

CHAPTER I

INTRODUCTION

1.1 Background

A long time ago, human only see food just in order to survive, so a plate of rice with side dishes alone is more than enough. Without food, the human body can't maintain its temperature, construct or tissue repair, or maintain the heart rate. The wrong diet can cause people to get many diseases. Nutrients contained in foods that are needed by the human body, among others, are carbohydrates, proteins, fats, vitamins, minerals, and water (*Anonymous, 2017*).

Fruit is one source of plant vitamin for the body is good to add an extra immune for human anti-body (*Anonymous, 2017*). But over time, with the transtition of human lifestyle, many people tend to choose unhealthy food such as junk food. Based on website on livingstrong, one of the reason why people consume junk food than healthy food is because people want the easiest and fastest way. In fact, Eating junk food regularly is linked to obesity and chronic health conditions such as high blood pressure, but many people still choose junk food sources over their healthy, nutritious whole food counterparts (*Anonymous, 2017*). Most people are starting to concern their health lately, and start looking for healthy food for a healthy life. A recent study at the University of Granada in Spain has found that frying vegetables in extra virgin olive oil changes them for the better, adding phenolic compounds, which have antioxidant properties. So we adding flour to the papaya's skin to add more nutrients in it.

Pepes is an Indonesian cooking method using banana leaf as food wrappings. The banana-leaf package containing food is secured with lidi seumat (a small nail made from central rib of coconut-leaf and sew upon banana-leaf), cooked on steam, in boiled water or grilled on charcoal.[1] This cooking technique allowed the rich spices mixture to be compressed against the

main ingredients inside the individual banana leaf package while being cooked, and also add distinct aroma of cooked or burned banana leaf. Although being cooked simultaneously with food, the banana leaf is a non-edible material and its function was as the cookable organic wrapper.

The papaya is a small, sparsely branched tree, usually with a single stem growing from 5 to 10 m (16 to 33 ft) tall, with spirally arranged leaves confined to the top of the trunk. The lower trunk is conspicuously scarred where leaves and fruit were borne. The leaves are large, 50–70 cm (20–28 in) in diameter, deeply palmately lobed, with seven lobes. All parts of the plant contain latex in articulated laticifers.[6] Unusually for such large plants, the trees are dioecious. The flowers are 5-parted and highly dimorphic, the male flowers with the stamens fused to the petals. The female flowers have a superior ovary and five contorted petals loosely connected at the base.[7]:235 Male and female flowers are borne in the leaf axils, the males in multiflowered dichasia, the female flowers is few-flowered dichasia. The flowers are sweet-scented, open at night and are moth-pollinated.[6] The fruit is a large berry about 15–45 cm (5.9–17.7 in) long and 10–30 cm (3.9–11.8 in) in diameter.[6]:88 It is ripe when it feels soft (as soft as a ripe avocado or a bit softer) and its skin has attained an amber to orange hue.

The skin of the papaya isn't poisonous, which means you could technically eat it, if desired. But, as is the case with oranges and bananas, you're better off enjoying the flesh of the fruit, rather than the skin We use All purpose flour which is a blended wheat with a protein content lower than bread flour, ranging between 9% and 12%. Carbohydrate, the family of nutrients that includes starch, sugar and fiber, makes up the majority of wheat flour. A cup of flour contains 86 grams of total carbohydrates, including approximately 73 grams of starch. So our product contains many nutrients.

1.2 Objective

1. The main purpose of this experiment is presenting a healthy food that contains many nutrients with a good taste
2. Pepes Papaya's skin is served without artificial preservatives, MSG that can compete in the world food industry in Indonesia.