

EXECUTIVE SUMMARY

Food is a necessity that is used by all people in meeting the substances in the body. Preventing illness. Can be used in testing several aspects. The more time goes by food is born in a variety of flavors. There are sweet, bitter, sour, and spicy. This development gives birth to new kinds of variants in the food industry. There are healthy ones, but some are not.

For young people like children and elders, good food is not necessarily healthy. Cassava flour and Pumpkin Seed is good for elders because its have many healthy benefits, its good for your teeth and bones By looking at this opportunity, we took the initiative to make cookies that have health benefits Because in general cookies is made from basic flour and chocolate chips that has minimum health benefits . However, we have a new innovation by adding Pumpkin Seed and use Cassava flour to make the cookies more tasty and has more health benefits.