

# CHAPTER I

## INTRODUCTION

### 1.1 Background

Nowdays people are more concern about what they consume than ever. This may caused by some public figure or leader change their lifestyle to ‘ You are what you eat’. Cookies are light snacks that people have encountered in the market. This can at least be proved by the availability of cookies in almost all store that sell snacks. Along with the development of rapid era then there was a change of lifestyle and diet. Some people in big cities prefer to eat fast foods that contain carbohydrates, protein, salt and high fat. However, it is undeniable that some people are more selective in determining the types of healthy and safe foods to eat (Driyani, 2017).

Therefore, the writer make cookies from jackfruit powder. The writer use jackfruit 100% without fruity paste. The writer choose jackfruit because of many rotten jackfruit in the trees, this is very unfortunate. Therefore the writer take the initiative to process jackfruit is not much wasted and from jackfruit’s powder can be made into cookies or other food. These cookies are really made of jackfruit powder that has never been by other people.

Jackfruit cookies have nutritions from vitamin A, vitamin B, vitamin C, vitamin D, potassium, calcium, high fiber, antioxidant, etc. All those nutriens can boost our health from eye, teeth and gums, heart, blood, vessel, bone, digestion, brain, to weight loss. With health benefit like that sure will be safe to consumer from children to adult, whether they vegetarian or not.

### 1.2 Objective

1. Provide a new solustion to vegetarian people that serve with no artificial preservatives, MSG , high in calories, vitamin A, vitamin D and potassium that give bunch of health benefit and packaged hygienically.
2. To show the public that jackfruit can also be processed into powder until cookies in high quality.
3. Option for general consumers, mean that everyone can enjoy jackfruit cookies.