

CHAPTER I

INTRODUCTION

1.1 Background

As human, we need to survive to live a life. To survive, human and food are two words that cannot be separated. According to (Prasetyono, 2009) "*Makanan sehat adalah dengan meramu berbagai jenis makanan yang seimbang, sehingga terpenuhi seluruh kebutuhan gizi bagi tubuh dan mampu dirasakan secara fisik dan mental.*" In other words, we have to fulfill the needs of our body by consuming balanced nutrition from food that we eat as our daily routine. Food also can give us more energy for us to do daily activity. Food itself has many variety, for example we have rice, chicken, meat, fish, etc as main course. We also have side dishes such as any variant of egg, vegetable, also *tempe* and *tahu*. And not less important, we also need snack to complete our balanced nutrition.

We can find the main ingredient also in many variant of snacks. Basically, snack is the replacement of main course. Sometimes we eat snack to avoid the hunger or in case we don't want to eat the main menu. Nutritionist from Canyon Ranch Spa Club of Las Vegas, Megan Mullin recommend to snack every three or five hours, because it can make someone resist the urge to overeat. Moreover, after having main course, blood sugar levels will not balance, it will increase and then decrease, then when you start feeling tired that means that your blood sugar levels are too low. In this case, snacks can prevent too much blood sugar from decreasing between meals. Based on statement above, we can conclude that snack has quite important role to balance the needs of our body and we need to be careful to choose the right snack to eat because, nowadays, we can see that there

are so many food especially snack that we find in store contained so many dangerous ingredients that can be harmful to our body system.

One kind of snack that sometimes we can see in store is cupcake. Cupcake is small cake in cup that has soft texture and also sweet. Cupcake contains complete ingredients like flour, milk, etc. We can also design cupcake as beautiful as they want. It can make children more interested with this cake. We can put topping there for example cartoon characters like Mickey Mouse, Donald Duck, Hello Kitty, and we can also use colorful frosting cream on top of it. Cupcake is easy to make and easy to find, but, nowadays, cupcake is not really a healthy snack, because cupcake contains lots of sugar and food coloring which is not good for our body if we consume it in large quantities. There are so many kind of cupcakes that sell in store, for example rainbow cupcake, red velvet cupcake, chocolate cupcake but there is still limited seller who sell healthy cupcake like cupcake made from spinach (vegetable).

Spinach is vegetable that contains so many advantages for body that has two colors that are green and red. Spinach contains high folic acid that useful to help the formation of nerve tubes during the early stages of fetal growth at a young age of pregnancy, can prevent dehydration because of the very high water content, make the eyes healthier, and prevent inflammation. But, there is still limited people who make this healthy cupcake using spinach that has a concentrated of green dyes that make more natural dyes than other vegetable. This spinach cupcake can be the alternative for diet or to delay the hunger because it contains almost three main ingredients mentioned above. They have flour as source of energy, vegetable that is spinach for regulating substances, and also cupcake contain milk as protein.

Based on the explanation above, the writer concludes that spinach cupcake is healthy snack that is made from healthier ingredient. However, there is still limited seller who sell cupcake from spinach. This new variant cupcake is expected to enrich the variation of cupcake itself and also expected to be liked by

kids who don't like vegetable. Furthermore, the process of the spinach cupcake will be written in a recipe book. The writer choose recipe book than other media is because there are so many people especially parents who still don't know how to operate the internet well. Because of that the writer would like to write final report about "DESIGNING A RECIPE BOOK OF NEW VARIANT OF CUPCAKE FROM SPINACH."

1.2 Problem Formulation

The problem formulation in this final report is how to design a recipe book of spinach cupcake.

1.3 Research Purpose

The purpose of this final report is to give information of the procedure of designing a recipe book of spinach cupcake.

1.4 Benefits

Research benefits in this final report are :

- a. For the students
Giving information to the students about how to make spinach cupcake through recipe book and know every steps.
- b. For the Polytechnic
The readers will get a lot of information about the food and the steps how to make the food.
- c. For the Writer
For the writers is to enrich and increase the knowledge about the steps of making recipe book.