

# Chapter I

## INTRODUCTION

### 1.1 Background of Study

The reason I choose the product was to developed new products, healthier ingredients and using fruit as the main ingredient in this product. if you usually know that kiwi was very delicious to make something as the condiment or main ingredients for food. But this time I choose the skin or peel to make a version of new food.

Kiwi peel usually has so many hair and a lot of people haven't know how to make something from the peel and how the kiwi peel taste like. So, in this product I make kiwi peel powder because it has so many healthy useful and taste good.

Kiwi skins contain a high concentration of nutrients, especially fiber, folate and vitamin E. Eating the skin of a kiwi can increase its fiber content by 50%, boost folate by 32% and raise vitamin E concentration by 34%, compared to eating the flesh alone, Since many people do not consume enough of these nutrients in their diets, eating kiwi with the skin on is one easy way to boost your intake

### 1.2 Objectives

I made this project with the aim of creating new products that easy to use and also without forgetting the efficiency in the products.

### 1.3 Benefits

The benefits of this product :

- a. Fiber : This critical nutrient feeds the good bacteria living in your gut. High-fiber diets are linked to lower risk of heart disease, cancer and diabetes
- b. Folate : Folate is an especially important nutrient for cell growth and division, and can help prevent neural tube defects during pregnancy.

- c. Vitamin E : This fat-soluble vitamin has strong antioxidant properties. It helps keep your cells healthy by preventing damage from free radicals.