

FINAL REPORT

MAKING COOKIES FROM BREADFRUIT



This report is written to fulfill one the requirements for the accomplishment of Diploma III

By:

YULIA NINGSIH

0612 3090 1412

STATE POLYTECHNIC OF SRIWIJAYA

PALEMBANG

2015

APPROVAL SHEET

**FINAL REPORT
MAKING COOKIES FROM BREADFRUIT**



By

YULIA NINGSIH

061230901412

Palembang, July 2015

Approved by

Advisor I

Advisor II

Dra. Risnawati, M.Pd

Herman, S.Pd.,M.Pd

NIP. 196804011994032001

NIP. 197107012002121001

Acknowledged by

Head of English Department

Dra, Tiur Simanjuntak, M.Ed. M.

NIP 196105071988032001

MAKING COOKIES FROM BREADFRUIT

FINAL REPORT

By:

YULIA NINGSIH 061230901412

Approved by the examiners committee

SIGNATURE

Drs. Zakaria, M.Pd

NIP. 196408122000031002

Munaja Rahma, S.Pd.,M.Pd

NIP. 197405162002122001

Moehamad Ridhwan, S.Pd

NIP. 196912102005011002

Iskandar Rosyidin, S.Pd

NIP. 197006212002121001

STATE POLYTECHNIC OF SRIWIJAYA

PALEMBANG

2015

MOTTO AND DEDICATION

Intelligence is not the determinant of success, but hard work is the real determinant of your success.

Dedicated to:

- ♥ *Allah swt*
- ♥ *My beloved parents*
- ♥ *My beloved sisters and brother*
- ♥ *My beloved friends 6 bia 2012*
- ♥ *My almamater, pplsri*

PREFACE

First of all, the writer would like to perform the gratitude to Allah SWT for the mercy that has been given to the writer, so that the writer could finish the final report which is entitled "*Making Cookies from Breafruit*".

Writing the final report is submitted to comply with one of the graduation in the Diploma III Polytechnic Sriwijaya Palembang Indonesia. This final report cannot be separated from the obstacles and difficulties, but thanks to the guidance, assistance, advice and suggestions as well as the cooperation of various parties, especially the supervisor, all of these obstacles can be overcome eventually well.

The writing of the final report is certainly not out of shortcomings, both aspects of the quality and quantity of the material aspects of the research presented. All of this is based on the limitations of the writer.

The writer recognizes that the final report is far from perfect so I needed a criticism and constructive suggestions for the advancement of education in the future.

Last hopefully all the rocks that have been given, as the pious charity always gets the blessing of Allah SWT. Finally, the writer expects that this report can give advantages and usefulness especially for the students of English Department.

Palembang, June 2015

The writer

ACKNOWLEDGEMENT

After finishing this final report, the writer will certainly give the biggest “thank you” for some people who have supported, inspired, and help me in writing this final report. The writer would like to mention all of them bellow:

1. My Parents and beloved family that has given me support morally and materially.
2. Dra. Risnawati, M.Pd, as my Advisor who has been willing to spend her precious time to give encouragement, guidance, and advices in the writing of final report.
3. Herman, S.Pd.,M.Pd, as my Advisor who has been willing to spend his precious time to give encouragement, guidance, and advices in the writing of final report.
4. Dra. Welly Ardiansyah, as my Academic Advisor who has been willing to spend his precious time to give encouragement, guidance, and advices in the writing of final report.
5. My lovely sisters and brother Mauliani, Marina, Febriani, Affandi who has given me support and love.
6. My lovely nephew and niece Muhammad Naufal Shaadiq and Khansa Lutfia who has made me laugh when I was stressful.
7. My best friends Lydia Anggraini, Lestari Putri Alammi, Seftari Yuliana WN, Suci Riyani, Reni Febrianti and someone special who has given me support, advices and love.
8. All of the parties who were helped me in completing the final report that cannot mentioned one by one.

Finally, the writer would like to thank to all parties who helped and gave contribution directly and indirectly for the writer during writing the final report that cannot be expressed one by one.

ABSTRACT

Making Cookies from Breadfruit

(Ningsih, 2015, 23 pages, 7 tables, 2 pictures, 1 chart, 1 diagram)

This final report discusses about Making Cookies from Breadfruit. The reason why breadfruit is breadfruit has high carbohydrate content but low in calories and nutrient content are complete, including vitamins and minerals than other food such as yams, taro, and potato. The main purpose of this final report is to know what is the best composition of making breadfruit cookies. The place of this research at The Food and Beverage Laboratory of English, State of Polytechnic of Sriwijaya. Parameter of research used in this research is questionnaire. The number of the tester was 20 respondents. The data was analyzed by using Quantitative type of Research and Development method. Data collecting techniques made by reviewing some recipies from a variety of reliable sources such as books, internet, and other sources. The result of this report showed that breadfruit cookies using only 100 gr of breadfruit have crunchy texture but soft in the middle, while breadfruit cookies using 75 gr of breadfruit have harder texture and less crisp. The conclusion shows that breadfruit cookies with 100 gr of breadfruit better than breadfruit cookies with 75 gr of breadfruit.

