

# CHAPTER I

## INTRODUCTION

### 1.1 Background

Noodles are one of favorite foods that are very popular in the communities. Besides being liked by the communities, noodles can also replace the role of rice, which is as an energy booster because of the ingredients themselves, namely flour. Because of the popularity of this noodle, it is no wonder that many factories produce large quantities of noodles. Various kinds of the processed foods from noodles also presented by many restaurants, thought about making noodles which are mixed with fruit has never been tried before. Even though the fruit itself is a source of vitamins for human body.

Fruits are one of the foods needed by the human body. There are so many types of fruits. One type of fruits is pumpkin. Pumpkin is a highly nutrient-dense food. It is rich in vitamins and minerals but low in calories (Ware, 2018). Many people think of pumpkins as little more than a Halloween decoration or thanksgiving pie filling and some of innovative people also make the pumpkin into any innovative modern food.

Raman (2018), a dietician also a scientific writer from New Zealand said that pumpkin has nine impressive nutrition and health benefits. First, pumpkin is high in vitamins and minerals while being low in calories. It is also a great source of beta-carotene, a *carotenoid* that the body converts into vitamin A. Second, pumpkin contains the antioxidants alpha-carotene, beta-*cryptoxanthin* and many others, which may protect the cells against damage by free radicals. Third, pumpkin is high in vitamin A and C, which can help boost the immune system. Its supply of vitamin E, iron and *folate* may strengthen the immunity as well. Fourth, pumpkins' high vitamin A, *lutein*, and *zeaxanthin* contents may protect the eyes against sight loss, which becomes more common with age. Fifth, pumpkin is packed with nutrients and yet has less than 50 calories per cup (245 gram). This makes it a nutrient-dense food. It is also a good source of fiber, which may

suppress the appetite. Sixth, pumpkins contain *carotenoids*, which function as antioxidants. These compounds are linked to lower risks of stomach, throat, pancreas and breast cancers. Seventh, pumpkin is good source of potassium, vitamin C, fiber, and antioxidants, which have been linked to heart health benefits. Eighth, pumpkin is high in beta-carotene, which acts as a natural sun block. It also contains vitamins C and E, as well as *lutein* and *zeaxanthin*, which can help the skin strong and healthy. Ninth, pumpkin, once sliced and cut, can be easily roasted, pureed into soup or baked into pies. Its seeds are also edible and highly nutritious.

Nowadays, so many people who are very busy with their work and those busyness make them stressful.

*“ Sebuah penelitian yang baru-baru ini dilakukan oleh sekolah bisnis INSEAD, Temple University, dan Hong Kong University of Science and Technology melaporkan bahwa kesibukan memengaruhi pilihan gaya hidup seseorang. Pada penelitian yang sama, periset juga menyebutkan orang-orang yang hidupnya dikejar deadline lebih mudah stres, cemas, dan gelisah.”*

It means that a recent study by INSEAD, Temple University, and Hong Kong University of Science and Technology business schools reported that busyness affects one's lifestyle choices. In the same study, researchers (in Kompas, 2018) also mentioned that people whose lives are pursued by deadlines are more easily stressed and anxious. because of this busy life, there are so many people who choose to eat junk food that contains a lot of oil with the reason that they have little time to eat food.

*“ Gorengan yang tersedia dalam makanan cepat saji umumnya tinggi kalori. Bahkan burger yang terlihat seperti makanan sehat, berisi lebih dari 1.200 kalori. Seperti diberitakan Times of India, makan-makanan tinggi kalori akan meningkatkan risiko obesitas, karena tubuh Anda akan mengasup jumlah kalori yang tinggi. Jika kalori itu tidak dipergunakan dengan baik, tentu kalori akan disimpan di dalam tubuh sebagai lemak. Dan, lemak berlebih, diyakini bisa membuat tubuh Anda gemuk.”*

It means that fried foods available in fast food are generally high in calories. Even burgers that look like healthy foods, contain more than 1,200 calories (Astuti, 2013). The report from the Times of India (in Astuti, 2013) also mentioned that eating high-calorie foods will increase the risk of obesity, because your body will consume high amounts of calories. If the calories are not used properly, of course

calories will be stored in the body as fat. And, excess fat, is believed to make your body fat. *“Pada umumnya, wanita yang berusia 19-30 tahun dengan aktivitas ringan membutuhkan 2000 kalori per hari. Sedangkan pria yang berusia 19-30 tahun dengan aktivitas ringan membutuhkan 2400 kalori per hari.”* It means that in general, women aged 19-30 years with mild activity need 2000 calories per day. While men aged 19-30 years with mild activity need 2400 calories per day (dr. Atika, 2016)

the statement above shows that consuming too much junk food is not good for health because of the high number of calories. therefore, people who are busy must be able to enjoy healthy food even though they are busy. In addition to low calories humans also need other nutrients such as vitamins, minerals, and so on. Based on the reason above the writer chose the title **Making Noodles with Pumpkin as an Additional Ingredient**, with the aims of increasing people’s interest in eating healthy foods and increasing the price of pumpkin.

## **1.2 Problem Formulation**

Based on the title and background of this report, the problem formulation of the research was “how to make noodles with pumpkin as an additional ingredient?”

## **1.3 Problem Limitation**

In this research, the writer only focused on the steps how to make wet noodles with pumpkin as an additional ingredient due to the lack of time and budget.

## **1.4 Research Purpose**

Based on the problem formulation, the purpose of this report is to find out the steps of making noodles with pumpkin as an additional ingredient.

## **1.5 Research Benefits**

### **1. For Readers**

The readers can get information and knowledge about the the steps to make noodles with pumpkin as an additional ingredient.

### **2. For Writer**

Enhance knowledge and skills of the writers about the steps to make noodles with pumpkin as an additional ingredient.