

## **Chapter VII**

### **Conclusion**

#### **1.1 Conclusion**

In conclusion for having a healthy lifestyle we suggest drinking less regular boba or popping boba and start to take care of your daily sugar intake. Because by taking care for our body now, will have an impact next time especially when you grow older. Since no one wants to have a diabetic disease just because you will not take care of your body. And, by utilizing dragon fruit skin waste, it can at least reduce food waste in Indonesia. Besides, it turns out that what we consider to be useless things is beneficial and rich in nutrients for our bodies.

Our base ingredient made from dragon fruit and dragon fruit skin has many benefits for our body, with the content of vitamin C, can ward off free radicals, facilitate the body's metabolism, and much more. By doing a food gastronomy by doing a reverse spherification, we hope that we can we can advance culinary in Indonesia and introduce local products that are useful and rich in nutrition to be introduced in other countries., so everyone can feel the benefits

So, our popping boba is a good choice for everyone who wants to enjoy drinking poppig boba without worrying the sugar income daily and the total calorie intake. Since our product is healthy and low on calorie and can be enjoyed by everyone and all ages. And some nutrients are much better from the skin rather than the flesh,

The popping boba will be packed in a bottle. Each bottle will consist of 50gr of popping boba extract and 180 gr of dragon fruit skin extract and will cost Rp. 23,000 with a profit for one bottle is Rp. 8,125. By everyday producing about 30 bottles and working day for 26 days, in every month we can produce about 780 bottles with total income Rp. 17,940,000 and the total profit Rp. 6,337,500. So, in a year we can produce 9360 bottles with total income Rp. 215,280,000 and the total profit is Rp. 76,050,000.

## **1.2 Suggestion**

The important thing when you are making this popping boba, make sure to use distilled water. Since it will not work if there mineral in the water, and make sure to use food grade chemical (Sodium alginate and Calcium lactate). And do not forget to rinse of the popping boba for 2x to rinse of the Sodium alginate since it will taste weird. Do not ever mix your chemical powder, it is totally being a failed popping boba. And if the liquid product that you want to use is thick you do not need to freeze the liquid like the writer did. But at least you rest the liquid of calcium lactate to get rid of any air bubbles.