

CHAPTER 2

INGREDIENTS AND UTENSILS OVERVIEW

2.1 DESCRIPTION OF THE MATERIAL TO BE USED



Picture 1. The Material to be Used

1. Porang Flour

Porang flour is used to thicken the spread.

Benefits & nutrients contents:

- Fiber is good to improve digestion
- Glucomannan helps to improve digestion, reduce levels of bad cholesterol (LDL), reducing risk factors for diabetes, high blood pressure, and insulin resistance. Also it can reduce the rate of malignancy of tumors and cancers, good for weightloss, and lastly it can help threat chronic constipation problem

2. Strawberry

Strawberry is one of the ingredients to make the spread.

Benefits & nutrients contents =

- Vitamin C can boost immunity, improve skin health, and help with cancer prevention.
- Potassium is involved in many essential body functions, such as regulating blood pressure
- Antioxidant in strawberry can help to prevent cataracts , improving hair health and help to reduce inflammation of the joints.
- Fiber can improve digestion, can promote weightloss, support heart health and can help hydrate the body and maintain regular bowel movements.
- Folic acid can help in preventing birth defects.

3. Banana

Banana is one of the ingredients to make the spread.

Benefits & nutrients contents=

- Vitamin B6 helps to produce red blood cells, metabolise amino acids, metabolise carbohydrates and fats then turning them into energy, and maintain a healthy nerveous system.
- Vitamin C helps to protect our body against cell and tissue damage, make body absorb iron better, make our body produce collagen, and support brain health by producing serotonin, a hormone that affects our sleep cycle, moods, and experiences of stress and pain.
- Potassium in banana is good for heart health and blood pressure.
- Fiber can aid digestion and help beat gastrointestinal issues (constipation, heartburn, stomach ulcers.

4. Broccoli Stem

Broccoli stem is one of the ingredients to make the spread.

Benefits & nutrients contents:

- Vitamin A helps to improve hair health, may possess anti-aging properties, and boost body metabolism.
- Amino acids help to remove free radicals and toxins like uric acid from the body
- Vitamin C helps to achieve glowing, healthy and radiant appearance, also boost immunity
- Glucoraphanin may protect from UV rays
- Fiber helps to relieve constipation, reduce LDL, helps heart health

5. Spinach

Spinach is one of the ingredients to make the spread.

Benefits & nutrients contents:

- Iron plays a central role in the function of red blood cells which help transport oxygen around the body, supports energy production and DNA synthesis.
- Vitamin K and magnesium help maintain bone health
- Vitamin C support immune function and promote healthy skin
- Anti-inflammatory helps with brain health
- Lutein (Antioxidants) reduce the risk of age-related macular degeneration
- Magnesium help to increase metabolism, regulates heart rhythm and maintain blood pressure
- Calcium can keep your bones and teeth healthy
- Potassium can reduce blood sugar
- Vitamin A helps to strengthen the entry points in the human body such as respiratory, intestinal tracts and mucus membranes

6. Eggshell

Eggshell is one of the ingredients to make the spread.

Benefits & nutrients contents:

- Calcium helps strengthens bones, protect tooth enamel, anti-inflammatory, reduce the risk of osteoporosis, support joint health

7. Lactose-free milk

Lactose-free milk is one of the ingredients to make the spread.

Benefits & nutrients contents:

- Vitamin D and Calcium are good for bones and reduce risk of osteoporosis
- Minerals helps to lower blood pressure
- Potassium helps lower blood pressure by balancing sodium levels

8. Stevia

Stevia is the seasoning for the spread.

Benefits & nutrients contents:

- Good for weightloss, good for diabetes, reduce the risk of pancreatic cancer, control blood pressure
- Contains many sterols and antioxidant compounds, including kaempferol which can reduce the risk of pancreatic cancer

9. Dragon fruit

Dragon fruit used to add colour for the spread.

Benefits & nutrients contents:

- Contains probiotics which can improve the balance of good to bad bacteria in your intestines
- Vitamin C can boost immune system
- Rich in antioxidants which can protect your cells from damage by free

radicals molecules that can lead to diseases like cancer and premature aging

2.2 THE TOOLS USED DURING THE PROCESSING



Picture 2. The Tools Used During The Processing

1. Plastic Bowl

Plastic Bowl used to put the ingredients.

2. Sauce Pan

Sauce pan used to boil the eggshell and cook the spread.

3. Dehydrator

Dehydrator used to dehydrate the ingredients.

4. Digital Scale

Digital scale used to measure the amount of the ingredients.

5. Balloon whisk

Balloon whisk used to stir the spread.

6. Measuring glass

Measuring glass used to measure the liquid ingredients.

7. Knife

Knife used to cut the strawberries,bananas and broccoli stems.

8. Oven

Oven used to bake the eggshell.

9. Sieve

Sieve used to sieve the powdered ingredients.

10. Measurement Spoon Set

Measurement Spoon Set used to measuring the seasonings and powdered ingredients.

11. Coffee grinder

Coffee grinder used to grind the dehydrated ingredients.

12. Stove

Stove used to cook the spread.

13. Cutting board

Cutting board used to be a pad to cut the ingredients.

14. Tray

Tray used to place the eggshell.

15. Spatula

Spatula used to mix the mixture.