

# CHAPTER I

## INTRODUCTION

### 1.1 Background

Nowadays , people starts to aware about whatever they consumed . People starts to aware about healthy life style . A healthy lifestyle is one which helps to keep and improve people's health and well-being .The ways of being healthy include healthy eating, physical activities , weight management , and *etc* .Regarding to start a healthy life and related to healthy eating and weight management we have to understand what kind of nutrients that our body really needs . The right diet can also prevent people from many diseases . Nutrients contained in foods that needed by the human body, among others ,are carbohydrates , proteins , fats , vitamins , minerals , and water.

Importance of fruits in human diet is well recognized . Fruits are good source of vitamin and mineral , without it human body cannot mantain proper health and develop resistance to disease. Fruits are contain lot of things that help to protect human's body from chronic disease , which can be debilitating and even fatal in some cases . Fruits itself have been shown to help protect against heart disease , stroke , and certain types of cancer , and more . Eating fruits as a part of healthy diet can be part of an alternative and complimentary treatment against symptoms , illness , and *etc*. Speaking of nutrients , digestion is one of the most important role for breaking down food into nutrients , which the body uses for energy , growth and cell repair . Despite of that , there are a lot of people have an issues with their digestion system.

To overcome the problems above , we present a new innovation to help people with digestion issues that is "Papaya Jam" , papaya is known as a superfruit that can improve digestion system , the fruit as well contain *papain* ,enzyme that help digest proteins. This enzyme is especially concentrated in the fruit when it is unripe . *Papain* can also extracted to make digestive enzyme dietary supplement . Not only *Papain* , papaya fruit also rich sources of

antioxidant nutrients such as carotenes, vitamin C and flavonoids; the B vitamins, folate and pantothenic acid; and the minerals, potassium, copper, and magnesium; and fiber.

In this product , we try to merge the benefit of Papaya and Jam . Fruit jam , thick mixture made of fruit, pectin , and sugar that is boiled gently but quickly until the fruit is soft and has an organic shape, yet is still thick enough that it spreads easily and can form a blob. In addition to being a spread, jams are also good for fillings. Just like papaya , there are so many benefit provided by Fruit jam , unlike butter, margarine, Nutella, and cheese, Jams do not contribute to the cholesterol and fat content of your body. Jam helps maintain a healthy weight when following recommended serving sizes , jams also rich in sugar and a great source of Energy and Fiber. Also helping us to eat less and be satisfied without cravings .Fruit jam can also be a good solution to people who wants to start a healthy life and start eating fruits . A lot of people love to eating jams , jellies , and preserve because they taste so amazingly awesome , it's also body friendly and easy for human body to digest.

## **1.2 Objective**

The purpose of making “ Papaya Jam “ :

1. Presenting a high quality of “Papaya jam” .
2. Our product will be served without artificial preservatives , artificial taste , and hygienically packed , so it can be compete in food industry both in indonesia and worldwide .
3. To give a creative solution for consumers who needs help with their digestion issues.
4. Promoting papaya as a super fruit and the benefits for consuming papaya.
5. Increase state revenue , and help reduce unemployment
6. Encourage development of culinary industry to produce a healthy food with profitable bussines prospects.