

**RESEARCH AND DEVELOPMENT FINAL PROJECT**

**MATOA LEAF TEA**



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## **PREFACE**

In order to gain more student's practical knowledge in this Diploma Curriculum of Culinary Art we are required to make a research and development project as our Diploma of Culinary Art final project. Praise to the God almighty for the successful of the author to complete this Research and Development Final Project report with the tittle 'Matoa Leaf Tea'. This report is made and arranged to fulfil the requirement of completing the diploma of Culinary arts and baking pastry. During the process of completing this report, so much guidance and assistance also support are received by the author from several parties. By this, me as the author want to express my sincere thanks to :

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Finally, the author hope that this report that this report will be useful for all of us.

**APPROVAL**

**MATOA LEAF TEA**

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## EXECUTIVE SUMMARY

Matoa is one of the plants from Papua. Matoa is classified as a plant that is easy to breed, matoa can grow well in the highlands and also in the dry lowlands, with the flowering time of July - August and bear fruit in November-February. the author uses matoa leaves rather than other leaves in making tea because matoa leaves are easy to get compared to the fruit, besides matoa leaves have many health benefits such as treating kidney stones, treating gallstones, minimizing the risk of sugar disease, and treating hypertension.

Whereas matoa has benefits that increase stamina, prevent coronary heart disease, a source of natural antioxidants, good for skin health, and digestion. For that, I will do research and how to make tea from matoa leaves.

For materials that the author uses for making tea, the ingredients used are matoa leaves, and for the tools used are using nyiru, scales, and packaging. For the manufacturing process, the matoa leaves are dried using flat basket, then crushed and mixed with dried jasmine, then put in packaging. Many people who do not know the benefits of matoa leaves, matoa leaves themselves have nutrients, namely phytochemical compounds, flavonoids, antioxidants, free radicals, antioxidant mechanisms, the extraction of active compounds.

Matoa leaves also have benefits to cure diseases, treating kidney stones, treating gallstones, minimizing the risk of sugar disease, and treating hypertension.

Over all with the products that researchers make, it is useful to facilitate people in consuming matoa leaves in touch with tea without reducing the benefits and levels of nutrients contained in the matoa leaves.