

CHAPTER I

INTRODUCTION

1.1. Background

Pumpkin is fruit that everyday we can find in the market. The cheap price is not comparable with the rich content of essential nutrients contained therein. This course will provide enormous benefits to our health. Pumpkin is kind of fruit that rich with beta carotene, vitamin A, C, and E, minerals, and carbohydrates. The fruit also contains antioxidants which useful to protect cells from free radicals and cancer. While the seeds also do not lose much in terms of nutritional content (Anonym, 2014).

Pumpkin is most fruit that contain a lot of calories, carbohydrates, protein, fat, minerals (calcium, phosphorus, iron, sodium, potassium, copper, and zinc), beta carotene, thiamine, niacin, fiber, and vitamin C. The most widely pumpkin nutritional content beta carotene is a pro-vitamin A, which is usually converted into vitamin A. it is useful for the body to maintain healthy eyes and skin, immune and reproductive systems. Pumpkin is known as source of monounsaturated fatty acids that good for digestion and heart health. It also known as king of the source of beta carotene (Anonym, 2014).

Muffin typically refers to an individual sized quick bread product which can be sweet or savory. The typical muffin is similar to a cupcake in size and cooking methods. It can come in with savory varieties such as corn, cheese or other sweet fruits such as blueberry or banana (Wikipedia, 2014). A muffin is still something that's relatively healthy. It is not too sweet, is perhaps made with whole wheat flour, and is more likely to be loaded with fruit than candy. A muffin can also be savory instead of sweet. The texture is usually dryer and slightly denser than their cupcake cousins (Christense, 2010).

Pumpkin muffin is a traditional sweet dessert bread muffin, popular in the cooler fall and early winter months, with an identical flavour of a pumpkin pie. It is very easy to make and everyone will be surprised how good it tastes (Anonym, 2015).

1.2. Problem Limitation

This final report is about pumpkin muffin. The writer limits to discuss the comparison of baked pumpkin muffin and steamed pumpkin muffin. The writer wants to know the differences between the both kinds of muffins by determining some parameters.

1.3. Research Hypothesis

Hypothesis for this final report are:

1. H₀
 - Baked pumpkin muffin is not tastier than steamed pumpkin muffin
 - Baked pumpkin muffin is not aromatic than steamed pumpkin muffin
 - Baked pumpkin muffin have bad texture than steamed pumpkin muffin
 - Baked pumpkin muffin does not have natural yellow color than steamed pumpkin muffin
2. H₁
 - Baked pumpkin muffin is tastier than steamed pumpkin muffin
 - Baked pumpkin muffin is aromatic than steamed pumpkin muffin
 - Baked pumpkin muffin have good texture than steamed pumpkin muffin
 - Baked pumpkin muffin have natural yellow color than steamed pumpkin muffin

1.4. Research Purposes

This final report aims to make new variant of healthy muffin and to know the comparison of color, aroma, texture and taste between baked pumpkin muffin and steamed pumpkin muffin.

1.5. Research Benefits

This final report give benefits such as:

1. to introduce new variant of healthy snacks,
2. to utilize of good nutrient content of pumpkin for human healthy, and
3. to give a reference how to write a final report especially for the students of English Department.