

CHAPTER I

INTRODUCTION

This chapter describes about the background of the research, problem formulation of the research, problem limitation of the research, purpose of the research, problem of the research, problem limitation and the benefits of the research.

1.1. Background

Food is an important part of human health. Healthy and highly nutritious food is an intake that is needed by the human body. According to (Mukono, 2005) Healthy food is hygienic and nutritious food, containing charcoal, protein, vitamins, and minerals. To make food healthy for customers, special requirements are needed between other processing methods that meet the requirements, the correct storage method, and transportation by the provisions. One way for the human body to get the nutrients it needs to stay healthy and function properly is to consume a variety of healthy food variants. Healthy food variants come from healthy ingredients such as meat, nuts or seeds, eggs, milk, fruits, and the main thing is green vegetables.

Green vegetables have many benefits for humans. Green vegetables are generally wealthy in important sources of nutrition for humans. The inclusion of green vegetables in daily food will improve the overall nutritional quality despite many variations in their chemical composition (Winarno, 2012). Various types of green vegetables are often consumed and found daily which have many health benefits for the body such as spinach, broccoli, kale, and others. However there are also green vegetables that are not yet known and consumed by many people, for example ental, gedi leaves, and moringa leaves.

Romi (2019) say that many people do not know the benefits of consuming Moringa leaves. Moringa leaves are often associated with various myths and mystical things. Moringa leaves are better known by the community as exorcism leaves. These

myths cover up the benefits of Moringa leaves. Protein, fat, carbohydrates, minerals, vitamins, and amino acids are secondary metabolites found in Moringa leaves as alternative food in case of malnutrition. Indonesian people who live in rural areas always use Moringa leaves as traditional medicine (Wihastuti, 2007). Even though Moringa leaves can be processed into a variety of healthy foods, one of which is a snack.

Healthy Snack is very good consumed for the body. Consumption of healthy snacks can provide extra energy for activities and help meet energy needs until the main mealtime. Criteria healthy snacks contain vitamins, protein, and dietary fiber (Kompas, 2009). Snacks are usually consumed between the two main meals, namely between breakfast and lunch or between lunch and dinner. There are so many types of snacks such as cupcakes, cakes, muffins, chips, and others.

Based on the explanation above, the writer concludes that there are still many people who do not know the information about the benefits and processing of Moringa leaves. Therefore, to provide information and socialize the benefits of Moringa leaves, the process of snack from Moringa leaves will be written in a recipe book. The writer chooses recipe books as media because recipe books are more interesting to read and can provide clear and precise information to readers about the type of food and can guide people to get to know and practice how to cook it, besides that the information contained in the recipe book can last a long time and review. Because of that, the writer would like to write a final report about "DESIGNING A RECIPE BOOK OF NEW VARIANT OF SNACKS FROM MORINGA LEAVES."

1.2. Problem Formulation

Based on the background information above, the problem formulation in this final report is how to design a recipe book of new variants of snack from moringa leaves.

1.3. Problem Limitation

Based on the background and problem formulation described, the writer focus on how to design a recipe book of new variant of snacks from moringa leaves.

1.4. Research Purpose

The purpose of this research is to apply the step of designing a recipe book of new variant of snacks from moringa leaves.

1.5. Benefits

Research benefits in this final report are :

a. For the writer

1. To enrich and increase the knowledge about the healthy foods from moringa leaves.
2. To increase the knowledge about how to design a recipe book.

b. For the readers

1. To give information about benefits of moringa leaves and how to process or cookmoringa leaves into a healthy snacks.
2. To help the reader know the process of designing a recipe book.

c. For State Polytechnic of Sriwijaya

1. To give information about design a recipe book and benefits from moringa leaves as reference of research.
2. To comparison with research about design a recipe book and benefits from moringa leaves.