CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

Bakso or meatball is a type of meat ball commonly found in Indonesian cuisine. Meatballs are generally made from a mixture of ground beef and tapioca flour. But vegan people cannot enjoy traditional meatball because it made from ground beef.

Vegan meatball is made from moringa leaf that contains calcium, iron and potassium, breadfruit that high on starch and breadfruit skin contain omega-3 and omega-6 fatty acids, Breadfruit is a versatile fruit that belongs to the mulberry and jackfruit botanical family. They grow across tropical regions and the Pacific Islands, Caribbean, and Southeast Asia. Because of their availability, they are part of a staple diet in these locations. The common areas include Indonesia, the Philippines, Sri Lanka, and Southern India. In addition, due to its nutritional profile, breadfruit is full of health benefits. For example, it is rich in vitamin C and thiamine. It also contains a high amount of dietary fiber. and the broth made from mushroom stock.

One big reason people give up animal products involves health concerns about animal protein, particularly red meat. For decades, public health officials and health practitioners urged consumers to eat less meat, especially beef and pork. They cited health concerns such as heart attack, stroke, cancer and more.

Animal welfare and moral values is a key reason for many people in their decision to start and continue a vegan diet. Many vegans strongly believe that all animals, including those that have long been staples in diets all over the world, have a right to life and freedom. That's certainly a fair standpoint, and having emotional attachments

with animals often contributes to that view.

1.2 THE OBJECTIVE OF THE STUDY

1. The development of this product mainly aims to become a source ofknowledge for the community that there is a meatball that is vegan with low calories and healthy.

2. Explore breadfruit, breadfruit skin and moringa leaf which is processed into vegan meatball