

## **ABSTRACT**

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This study was undertaken to determine if bitter gourd could be acceptable as an additive in making yema. Specifically, it answered the following questions: 1) What is the process in making bitter gourd yema? 2) What is the acceptability level of bitter Gourd yema in terms of: a) appearance; b) texture; c) aroma; and d) palatability? and 3) Is there a significant difference in the acceptability level considering the four features among the three trials?

The method used in this study was the descriptive-evaluative-experimental method where 50 randomly selected MPC teachers, MPC students, and residents of Sto. Domingo Camaligan, Camarines Sur, were used as respondents. An evaluation sheet was formulated and used as major tool in collating the needed data. The data were collated and treated through the use of frequency distribution, percentage, ranking and weighted mean.

The major findings were: 1) The process used in making bitter gourd yema starts with the preparation of getting the bitter gourd extract such as cleaning, slicing, mincing, squeezing, measuring, mixing, cooking, cooling and wrapping or packaging. 2) Along in the acceptability level of bitter gourd yema in terms of appearance, base from the three trials conducted. As rated by respondents, trial three was interpreted as highly acceptable with the weighted mean of 3.62 it was describe yellow green in color. In terms of aroma base from the three trials conducted. As rated by respondents, trial three was interpreted as highly acceptable with weighted mean of 3.82 it was describe sweet in smell. In terms of texture, the acceptability level of the bitter gourd yema base from the three trials conducted. As rated by respondents, trial three was interpreted as highly acceptable with weighted mean of 3.36 it was describe smooth and fine. In terms of taste, the acceptability level of the bitter gourd yema base from the three

trials conducted. As rated by respondents, trial three was interpreted as highly acceptable with weighted mean of 3.96 it was describe bitter and sweet in taste. 3) Along, in the significant difference in the acceptability level considering the four features among the three trials. It was find out that among the different trials in preparing bitter gourd yema, the computed value (10.4) was less than the tabular value (10.92) at 1% significance level; and greater than the tabular value (5.14) at 5% significance level. Among the different features, the computed value (1.6) was less than both at 1% and 5% significance levels.

The major conclusions were: 1) there is a lot food product that can still be prepared using the Bitter Gourd. And accurate measurements of each ingredient are very important in cooking, to make it successful and delicious.2) I therefore conclude, generally that in terms of appearance, aroma, texture, and taste bitter gourd yema is highly acceptable and an alternative source of nutritive value especially to children and adults having a hard time of appreciating the Bitter Gourd as the fundamental of health awareness. 3) There was a significant difference among the trials of preparing the product at 1% significance level and no significant difference at 5% significance levels; among the features, there was no difference both at 1% and 5% significance levels.