

CHAPTER 1

INTRODUCTION

1.1 Background

Many citizens like to eat meatballs, it is famous food in Indonesia. But the society never think the risk of too much eating meatball is not good for body. Some meatballs sellers contain formalin and dangerous ingredients. General symptoms that can cause sick people because eating too much meatballs are, malnutrition, causing hypertension, disorder of the brain's nervous system, stomach acid rises, miscarriage, skin allergies. But not many people understand that because they think this food is delicious. So, the citizen need to know about the risk eating much meatball. And what the writer wants is to introduce red lentils balls, it is kind of like meatballs but the different is our ingredient from vegetable. Every people from kids and older people can consume this red lentils balls, not many people know what red lentils ball are, especially Indonesian people. Because Indonesian never cooked or consume these red lentils. (Peggy Throwbridge Filippone, 2017)

Red lentils balls are homemade, and we've been looking for information on this food. Red lentils don't need to be washed too long also Red lentils balls cook quickly, and low-fat source of protein, vitamins, minerals and fiber. The dozens of types of lentils vary in color, size and texture, but are similar nutritionally, says Columbia Health. The U.S. Department of Agriculture reports that a 1-cup serving of cooked lentils, including red lentils, contains 230 calories. Only about seven of these calories are contributed by the 0.75 grams of total fat in each cup. Of this amount, 0.1 grams are supplied by saturated fat, less than 1 percent of the 15-gram saturated fat limit advised for healthy adults following a 2,000-calorie diet. Also, Lentils do not contain cholesterol, and have dense with B vitamins, high in protein, source of iron, source of fiber too.

Canada, Indian, Australia like to cook lentils because they know what the function inside that beans. From the article they can lose weight and not many fats from the lentils. My product from red lentils balls are made with the other vegetable or we call vegetable stock. This red lentils balls eat with that broth to same look like meatballs but from vegetables. The red lentils ball doesn't need fermentation or anything because cook red lentils is not difficult at all. (anonymous, 2001)

1.2 Objective

- To change mind of people red lentil balls, have many nutrition inside that.
- To make red lentils balls can consume from young age and adult.
- To make people more consume red lentils than meatballs