Keyword : Cookies, Breadfruit

ABSTRAK

Pembuatan Cookies dari Sukun

(Ningsih, 2015, 23 halaman, 7 tabel, 2 gambar, 1 chart, 1 diagram)

Laporan ini membahas tentang Pembuatan Cookies dari Sukun. Alasan pemilihan sukun adalah sukun memiliki karbohidrat yang tinggi tetapi rendah kalori dan nutrisinya lengkap, termasuk vitamin dan mineral dari makanan yang lain seperti ubi, talas, dan kentang. Tujuan utama dari laporan ini adalah untuk mengetahui komposisi terbaik dari pembuatan cookies sukun. Penelitian ini dilakukan di Laboratorium Food and Beverage Bahasa Inggris, Politeknik Negeri Sriwijaya. The main purpose of this final report is to know what is the best composition of making breadfruit cookies. Parameter yang digunakan dalam penelitian ini adalah kuisioner. Jumlah dari panelis adalah 20 responden. Data dianalisis dengan menggunakan kuantitatif jenis metode Research and Development. Teknik pengumpulan data dibuat dari tinjauan beberapa resep dari berbagai sumber terpercaya, seperti buku, internet, dan sumber lainnya. Hasil dari laporan ini menunjukkan bahwa cookies sukun dengan 100 gr sukun memiliki tekstur yang garing tetapi lembut di dalam, sedangkan cookies sukun dengan 75 gr sukun memiliki tekstur lebih keras dan sedikit renyah. Kesimpulannya adalah cookies sukun dengan 100 gr sukun lebih baik dari cookies sukun dengan 75 gr sukun.

Keyword : Cookies, Sukun

TABLE OF CONTENTS

	Pages
TITLE SHEET	i
APPROVAL SHEET	ii
EXAMINERS' SHEET	iii
MOTTO AND DEDICATION	iv
PREFACE	v
ACKNOWLEDGEMENT	vi
ABSTRACT	vii
TABLE OF CONTENT	viii
LIST OF TABLES	x
LIST OF PICTURES	xi
LIST OF CHART	xii
LIST OF DIAGRAM	xiii
 CHAPTER I: INTRODUCTION	
1.1 Background	1
1.2 ProblemLimitation.....	2
1.3 Problem Formulation	3
1.4 Purpose	3
1.5 Benefit	3
 CHAPTER II: LITERATURE REVIEW	
2.1. Definition of Food Diversification	4
2.2. Materials for Making Breadfruit Cookies	4

2.2.1. Breadfruit	5
2.2.2. Wheat Flour	6
2.2.3. Fat	7
2.2.4. Sugar	7
2.2.5. Egg	8
2.2.6. Milk Powder	8
2.2.7. Baking Powder	8
2.2.8. Aroma	9
2.2.9. Salt	9
2.3. Products of Cookies	9
2.4. Technique for Making Breadfruit Cookies	10

CHAPTER III: RESEARCH METHODOLOGY

3.1. Research Method	12
3.2. Place and Time Research	12
3.3. Ingredients and Equipments	12
3.4. Research Procedures	14
3.5. Parameter of Research.....	17

CHAPTER IV: FINDINGS AND DISCUSSIONS

4.1. Findings	18
4.2. Discussions	21

CHAPTER V: CONCLUSIONS AND SUGGESTIONS

5.1. Conclusions	23
5.2. Suggestions	23

REFERENCES

APPENDICES

LIST OF TABLES

	Pages
2.2.1. Nutrients of Breadfruit per 100 gr.....	6
2.3.1. Quality Requirement of Cookies	10
3.2.1. Ingredients of Making Breadfruit Cookies.....	13
3.2.2. Equipments of Making Breadfruit Cookies	13
3.5.1. Aspects of Assessments	17
4.1.1. Recipes of Breadfruit Cookies	18
4.1.2. Assessment of Breadfruit Cookies.....	19

LIST OF PICTURES

	Pages
4.1.1. Breadfruit Cookies with 100 gr of Breadfruit	18
4.1.2. Breadfruit Cookies with 75 gr of Breadfruit	19

LIST OF CHART

	Page
4.1.1. Comparison of Assessment	20

LIST OF DIAGRAM

	Page
4.1.1. Process of Making Breadfruit Cookies	16