

# CHAPTER 1

## INTRODUCTION

### 1.1 Background of The Study

Breadfruit (*Artocarpus altilis*) is a tropical fruit whose shape resembles a jackfruit. However, breadfruit has white flesh that is soft and sweet. Breadfruit is a staple food of carbohydrate source alternative, it can be processed into a variety of snacks. Not infrequently breadfruit is also processed into flour to become other cooking ingredients. Breadfruit also contains nutrients that are important for the body.

Some of the nutrients are complex carbohydrates, protein, fiber, water, minerals, and vitamins. In addition, breadfruit contains high antioxidants so it can protect the body from the effects of free radicals that can cause various diseases. Compared to other carbohydrate source foods, such as rice and potatoes, breadfruit contains more and complete minerals and vitamins, but the caloric value is lower. This makes breadfruit suitable for consumption as a diet food. Besides the fruit, the leaves, stems, and roots of breadfruit also provide healthy benefits.

Breadfruit has many benefits for our health. Based on a study on experimental animals, it is known that breadfruit can lower blood sugar levels and prevent them from remaining stable. Breadfruit also can improve eye health because breadfruit contains carotenoids, which can prevent macular degeneration and protect cells in the eyes. Therefore, breadfruit is suitable to be our main ingredient. It is healthy and safe for many people at all ages to consume without fear of disease such as diabetes.

By making Lidah Kucing cookies with Breadfruit, people can adopt a healthy lifestyle. Introducing this product to people wouldn't be so difficult because it has a sweet flavor but made with a healthier version.

## **1.2 The Objectives of The Study**

The purposes of R&D new product as follows:

1. Educate many people about the benefits of Breadfruit, so people can know more about the vitamins and nutrition of Breadfruit.
2. The development of this product mainly aims to educate and give more options for people who want to start a healthy lifestyle.
3. Making this product into a business plan.