

ABSTRACT

ZEPEDA, IRENE V., STO. DOMINGO HAZEL M., and NACARIO, JOAN MA V. 2013. Mariners' Polytechnic Colleges, Panganiban Drive, Naga City. "MORINGA-CHOCO CHIP COOKIES".

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The study aimed to determine the level of acceptability of Moringa-Choco Chip Cookies. Specifically, it aimed to answer the following question: 1) What is the process of baking chocolate chip cookies with malunggay as additives? 2) What are the perceived health benefits of moringa-choco chip cookies? 3) What is the acceptable packaging of the moringa-choco chip cookies? 4) What is the appropriate pricing for the products?

Thirty respondents evaluated the moringa-choco chip cookies using sensory evaluation tool. Data were subjected to descriptive statistical treatment.

Findings of the study were: 1) The process of baking moringa-choco chip cookies. The researchers followed the steps. First, they mixed all the ingredients in a large bowl. They melted the butter, added sugar gradually, added the egg one at a time and lastly added the vanilla, beat the liquid ingredients together. Second, they mixed together all dry ingredients malunggay powder, oatmeal, all-purpose flour, baking soda except choco chip cookies. Third, they poured the mixed dry ingredients into butter mixture. Fourth, they added the choco chips and mixed together. Fifth, they placed in baking sheet and baked for 8-12 minutes. Then they let cool then packed. 2) the top health benefit at rank 1 with 23 respondents was it facilitates bowel movement. This was closely followed by it aids in digestion with 22 respondents at rank 2. The third benefit was it helps in improving mental ability, heart function and warding off rheumatism, arthritis, and joint pains as indicated by 21 respondents. 3) Plastic jar was ranked 1st with the frequency of 12 among the five packaging listed. Plastic jar was most preferred in packaging because the crunchiness or crispiness of moringa-choco chip cookies can be pro-longed. Besides, plastic jar is reusable. Box ranked 2nd with the frequency of 11. Using

box is eco-friendly and it is now being used for food products all over the Philippines. Biodegradables keep our country clean and healthy. Polyethylene plastic ranked last and was not preferred by the respondents. 4) Across the three trials, all were described as affordable with the average weighted mean ranging from 1.7 to 2.2. the most affordable was Trial 1 priced P59.50 with the transparent cake box packaging. Trial 3 in the box packaging at P75.25 per pack was highest yet still affordable for the respondents. Trial 1 with 25 g moringa powder, texture and taste were the Highly Acceptable indicators with a weighted mean of 3.33. The least was aroma at 3.06 interpreted as Moderately Acceptable. For Trial 2 with 50 g moringa powder, the appearance had weighted mean of 3.37 interpreted as Highly Acceptable, and aroma had the least weighted mean of 3.0 interpreted as Moderately Acceptable. For Trial 3 with 75 g moringa powder, all indicators were rated Moderately Acceptable. Rank 1 with a mena of 2.96 were appearance and taste. The least was aroma with a weighted mean of 2.86. Overall, data show that among the three trials, rank 1 was Trial 1 with an average weighted mean of 3.23. At rank 3 was Trial 3 with 2.89. All of these trials were described as Moderately Acceptable.

The conclusions of the study were: 1) Measuring and following the procedure accurately results in a good finished product. Creativity and determination are key factors to have a good food product. 2) Respondents are aware of the health benefits of moringa-choco chip cookies. They are health conclusions and they prefer healthy food additives than the synthetic ones. 3) Plastic jar and box are suitable packaging materials for the moringa-choco chip cookies 4) the moringa-choco chip cookies can be sold within the amount of P59.50 to P75.25 per pack with 16 pieces. 5) The appearance, taste, and texture make moringa-choco chip cookies appealing to customers. However, the aroma does not appeal to all respondents.

