

RESEARCH AND DEVELOPMENT FINAL PROJECT

Putri Malu (*Mimosa pudica*) Candy



BY:

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OTTIMMO INTERNATIONAL MASTERGOURMET
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Surabaya, 31st October 2022



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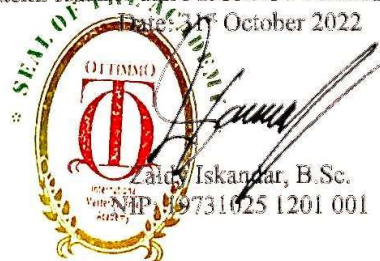
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PREFACE

First of all, I would like to thank the Lord Jesus Christ for His blessings and spiritual guidance so that I can complete this culinary innovation and new product development. The main purpose of making this report is to help students in Ottimmo to be creative and innovative because we have to create new products that have never existed in Indonesia. One of the reasons why I came up with the idea of making Putri Malu Candy is because I want to make health products, especially to relieve coughs, flu, and insomnia in a form that is simple, easy to consume, and delicious to eat.

During the process of completing this report, I received a lot of guidance and support. With this, I would like to thank the names below:

1. My parents have supported and provided me with a good education.
2. Mr. Zaldy Iskandar as the President Director of Ottimmo International.
3. Ms. Hilda T Iskandar, S.E., Ak., C.A., M.M. as Head of Study Program at Ottimmo International.
4. Mr. Gilbert Yanuar H. as a supervisor has helped me in many ways so that I can understand the guidelines for making this report.
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Surabaya, 31st October 2022.



Bella Rosalia

EXECUTIVE SUMMARY

This Putri Malu plant, rarely anyone knows that this plant can be used as an herbal treatment, therefore author want to make this product from the extract of the plant so that many people also know about the benefits that it can provide

This Idea in making this candy product is to create a product that is new and beneficial for health. Especially can help relieve coughs, flu, or insomnia. With the addition of fruit, this product can also help add fiber to our body. With the uniqueness of using the roots and leaves of the Putri Malu plant, this is a good product and no one has made it yet.

Putri Malu Candy will be packaged using baking paper and plastic that protect the candy directly, then it will be put into a glass jar to make it more protected and safe, each jar will contain 16 pieces of candies and each jar will be sold for Rp. 61.500. Later these candies can be found in supermarkets or ordered via social media

Keywords: *Candy, Putri Malu Candy, Research and Development.*

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CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

My goal in making this candy product is to create a product that is new and beneficial for health. Especially can help relieve coughs, flu, or insomnia. With the addition of fruit, this product can also help add fiber to our body. In this product, the author does not add sugar, because consuming excessive amounts of sugar can harm the body, one of which is the disruption of several functions in the body's organs and can cause diseases such as diabetes (Lumbuun and Kodim, 2017). With the uniqueness of using the roots and leaves of the Putri Malu (*Mimosa pudica*) plant, this is a good product and no one has made it yet.

This Putri Malu (*Mimosa pudica*) plant, rarely anyone knows that this plant can be used as an herbal treatment, therefore author want to make this product from the extract of the plant so that many people also know about the benefits that it can provide. This plant has good benefits for the body.

The Putri Malu (*Mimosa pudica*) plant is a wild plant that can indeed be used as herbal medicine. Putri Malu herbal extract can provide a calming effect that is suitable for insomniacs (Haq, 2009). Because it aims to be a candy that can help relieve coughs, flu, or insomnia, (Badrunasar and Santoso, 2017) the leaves or roots, either singly or mixed, are all boiled and the boiled water is drunk. Therefore author try to use all ingredients with natural ingredients, also Putri Malu extract has the effect of treating parasitic worm infections because of the content of pyrantelpamoate and mebendazole (Syahid, 2009). It also contains fiber due to its fruit content.

Especially during this pandemic, we must strengthen the body's immune system, where currently many people are taking vitamins or supplements to maintain and strengthen their immune system.

Author made this product in the form of candy so that those who consume it feel happy and get good benefits because of the content in it.

Not only does Putri Malu (*Mimosa pudica*) have good content that the decoction of the whole plant can be taken as a medicine booster, but also a medicine for dysentery, anti-inflammatory, and kidney pain, the leaves can be used as sleeping pills and flatulence in children. Decoction of the roots is used as a medicine for vomiting, diuretic, and anti-asthma (Sari, 2002). Some of the fruits in it also complement the advantages of this product. The fruits author use are apples, dragon fruit, Sunkist oranges, and honey.

The fruits that author put in this product are some fruits that can help relieve coughs, flu, and insomnia that can support the Putri Malu (*Mimosa pudica*) plant to maximize its benefits.

Some people still choose herbal ingredients for treatment and the product that author make can be one of the herbal ways that can be consumed in various ways, in the form of chewy candy.

Nutrition and Health Benefits:

1. Relieve cough, flu, and insomnia
2. Helps supply fiber for the body
3. Healthy immune system

The characteristic of Putri Malu candy will be quite sweet, the texture is also chewy and the size of the standard candy in general.

1.2 THE OBJECTIVES OF THE STUDY

1. Know how to properly package candy products so they last a long time.
2. Looking for the right product concept to develop
3. Knowing the Benefits of the Shy Princess for health
4. Determining, compiling, and testing a process to obtain a product
5. Assessing consumer response to the product
6. cost estimates for manufactured products
7. Planning a marketing strategy for the final product