

CHAPTER V

CONCLUSION & SUGGESTION

5.1 Conclusion

Our everyday food filled with so many unhealthy things, it's okay sometime to eat like that but if you keep it that way your body will be occupied by some disease. So for that little by little people gain attention to eat properly so they will have a long life and keep their body in shape. Not only our product filled with so many nutrients and benefit, we are using various ingredients to levitate the taste. Mung bean these day are just considered as food for livestock or used to some food industry for their benefit, but not used for consume directly. Every change can be considered big if you can change one at a time like your eating habit. Mung bean filled with so much protein, B vitamin, folate, cooper, zinc and potassium. This bean too also come with so much benefit like used to defending against several chronic, age-related diseases, including heart disease, cancer, diabetes and obesity. Our product can be used for every age from young - old and can also be used to dietary program, low carbs food, and healthy lifestyle.

We believe that our product can be compete with other industrialized product or some home grown product on the market, we believe too that our product will be popular among the society that embrace healthy carefully. Our product will be expanded from time to time by making another new product to the list and by upgrading the taste by following food trend so our customer will never get bored about our product.

5.2 Suggestion

Our product is nearly perfect, but the consistency is not thicken enough like jelly consistency. so we still need to find some ingredients that can enhance the consistency and also we need to enhance the flavor further so other competitor can't copy ours.

REFERENCE

Allison, Roman. 2017. **How to Make a Jam.**

<https://cooking.nytimes.com/guides/45-how-to-make->

Anonymous. 2015. **Mung Beans Nutrition and it's Benefit.**

<https://draxe.com/mung-beans-nutrition/>. Accessed on 20 May 2017.

Anonymous. 2010. **The History of Jam.**

<http://museuconfitura.com/en/historia-de-la-confitura/>. Accessed on 27 May 2017.

Anonymous. 1997. **The History Mung Bean.**

<https://hort.purdue.edu/newcrop/afcm/mungbean.html>. Accessed on 1 June 2017.

Anonymous. 2017. **Calorie on Food.**

<http://www.calorieking.com/>. Accessed on 1 June 2017.

Anonymous. 2017. **Thickening Agent.**

https://en.wikipedia.org/wiki/Thickening_agent. Accessed on 15 June 2017.

Anonymous. 2017. **Mung Bean.**

https://en.wikipedia.org/wiki/Mung_bean. Accessed on 10 July 2017.

http://www.cooking-newsletter.com/jam?regi=1&join_cooking_newsletter=false®ister=facebook. Accessed on 7 August 2017.

Mckillop, Jamie. 2017. **Why You Should ProbalbyEating Mung Bean.**

<https://www.wellandgood.com/good-food/why-mung-beans-are-healthy-recipe/>. Accessed on 27 May 2017.

Rudrappa, Umesh. 2009. **Healthy Spice Nutrtrion Fact.**

http://www.nutrition-and-you.com/healthy_spices.html. Accessed on 15 June 2017.