it more often, so it was discovered that giving children ragi bars instead of chocolate helps to protect them from malnutrition.

### Keywords

Ragi bar, energy Requirements, nutritional analysis, malnutrition, sensory evaluation  
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