

CHAPTER I

INTRODUCTION

1.1 Background

Bean sprout was originated from the Middle East region such as Balkan, Southwestern Asia, and Eastern Mediterranean to the Chinese region (Ueharaen co., ltd, 2001). Bean sprouts could be curing many disorders over 5,000 years ago, it is firstly consumed in the 1700's when Captain James Cook had his sailors eat limes, lemons and varieties of sprouts; all abundant holders of Vitamin C due to the sailors were confused by the lack of vitamin C and also suffered heavy casualties during their voyage that takes time around two up to three years (ISGA, 2017)

Every country in the world have their own signature dishes that most of them contain bean sprouts in it for example in Korea they put bean sprouts in some of their soups, Japchae (Korean fried noodle), and many other Korean cuisines. Another examples are the food in Vietnam and Thailand, in Vietnam usually they adding bean sprout on the Pho (Vietnam's noodle soup) and in Thailand usually they added bean sprouts as the ingredient for Pad Thai (Thailand's fried noodle). (Anonymous, 2017)

1.2 Objective

1. Bean sprouts powder consist of lot of vitamins that could give benefits for our health.
2. Bean sprouts could be consumed by everyone from baby up to elderlies.