

# CHAPTER I

## INTRODUCTION

### 1.1 Background

Pumpkins are one of the cucurbit (gourd) family, which families include squash, cucumbers, melons, and watermelons. Pumpkins have a lot of different varieties and types, but the most common pumpkins stocked on most markets is the sugar pumpkin type because sugar pumpkins have much more sweet and firm flesh even though they are smaller in size than most types of pumpkins. Sugar pumpkins are good for making soups or making puree for pies not only because they have a good and rich pumpkin flavor, but also because they give a much more pleasant consistency than larger pumpkins. The normal size for sugar pumpkins are about 6 to 8 inches in diameter and weighing about 15 to 16 oz after the puree process.

Not just only good flavoring in taste, but pumpkins also have some powerful healthy benefits. Its rich in carotenoids gives their orange-colored base color, including beta-carotene, which our body needs for converting them into vitamin A that aids on eyesight vision particularly on dim light. A cooked out pumpkin has the benefit to refuel nutrient potassium to keep muscles work at its best and help restore the electrolytes to maintain the body's balance after a long and heavy workout. Increased potassium intake could also lead to reduced risk of protection against muscle loss, reduced stroke risk, and reduction of kidney stone formation. The boast of antioxidant beta-carotene in pumpkins also plays a role in cancer prevention, according to National Cancer Institute.

## **1.2 Objective**

The purpose of this project is to help people maintain a healthy lifestyle by consuming pumpkin as an effective way

- Pumpkin product made in an innovative way
- Healthy food that can be consumed by any age without the use of artificial preservatives or MSG