

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

According to all explained above, we can conclude that yams and other tubers are able to supply a proper carbohydrate source for human daily life. Every nutrition inside are worth to consume. A lot of study has agreed that the most important thing to gain a good quality carbohydrate sources is by consume a complex carbohydrate such as rice, potatoes, yams, etc. This product is pretty rare and antique considering most of instant meal are unhealthy while this product are proven as a healthy with it's complex nutrition such as Carbohydrate, Protein, Fat, Vitamin and Fiber. The creamy texture will give a pleasure for those who consume. Therefore, this product will easy to digested because the texture are very soft. Similar to one of a popular and favorite dish around the world, mashed potato but present a different color. For the sake of human welfare, the expectation with this product could be a good answer for those who wants to keep gain a good nutrition with goof flavor.

5.2 Suggestion

Some panelist said that this product are a bit watery. In order to improve it's quality to gain a perfection for the sake of wealthiness, a little bit improvement are mandatory to reached. The use of Yams are needed to researched more detail. Another attempt to make this product's quality better should be done by retrace to use other protein source. Creating different variant are also able to be a new option to maximize and fulfill human's nutrition requirements.