

CHAPTER I

INTRODUCTION

1.1 Background of Study

Cupcakes has been part of us since we were born, little do we know that actually 1 pieces of cupcakes contain a quite a big amount of sugar and carbs I was wondering how we can still eat that delicious cupcakes but still contain the nutrients that we need such as protein, fat and fair amount of carbohydrates. By creating this recipe I hope that it could help people that suffer the most could still taste/eat cupcakes that I've made. I think that changing wheat flour into soybean flour is a game changing since soybean has a lot of protein content and less glycemic index than wheat flour.

As time goes on "Society" wanted to changed themselves into better version of themselves. Some spend their time on focusing on their goals to achieve financial freedom for example, some even wanted to change themselves into healthier person than before. Starting changing they daily activities into more productive, eat a good quality of food, have a sleep for at least 6-7 hours a day. As we get older the more aware how to maintain our health, since our body are meant to help us to do daily activities including our work. Especially when we're working on a high activity based work such as on a field, kitchen, bodybuilder (Jinyi Zhou, Mingwu tiek lan 2021).

The only way to retain a propotional body weight is to exercise more and control our daily calorie consumption. Based on my personal experience working out for at least 1 hour a day and eating healthy food changes my habit throughout the day. Starting from my sleep is under control, back then when I was living unhealthy life I always fall asleep above 2 am and wake up at 7 am on workdays. Which is only around 5 hours of sleep, but then when started the healthy life my sleeping schedule is getting on a track.

I started sleep at 11 pm and woke up at 6 am. At that point I realize that having a sleep schedule affect our stamina throughout that day. I believe that the more we take care of ourselves the more stable hormonal we have. What I expect from these studies is that by creating this product, it doesn't just change that "certain" people can now consume a "cupcake" but I also want that, people can change their lifestyle to be better. Because eating healthy without having proper exercise is just nonsense and vice versa.

1.2 The Objectives of the Study

The objectives of this study are following below:

1. In order to reduce the risk of getting diabetes, the study on making soybean cupcakes will be needed.
2. Hit Internationally, Soybean cupcake can be a new kind of product that can help those in need. By hitting right market I believe that it could change the outlook on living a healthy live.
3. Change the outlook, some people are lazy or even got no clue on how to live a healthy life. While on the Brightside it's actually easy they just need to put more effort and the willingness to learn a good lifestyle. CHAPTER II