

CHAPTER I

INTRODUCTION

1.1 Background Story

Living things need food to survive, as living things humans consume food to meet energy needs and various important substances needed by the body (Maulida Sari, M.Pd et al , 2020). food provides the energy and materials needed to build and replace tissues, work and maintain the body's defenses against disease.

In this study, researchers used edamame as the main ingredient for making edamame spread. Edamame itself contains various nutrients. All the nutrients contained in edamame spread will provide good benefits for the health of the brain, eyes, skin, blood vessels and the immune system to skin health. spread is not eaten alone but spread on white bread or as a bread filling. Edamame is a hypolipidemic functional food. The high nutritional content in edamame such as protein, fat, fiber, and isoflavones has the potential to improve blood lipid levels (Dika Nurkistin, 2022).

the difference between jam and spread and jam is made from a basic mixture of water and fruit that is cooked until the texture of the fruit becomes soft, then added with sugar so that there is a mixture of natural fruit sourness and also sweetness. Once opened, jam usually only lasts up to 3 months so you have to store it at around 20 degrees Celsius.

The difference with spread is that it can withstand being stored at air temperatures up to 30 degrees Celsius and also does not use fruit. Besides that, the spread will also be a bit hard if stored in the refrigerator, so it has a thicker and denser texture when compared to jam (Rossa, 2020)

1.2 The Objectives Study

The Objectives of this study are following below

1. For alternative spreads, This study aims to make edamame spreads that can be consumed
2. Popularized edamame as a new product innovation
3. To increase the economic value of edamame