**CHAPTER I**

**INTRODUCTION**

* 1. **Background**

Having breakfast is one of the most important activities in the morning. Many people have difficulty arranging their time for breakfast. They must be in hurry to go to their school or office. It seems they do not have enough time for breakfast. In fact, breakfast is very important in order to supply their bodies with enough energy to conduct daily activities. Herdinsyah (2013) mentions that breakfast can increase physical stamina, psychology, emotional, and discipline. Therefore, everybody should have his or her breakfast.

In having a breakfast, Indonesian people have the variation of menus. One of them is cereals. Eating cereal is more practical. Eating cereal is very easy, we just need the addition of milk or hot water into the container that has contained cereal. No wonder that cereals become favorite foods in Indonesia, especially among teenagers. Cereals also have high nutritional value, such as carbohydrates that can increase blood sugar levels of human being, so that the people can do their activities well.

Indonesian tends to eat rice for breakfast so, the typical homemade breakfast menus are fried rice, or rice with egg, fish, chicken, meat, or noodle. The menus are not only delicious but also contain many calories. Unfortunately, it takes a long time to prepare these breakfast menus. Meanwhile preparing Cereals as the breakfast menu just needs a couple of minutes.

Moreover, diversification of food is the act of changing one type of food with another that has the same source of nutrition so that people not only consume one type of food. According to the Act of Food Sovereignty No. 68 the Year 2002 Article No. 9 Clause No. 2 states that diversification is an effort to increase the consumption of various foods with the principle of balanced nutrition. Food diversification that is defined as eating not centered on rice has long been informed but it has not succeeded yet.

The purpose of food diversification is to have food variation. So, people do not monotonous in consuming food. People can get other nutrients by consuming different food. According to Oktaviani (2014) states that consuming rice every day is not good for health because it contains high glucose and low fiber that can trigger obesity, diabetic, and constipation.

Pumpkin is a kind of vegetable that grows in Indonesia. It has high adaptation ability to various environmental conditions. Pumpkin has a high durability advantage and has a distinctive aroma and flavor. Pumpkin (*Cucurbitamoschata*) in Indonesia is of known with the name *Labu Parang*. Besides, in South Sumatera, Pumpkins is known as *Perenggi.* Banu (2015) states many of pumpkins’ seller found in Prabumulih, South Sumatra.

Pumpkin can be used to support food diversification as a new food variation. It contains quite complete nutrition of carbohydrates, proteins, minerals such as calcium, phosphorus, iron, and vitamins; Vitamin B and C and fiber. The combination of wheat and pumpkin in order to make a new variation of instant cereals are considered important to be created because it has high nitrous cereals and easy to serve.

Based on the explanation above, the writer is interested in making the innovation of new instant cereal variation to support food diversification. Therefore, the title of the research is “The Innovation of New Instant Cereal Variant Through the Use of Pumpkins“.

* 1. **Problem Limitation**

The writer tried to make a new variant of instant cereals especially by using pumpkins.

* 1. **Problem Formulation**

Based on the background above, the problem formulation of this research was how to make a new variant of instant cereals through the use of pumpkins?

* 1. **Research Purpose**

The purpose of this research was to make the innovation of a new variant of instant cereals through the use of pumpkins.

* 1. **Research Benefit**

The benefits of this research were:

1. For the researcher:

* Increasing knowledge in terms of instant cereal variation.
* Increasing knowledge in terms of producing instant cereal variation through the use of pumpkin.

1. For readers:

* Increasing their knowledge in terms of instant cereal variation.
* Increasing their knowledge in terms of producing instant cereal variation through the use of pumpkin.
* Increasing their knowledge in terms of culinary reference.

1. For English Department

* Increasing the number of innovation conducted by the student in terms of a new variant of instant cereals through the use of pumpkin.