

CHAPTER II

LITERATURE REVIEW

This chapter presents literature review of healthy food, the characteristics of healthy food, snacks, recipe book, spinach and cupcake.

2.1 Healthy Food

The World Health Organization (WHO) (2017) describes health is a state of complete physical, mental and social well-being and not merely the absence of diseases or infirmity. That means that health is as an important role to support the productivity of that person in his life.

Definition of healthy food is a food that contains balanced nutrition, rich in fiber and substances needed for body development. From the content, healthy food is a food that contains carbohydrates, proteins, minerals, vitamins, and unsaturated fats. Foods that meet these criteria are better known as *4 sehat 5 sempurna*. If the food we consume does not have the full content mentioned above, it means that our body is still lacking in substances and that food cannot be said as a healthy food.

Same as (Prasetyono, 2009), healthy food is *meramuu segala jenis makanan dengan kandungan yang seimbang. Dengan keseimbangan gizi dari makanan yang kita konsumsi akan menjadi sebuah kesegaran fisik dan mental*. That means, food is good for our body, both physically and mentally if it's containing complete nutrition.

According to The Food and Drugs Administration (FDA) (2016), the US body in charge of pharmaceutical and food regulations, still uses criteria set out in 1994 to ascertain the meaning of the word “healthy” when attributed to food. Consequently, it may be defined (and therefore the term may appear on packaging) as a product which is within the pre-established limits of total fats and saturates, salt, cholesterol and contain certain micronutrients such as vitamins and fibre.

2.2 The Characteristics of Healthy Food

According to (Carpenter, 2018) Healthy eating is not about deprivation, following strict nutrition rules or starving yourself to lose weight. It is about getting healthy and staying healthy by making smarter food choices, including watching portion sizes, limiting fat consumption, eating natural, whole foods like fruits, veggies and whole grains and reducing processed food in the diet.

Based on (Susilo, 2017) said that *ada lima karakteristik makanan sehat yang dapat menjauhkanmu dari penyakit. Yang pertama adalah seimbangan komposisi antara protein, lemak dan karbohidrat. Yang kedua adalah makanan sehat mengandung banyak serat. Yang ketiga adalah jauhi makana yang mengandung bahan pengawet dan MSG (Mono Sodium Glutamat). yang keempat adalah mengandung air dan garam mineral, dan yang terakhir adalah tidak terlalu berlebihan.* These five characteristics of healthy food can keep away from disease because, the first is, balance the composition between protein, fat and carbohydrate. Because, if we consume protein, fat or carbohydrate in large amount, it would be harmful for our body. The second is, healthy food is food that contains lots of fiber. Fiber has many advantages for our body, such as fiber can smooth digestion, reduce cholesterol levels, helps control blood sugar levels, and also can control body weights. The next is reduce foods containing preservatives and Monosodium Glutamate (MSG). Preservatives and MSG can disturbs the balance of the neuro-transmitter which can cause several health problem, Heart problems and irregular heartbeat, can cause cancer, asthma, diabetes, thyroid

problems, food allergies and eye problems. The fourth is contains mineral water and mineral salt. Salt is very important to balance the acidity of sugar in the body. This is especially important for people who have diabetes. Eating enough and not excessive amounts of salt can help stabilize an irregular heartbeat. The last is don't eat in excessive amount. Eating healthy foods within reasonable limits can be missed by the aging process. Your body will have enough energy and resources to fight various damage caused by free radicals.

2.3 Snack

According to (Yuharnanda, 2011) *Makanan ringan adalah makanan yang bukan merupakan menu utama yang dimaksudkan untuk menghilangkan rasa lapar seseorang sementara waktu dan dapat memberi sedikit suplai energi ke tubuh atau merupakan sesuatu yang dimakan untuk dinikmati rasanya..* In other words, snacks is food that we consume at the time before we eat the main course to delay the hunger. The number of the calorie in snack sometimes not as much as it is in main course. Snack is a quite important food especially for the person who has high mobility. Snack must have enough nutritional content to balance to the dense activity.

According to Acefood Creator (2017) When you choose snacks, choose healthy snacks. It does not have to be ideal, but make sure that you choose snacks that contain the following nutrient allocations. The first is have not more than 200 calories. Because at this amount is where you can keep your balanced metabolism to get energy. The second is, consist of 3 gram of fiber. Because, fiber is processed slowly by the body and can help increase your energy intake. In addition, fiber also can absorb the water and also can float in your stomach. This can make us feel full. The next is, snack must consist at least 5 gram of protein. Protein provide hormone to make us feel satisfied. The last is snack must consist less than 12 gram of fat. We can get the benefit from fat and we can still keep our weight by consuming small amount of fat.

2.4 Recipe Book

2.4.1 Definition of Recipe Book

Based on (Arifudin, 2016) Recipe book is *takaran yang digunakan untuk membuat masakan (makanan & minuman) yang telah teruji ke akuratannya. Selain menyiapkan bahan, dalam resep masakan juga tersedia keterangan dan panduan seputar cara mengolah bahan-bahan yang akan dimasak, serta keterangan tentang cara menyajikan hasil masakan tersebut.* It means that we can use a recipe book as a complete guideline to make food from the ingredients to the instruction how to make the food.

There are several causes that must be known by a chef when creating a recipe.

1. How long will it take before the food made reaches the point of stale / damaged.
2. The number of calories that will be produced in each dish.
3. the duration of cooking.
4. Media to present the results of cuisine.

