

CHAPTER I

INTRODUCTION

1.1 Background of the study

Food is one of the most fundamental human needs. It provides the energy and nutrients necessary for survival and optimal health. Food is a fantastic subject. Every dish tells a story, whether it's about the ingredients, the cooking methods, or the people who prepare and enjoy it. Food can evoke powerful emotions and memories. Freshly baked bread might transport you back to your grandmother's kitchen, while the taste of particular spice might remind you of a distant land once you have visited. It's amazing how food has the ability to connect us to our past and to each other because all of food have characteristic.

Like a spread, spread is a kind of food product that can be spreadable generally onto food items such as bread or crackers, spread can be savory or sweet, use to add flavor or moisture to other foods, easy to prepare, have variety flavors. The popularity of food spreads can be attributed to their prevalence factors such as cultural preferences, dietary trends, and culinary traditions. According to the current trend, consumers prefer premium quality products that do not contain artificial ingredients. Nowadays, eating plant based is a great choice many consumers choose to eat plant-based food because of variation reasons such as an aversion to animal cruelty, a desire for a healthy lifestyle, and environmental awareness (Janssen, Busch, Rödiger, & Hamm, 2016; Sebastiani et al., 2019). One of the local plant based ingredients can be used is pumpkin seeds.

Pumpkin seeds also known as pepitas, are edible kernels of fruit pumpkin. The seeds are small-flat, with an oval or teardrop-like shape. Raw pumpkin seeds have greenish outer hull that encases the inner seed. When roasted, the hulls become golden brown color and the hull becomes thin and

crispy. Battered in texture and nutty in flavor. Pepita is enjoyed as a snack, added in desserts and in savory dishes. The seeds also offer several potential health benefits. Pumpkin seeds are packed with essential nutrients, including protein, healthy fats, fiber, vitamins, and minerals. These nutrients support various bodily functions, including metabolism, immune function, and cell repair. Pumpkin seeds are rich not only in proteins but are also a rich source of antioxidants, vitamins such as carotenoids and tocopherols and minerals, while being low in fat and calories. Pumpkin seeds belong to a good source of protein, essential fatty acids, potassium, calcium, manganese and magnesium. Pumpkin seeds are known to supplement the release of bioactive compounds, to enhance antioxidant activity and bioavailability of essential minerals of such seeds.

1.2 Objective of the study

The objectives of this study are following below:

1. In order to follow the global trend and due to increasing demand on vegan and healthy food, the study aims to create a vegan spread from pumpkin seeds which is one of the parts that is often thrown away
2. To identify the nutrients of the pumpkin seeds spread