

**RESEARCH AND DEVELOPMENT FINAL PROJECT**

(Fishbone Red Rice Noodle with Healthy Benefits)



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“FISHBONE RED RICE NOODLE”

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## **PREFACE**

As for the beginning, I would like to thank my Holy God, Jesus Christ for his blessings and spiritual guidance in order for me to complete this Research and Development report. New products and new business development require innovative, creative marketing solutions in order to successfully differentiate them from competing products in the marketplace. This important research and development report explore and elucidate the essence of creativity, with an emphasis on how to proceed with R&D activities strategically and how to connect them with successful products, services and commercialization.

One of the reasons why I come up with the idea of making “ Fishbone Red Rice Noodle “ is because I want to create a healthier alternative consumption which can be very beneficial to human’s health condition. During this process of completing this report, I received so much guidance and support. By this, I would like to express my gratitude to the names below:

1. My parents who have supported and provided me to achieve good education and as a family role to help me in personally.
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4. Mr. Zaldy Iskandar as the head Director of Ottimmo International.
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Surabaya, August 7<sup>th</sup> 2019

Gracia Vicentia Tandiarta

## **PLAGIARISM STATEMENT**

I certify that this assignment/report is my own work, based on my personal study and/or research and that I have acknowledged all material and sources used in its preparation, whether they be books, articles, reports, lecture notes, and any other kind of document, electronic or personal communication. I also certify that this assignment/report has not previously been submitted for assessment in any other unit, except where specific permission has been granted from all unit coordinators involved, or at any other time in this unit, and that I have not copied in part or whole or otherwise plagiarised the work of other students and/or persons.

On this statement, I am ready to bear the risk/any sanctions imposed to me in accordance with applicable regulations, if in the future there is a breach of scientific ethics, or you have a claim against the authenticity of my work.

Surabaya, 28<sup>th</sup> July 2019

Gracia Vicentia Tandiarta

## **EXECUTIVE SUMMARY**

Now a days the problem of nutrition of food we consume is become a serious problem in Indonesia for last few years. Nutrient intake has an important role in the problem food ad nutrition is “calcium”.Lack of calcium intake can causes Osteoporosis, Osteoporosis is a disease in which the density and quality of bone are reduced. As bones become more porous and fragile, the risk of fracture is greatly increased. The loss of bone occurs silently and progressively.

The high risk of Osteoporosis in Indonesia is caused by low amount of calsium consumption. People only consume 254 mg/ day. The average adequacy value of calcium in a day for baby is 300-400mg, 500 mg for children, 600-700 mg for adolescents, and 500-800 mg for adults. Calcium is very important for our bone and tooth growth so that the calcium intake needs to be considered from infancy until the need for bone growth is fulfilled.

The sources of calcium can be obtained from milk,cheese, and fish. Calcium in not only in fish meat but also in the fish bones. Nutritional content of bones fish in 100 gr of bonemeal fish is 735mg of calcium. The bones fish contain high calcium that have potential as ingredients calcium food sources that are easily affordable and can be alternative diet to prevent diseases due to calcium deficiency,

The fish bone will be processed as fishbone flour to substitute general flour which is can be used in making our product, noodle. Also in our product we use red rice because it is known that it contains low calorie.

*Keyword: (fishbone, red, rice)*

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