PREPARATION AND ACCEPTANCE OF MILK SHAKE FROM CARROT AND BEET BY CHILDREN OF A MUNICIPAL SCHOOL OF TOLEDO - PR

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The Vitamin A deficiency is still a major public health problems in the developing world and it is associated with xerophthalmia. This study aimed to develop and evaluate the acceptability of milkshakes based on carrot and beet by children. Three preparations were developed: carrot, beet and beet with carrot milkshakes. The samples were analyzed using the hedonic scale with five sides with a team of 61 oriented children, school-aged between seven and nine years in a school in the city of Toledo. The nutritional composition of each sample was evaluated with the Food Composition Table of the Brazilian Institute of Geography and Statistics (IBGE) per 100g of milkshake. The carrot milkshake had the highest score with 88.52% acceptance adding the options good and very good, followed by beet milkshake with 75.40% acceptance and the lowest score, beet with carrot milkshake, 67.21 %. For vitamin A, the results were 652.14 µg, 24.67µg and 338.41µg, respectively. The carrot milkshake showed the highest amount of vitamin A, and had better acceptance by children, may be an option to supplement the school lunch. The results suggest that the inclusion of vegetables in milkshakes did not impair their acceptability. This is advantageous, since carrot and beet have nutritional properties important for growth and development of children, as the prevention of hypervitaminosis A.