

CHAPTER I

INTRODUCTION

1.1 Background

Pleasantly sweet and tart, Passion fruit, also known as granadilla, is brimming with many plant-derived nourishing essentials offering optimum health. Passions are native to subtropical wild regions of South America, probably originated in Paraguay. It is an avid climber (vine) which grows on anything that it can grapple around through its tendrils. Botanically, this exotic fruit belongs to the family of *Passifloraceae*, of the genus; *Passiflora*. Scientific name: *Passiflora edulis*. The passiflora plant requires well-drained fertile soil and good moisture to flourish. Once established, it grows quickly and reaches about 15-20 feet per year. The plant has an average lifespan of about 5-7 years. Over five hundred cultivar types of passions exist; however, only two main types, purple and yellow varieties, are widely grown. Banana passionfruit (*P. tripartita* var. *mollissima*), known locally as curuba de castilla, features small banana-like shape with rounded ends. During each season, the vine bears greenish-white fragrant flowers which subsequently develop into fruits. (Rudrappa, 2017)

Passion Fruits have many nutrients. Rich in Antioxidants protect your body from free radicals, unstable molecules that can damage your cells when they are present in large numbers. Passion fruit contains a lot of antioxidants. In particular, it's a rich source of vitamin C, beta-carotene and polyphenols. Polyphenols are plant compounds that have a range of antioxidant and anti-inflammatory effects. This means they may protect against chronic inflammation and diseases like heart disease and cancer. Vitamin C is an important antioxidant that you need to get from your diet. It helps support a healthy immune system and healthy aging. Beta-

carotene is also an important antioxidant. In your body, it is converted to vitamin A, which is essential for preserving good eyesight. Diets that contain lots of beta-carotenes from plant foods have been linked with a lower risk of some cancers. These include prostate, colon, stomach and breast cancer. A single 18-gram serving of passion fruit contains around 2 grams of fiber, most of which is soluble fiber.

This is quite a large amount for such a small fruit. Fiber is important for keeping your gut healthy and preventing constipation, yet most people don't eat enough of it. Soluble fiber helps slow the digestion of your food, which can prevent blood sugar spikes. Diets that are high in fiber are also associated with a lower risk of diseases including heart disease, diabetes and obesity. (Anonymous, 2017)

1.2 Objective

1. Presenting a new taste of jam in Indonesia
2. It is healthy food that edible by any ages