

# CHAPTER I

## INTRODUCTION

### 1.1 Background

Indonesia has natural resources with the potential availability of a variety of foods, good food sources of carbohydrates, proteins, fats, vitamins and minerals. However, people often hold the exploitation of existing resources in the earth without taking into account the availability and limitations of these resources. If this is ignored continuously by humans, there will be a scarcity of resources will be exhausted even in the future both human resources, capital resources and natural resources, especially in the food sector.

Food is the most important basic need for humans to sustain life. However, as we know, many foods that are not fully utilized such as sago, corn, sweet potatoes, pumpkin, and breadfruit. A source of carbohydrates from fruit still relatively underdeveloped compared with the utilization of carbohydrate food source of origin of cereals and tubers.

Diversification of food supply or often called by the food diversification is an attempt to safeguard food security so that the people of Indonesia are not monotonous as consumers of rice, or make rice as the primary consumption. Diversification of food (diversification) is a way out which is currently considered the most rational to solve the problem of food needs (in particular sources of carbohydrates).

Diversification has begun aggressively by the Food and Agriculture Organization-United Nations (FAO-UN) to support the improvement of the welfare of the community, especially the welfare of farmers and inadequate availability of food. As for agricultural products besides rice which has the potential to be upgraded such as vegetables, nuts, tubers, and fruits are all that can be grown in one region or agricultural areas. One type of fruit that potential to be developed as a source of carbohydrate is breadfruit (*Artocarpus commuris*) (Heyne,1987).

Breadfruit is a kind of jackfruit plants that used to grow in the yard. This plant has many benefits, one of which is very suitable as diet, because high carbohydrate content but low in calories and nutrient content are complete, including vitamins and minerals than other foods such as yams, taro, and potato.

Breadfruit is one of alternative food materials, breadfruit has enough high nutrient (Ragone, 1997; Departemen Pertanian and Widowati, 2003). Breadfruit contains many types of nutrient: carbohydrate 25%, protein 1,5%, fat 0,3% (Ijarotimi and Aroge, 2005). In addition, breadfruit also contains a lot of minerals and vitamins that is very needed by body. Element mineral and vitamin in breadfruit such as: calcium, phosphor, iron, vitamin B1, B2, and vitamin C. Water in breadfruit is high enough about 63,3%.

Breadfruit easily mixed with other materials and can be processed into a variety of foods, one of which is the cookies. Cookies are patisserie products made from flour, sugar, fat, and eggs. Cookie is a name/other name for pastries, called cookie because this cake has a moisture content slightly, so this cake has a long durability. Cookie is one of the many food products pastry popular. The taste is so delicious, so it makes this into a favorite snack food during the hours relaxing.

Based on the text above, the writer will conduct research on breadfruit cookies mixed with flour.

## **1.2 Problem Limitation**

Food diversification program of breadfruit done as a way to utilize breadfruit were abundant at harvest and develop food products. One effort of diversification breadfruit is making breadfruit cookies. The background of the making breadfruit cookies is due to the lack of making cookies from breadfruit.

### **1.3 Problem Formulation**

Based on the background above, the problem is “what is the best composition of making breadfruit cookies?”

### **1.4 Research Purpose**

The purpose of this research is to know the best composition of making breadfruit cookies.

### **1.5 Research Benefit**

The writer:

1. Making the business opportunity for writer
2. Knowing the proper way of making breadfruit cookies

The community:

1. Giving information to community about of making cookies from breadfruit
2. Increasing the diversification product of local food material.