2.4.2 The Element to Make a Recipe Book

There are four elements to make a recipe book according to Melissa Drumm (Drumm, 2019) These four elements are :

1. Title

Don't underestimate the importance of a good title: It's the first impression your readers will have of the recipe, and it's likely what will determine whether or not they continue reading. The title should be descriptive and make sure to mention the main ingredient and the flavor, for example "Chocolate Cake with Vanilla Buttercream."

2. Headnote

A headnote is a short paragraph that precedes the recipe and acts as a sort of introduction. Think of the headnote as an opportunity to let your personality shine, both as a cook and as a person.

Consider starting your headnote with a short anecdote. Tell the reader why you're including this recipe in your book. For example "Did you eat something at a restaurant that inspired you to create this dish?" That stories are what make your recipe different from anyone else's—and what will draw your readers in. Next, offer any tips, tricks, or suggestions that will help your readers succeed when cooking.

For example, you might mention that a French onion soup recipe requires broiler-safe crocks, or that your recipe for popovers can be made in a muffin tin instead of a popover pan. If your braised pork recipe calls for pork shoulder, this is your chance to fill the reader in on what to look for at the grocery store.

Serving suggestions are good headnote fodder, too: If that beef stew is great with bread or egg noodles, say so. Putting this information in the headnote keeps your ingredient list and recipe steps clean and concise.

3. Ingredient List

Make sure every ingredient is on its own line. Units, such as tablespoons, cups, or ounces, should be fully written out, not abbreviated. Avoid writing two numbers in a row, as in the case of portion or package size; the second number should be in parentheses. For example:

- 1 can (15-ounce) diced tomatoes
- 4 (6-ounce) salmon fillets
- 2 (1-pound) pork tenderloins

Your ingredients should be listed in the order they appear in the recipe steps. If you're adding multiple ingredients at once, list those ingredients in descending volume order.

4. Recipe Steps

When writing recipe steps, think concise and precise: Every sentence should be to the point and packed with information. Avoid extraneous adjectives or distracting parentheticals—these belong in the headnote.

According to Sitepu (2006,p.16) who states that there are 5 elements in designing, they are :

A. line

Line is divided into four, they are : vertical, horizontal, diagonal, and curves. In the graphic design, line is used to separate the positions between the other graphic elements within the page. It also can be used as a bookmark of specific parts with the purpose for the explanatory of the reader. Line is also used as a separator between the two parts different publications or provide emphasis. For example, it can be used for separating the information in a recipe book.

B. Shape

Shape is a field that occurs because it is limited by a contour (line) and or it is limited by the different color or by the dark light on shaded or texture. There are two general categories that are use to describes shapes. There are two category of shape, those are Geometric and Free-Form or organic shapes. In geomatric shape, can be described using mathematical terms. Examples of geomatric shape: squares, rectacngle, triangles, circles, oval, pentagons, and so on. Organic shape are more often found in nature, for example the shape of clouds, puddles, trees, leaves, rocks and so on.

C. Space

Space occurs because of the perception of the depth that feels far and near, high and low, looking through the sense of sight. This element is used as an element of breathing space for the reader's eye. It means to make the reader not too tired to read the text that is too long. The empty space provides the separation

between the columns of text. In addition it gives the impression of a roomy and neat design.

D. Texture

Texture is the visual elements that show a sense of surface material (material), which is intentionally created and presented in the order to attain such a form, either in the form of real or pseudo. For example, the impression of wood texture, hair of glasses.

E. Color

The color of an object is determined how light falling on the object and reflected back to our eyes. Because light has a spectrum (systematic series) color, and that color spectrum is exactly what helps humans recognize colors. In applying color in a design, you can refer to the color wheel. We should use colors that are close to one another and each color has their own meaning.

2.5 Spinach

According to (Supriatna, 2007) Spinach is vegetable that can grow both in plateau and lowland and one of the bush shaped plants. Spinach is also know as *Amaranthus*. In Greek, “*Amaran*” means everlasting. At first, spinach only used as ornamental plant, but, nowadays, spinach is promoted as a source of protein. Based on (Sellby, 2010) Spinach is one of the most nutritious vegetables. Spinach can prevent various diseases because it protects the body in many ways.

According to (Gunnars, 2009) spinach (*Spinacia oleracea*) is a leafy green vegetable that originated in Persia .It belongs to the amaranth family and is related to beets and quinoa. What’s more, it’s considered very healthy, as it’s loaded with nutrients and antioxidants. Eating spinach may benefit eye health, reduce oxidative stress, help prevent cancer, and reduce blood pressure levels. There are many ways to prepare spinach. You can buy it canned or fresh and eat it cooked or raw. It’s delicious either on its own or in other dishes.

2.6 Cupcake

Based on (Olmos, 2016), Cupcakes are a small cake designed to serve one person, it may be baked in a small thin paper or aluminum cup. As with any cake, icing and decorations such as candy may be used. Cupcakes have been traced as far back as 1796 when a recipe notation of “a cake to be baked in small cups” was written in *American Cookery* by Amelia Simmons. The earliest documentation of the term, cupcake was in a cookbook dated 1828.

As (Cakedecor, 2014) said, Cupcakes were also known as numbered cakes initially because the ingredients that were used in making them were measured by the small open containers, which are usually used for drinking. They were not measured by weight. Later, when volume measurements became popular in the home kitchens, they became popular as quarter or 1234 cakes. They were called so because their primary ingredients include: 1 cup butter, 2 cups sugar, 3 cups flour and 4 eggs.