

CHAPTER 1

INTRODUCTION

1.1 Background

Food diversification is an activity of changing one kind of food with the other one that has same source of nutrition so that people do not just consume one kind of food. For example, carbohydrate with carbohydrate, vitamin with vitamin, and protein with protein. The nutrition can not be substituted with the different nutrition, because human body needs balance nutrition everyday such as carbohydrate, protein, fat, vitamin, etc to keep healthy. According to *PP Ketahanan Pangan No. 68 tahun 2002 pasal 9 ayat 2* (as cited in Hidayah, 2012), consuming the variety of food with balance nutrition is the principle of food diversification.

The purposes of food diversification are to maintain food tenacity, to have variations of food so that people do not monotonous consume one food, and to maintain healthy because people can get other nutritions in one different food. Besides, it is not good for health to consume the same food substance too much or frequently. For example, consuming rice every day. According to Oktaviani (2014), consuming rice everyday is not good for health. Rice contains high glucose and low fiber that can cause obesity, diabetic, and constipation.

However, rice has already been a main commodity food for almost people in Indonesia. It has became a food habit. People consider that they have not yet eaten if they do not consume rice in one day. According to Sulaeman, the nutrient and food safety expert from Human Ecology Faculty, Institut Pertanian Bogor (as cited in Kosasih, 2015), consumption of rice of Indonesian people is the highest in the world with the average 139 kilogram per capita every year. So, to fulfill the necessity of rice, Indonesia still needs to import from another country. People need to decrease the consumption of rice, so it can maintain human health or food tenacity. People can substitute rice with the other carbohydrate sources such as, potato, corn, sago, wheat, purple sweet potato, etc which are also good for human health and to fulfill the

necessity of carbohydrate. For instance, purple sweet potato. According to Association of Nutritionist of United States (as cited in Anita, 2015), purple sweet potato has become the best nutrition tuber roots among the others.

Purple sweet potato has many benefits for human body. According to Suprpto (2003, p.1), purple sweet potato contains the most complete antioxidant compounds. It is rich of vitamin A. Every 100 gram of purple sweet potato contains 7,700 mg of vitamin A. It is good for eye health. It also contains 9,900 mg of beta caroten. In addition, this tuberous root is also abundant of vitamin B6 and high fiber which are good for blood vessels and human digestion. In addition, it contains antosianin substance which is anti-cancer substance (Surpree, 2013). In short, purple sweet potato is a good substitution of rice because it contains many nutritions which are good for human health.

In addition, purple sweet potato can be mixed with another ingredient. For example, noodle dough. As it is known, noodle has become well known in Indonesia especially instant noodle. It is economic and quite filling for our stomach. However, the nutrition of instant noodle is low. Besides low of fiber, it just contains carbohydrate and gluten protein which are not always good if it consumes constantly especially for autism kids (Kaloriku, 2013). Moreover, it also contains high natrium, Monosodium Glutamat (MSG), high surfeited fat, and preservative substance. To minimize the bad effect, people can made the noodle by themselves to avoid the use of preservative substance and MSG like adding the purple sweet potato as the health ingredient in the noodle making process and making the variations of food from it.

The noodles dough itself can easily blend with other ingredients such as vegetables or fruit essence. It is kind of healthy food. According to Kholidah (2013), the making process of noodle is easy. In her study, she used carrot and spinach as additional ingredients on her rainbow noodle making process, and she found that the nutrition content in this noodle is good for health. Blending with other ingredient is also part of varieting food so that people do not get bored in consuming noodle.

People can also cook the purple sweet potato noodle in various way such as sauteing, boiling, baking, etc.

However, the variations of purple sweet potato noodle does not have a documentation. People have not publicated it especially the purple sweet potato noodle itself. One of the media to publicate it is through recipe book. Recipe book is a book which the content is about the way to process the food. Through recipe book, people will know the way to process the delicious food especially purple sweet potato by following the instruction that is written on recipe book. It can be a culinary reference for people who wants to substitute rice with another source but they are confuse what kind of food they want to make.

As it is already stated before, rice needs to be diversificated with the other carbohydrate sources. One of them is purple sweet potato. In addition, the writer interests to mix the purple sweet potato with noodle dough, because noodle is low of nutrition while purple sweet potato has so many good nutrition for human health. It will become purple sweet potato noodle. The writer also interests to procces this purple sweet potato noodle in some variations of food that the reader can make them as the culinary reference. Last, the writer will write them into a recipe book as a final product. Based on the problem above, the writer wants to have **“The Process of Making Purple Sweet Potato Noodle Recipe Book”** as the title of final report.

1.2 Problem Identification

The writer makes this report based on three problems. First, rice needs to be diversificated with other carbohydrate source to maintain food tenacity and health such as corn, cassava, sago, yam, noodle, etc. Second, the writer adds noodle with purple sweet potato to make a healthy noodle. Last, the purple sweet potato noodle or the variations of purple sweet potato noodle dishes does not have a documentation like in recipe book.

1.3 Problem Limitation

The writer only focuses on making variations of food that can be made and combined with purple sweet potato noodle, and the process of making the purple sweet potato noodle recipe book.

1.4 Problem Formulations

1. What are the variations of food that can be made from purple sweet potato noodle?
2. How are the processes of making purple sweet potato noodle recipe book?

1.5 Research Purpose

1. To find out the variations of food that can be made from purple sweet potato noodle.
2. To find out the the process of making purple sweet potato noodle recipe book.

1.6 Research Benefits

1. For writer, to improve the ability of cooking and writing by cooking the food and writing it into a recipe book. It also can develop the spirit of entrepreneurship.
2. For readers, it can be a means of knowledge and culinary references
3. For institution, it can be a means of publication for promoting product
4. For English Department Students, to motivate them for being creative in final report that can be useful for other people.