

CHAPTER 1

INTRODUCTION

1.1 Background of The Study

The number of food waste keep increasing day by day and will give a negative effect in some aspect. The aspect include reduced amount of nutritious food that caused malnutrition, environmental degradation because the food waste increase the global warming, also economic and business losses. Especially for Indonesia as the number two of the a country that has the bigger food waste with 300 kilograms of food waste each person every year. The most contributor to food waste came from domestic and food services.

One example to reduce food waste is by doing food sharing with people around, but there is a lack of trust in society so this thing can't be used as a way to solve the problem of food waste. But there is another way that can be used to fix the food waste problem which is by processing the food waste and make it as a product that is worth selling. The research says that this way can reduce waste around 5% of food waste. Selling the product from leftover or food waste can increase the customer's trust and they can accept it. (Suko, Setiabudi, Andjarwirawan, 2022)

I make "Jackfruit Seed flour Taco" because people, especially in Indonesia usually just throw away the jackfruit seed and only eat the fruit. But the truth is there is a lot of nutrient content that we can consume inside the jackfruit seed. Some people already process and eat jackfruit seed, but sometimes the nutrients inside may lose or may be covered up by another ingredient that is used like coconut milk, or oil, and the long process of cooking including boiling and cooking may reduce the nutrient content. By

adding ingredients like oil and coconut milk, the dishes may cause cholesterol and not be healthy anymore.

Many people thought that jackfruit seed is tough and isn't easy to consume it. Making jackfruit seed as a taco make it easier to consume and increase the taste because while the process, any flavor can be infused according to the taste that consumer like. Besides that, a taco from jackfruit seed tends to be soft, and chewy so everyone especially old people who have problems chewing tough food. Although the process may take a longer time, this product healthier than adding coconut milk and oil to consume it.

People may think if jackfruit seed have no nutrients inside or maybe they think if the jackfruit have higher nutrients. But the truth is jackfruit seed have higher nutrients for human body. Jackfruit seed even have a function as anti cancer and good for digestion. Beside that fact, there are a lot of jackfruit seed function that people rarely know about it.

I think Jackfruit Seed flour Taco with Barberque jackfruit filling can be the solution because the jackfruit no longer tough and this product can reduce the number of food waste especially in Indonesia. Jackfruit seed flour taco have a little bit salty taste because the salt that put in while making process. Because the jackfruit seed had a long process, the taste is no longer strong but the texture is not as dry as the originally taco. For the filling, tomato ketchup is used do the taste a little bit strong, little bit spicy, and sweet taste can be find because of the fruit.

Nutritional and Health Benefits of this product: 1) Increase the nutritional content of product because the content include ash, protein, dietary fiber, and phytochemical content in the jackfruit seeds. (Waghmare. R., etc), 2) High content of protein so it can be used for substitute of rice. (Khilmi. S., etc), 3) Low fat content so it is good for heart. (Sitohang, A., etc), 4) Reduce the risk of cancer. (Sitohang, A., etc).

1.2 The Objectives of The Study

1. Know how to process jackfruit seed
2. Know how to make taco using jackfruitseed flour
3. Reducing the amount of foodwaste by process the jackfruit seed
4. Make a healthy also delicious food
5. Know how to get the nutrition inside the jackfruit seed