

CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

At these day, there are many foods that contain carbohydrates other than rice, one of which is sorghum, and as you know sorghum is from Africa and in other country sorghum is cultivated primarily as food and alcoholic beverages.

What is sorghum? Sorghum is a plant which seeds are useful as animal feeds, basic material energy, and food ingredients. Many people use sorghum for the diet because it is high in fiber and contains additional nutrients that are not found in ordinary carbohydrate source. Sorghum has benefit for human body such as it, has a complex structure such as starch, fiber, *phenolic* acids, and antioxidants. Sorghum has a *lipid* acids namely *policosanol* which can inhibit the synthesis of excess cholesterol in the body and *phenolic* acid component as an anti- inflammatory agent.

On this Research and Development (RnD) project I want to make this Sorghum into a flour and make a brown sugar from this plant, I want make a cookies from this ingredients and I want to combine this cookies with jackfruit rags which is unseed material from jack fruit. I want to prove to everyone that this dish is taste good and its can become international selling when I sell it into market. This cookies is good for people have a high blood pressure and can maintain cholesterol levels.

1.1.1 Nutritional Content of Cookies Sorghum

Table 1. Nutritional Content of Cookies Sorghum

Composition	Nutrition
Energy	366 Kcal
Proteins	11 g
Carbohydrates	73 g
Fat	3.3 g
Fiber	1.2 g
Vitamin B1	0.09 mg
Vitamin B2	0.14 mg
Niacin	2.8 mg
Iron	4.4 mg
Phosphor	287 mg
Potassium	249 mg

1.2 THE OBJECTIVES OF THE STUDY

1. Make a dish with new ingredients
2. Show to everyone this dish can be healthy
3. Mixing with waste ingredients and make it healthier