

ABSTRACT

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Mariners' Polytechnic Colleges, Panganiban Drive, Naga
City. "THE DEVELOPMENT of GUYABANO SINIGANG POWDER MIX."

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Acceptability of Guyabano powder mix

This study primarily determined the level of acceptability of powder mix using guyabano as its base preparation in terms of aroma, appearance, palatability of taste and texture. Specifically, it answered the following questions. 1) What is the process of preparing the guyabano powder? and 2) What are the health benefits of powder mix as perceived by the respondents?

The study used the experimental research design where it developed a new innovation of sinigang powder mix using the raw guyabano fruit. Descriptive method was also used to determine the level of acceptability of the products in terms of aroma, appearance, palatability and texture. A questionnaire was formulated used as a major tool in data gathering. The data gathered were analyzed and treated through the use of weighted mean, frequency count, percentage, ranking technique.

Findings of the study were: The procedure in making guyabano as powder mix is as follows: 1000 g of guyabano fruit, when peeled off, the weight of guyabano fruit became 878.2g. After the removal of the seeds and dividing into pieces, it became 658.4g. The next step was drying. In this step, which resulted to the weight became 416.26g. The 1st step was grinding which resulted to the weight of 220.78g because it was already powdered. Among the possible health benefits, rank 1 with 25 respondents of the 30 respondents perceived guyabano powder mix as rich in iron which prevents anemia and Thiamine helps the body produce energy; rank 2 with 24 respondents indicated that it contains Niacin which helps boost good cholesterol; and rank 3 with 23 perceived it to contain Vitamin C which prevents UTI. For the acceptability of the product. Along appearance, Trial 1 had a mean of 3.4 interpreted as Moderately Acceptable. However, Trial 2 obtained the lowest mean of 1.6 interpreted as Not

Acceptable. Along aroma, Trial 1 had a weighted mean of 2.8 and Trial 2 had a mean of 2.9 both interpreted as Moderately Acceptable. Along texture, result shows that both trials were Moderately Acceptable. However Trial 1 had a lower mean of 2.10 and Trial 2 had 2.60. The highest rating was given by the respondents to Trial 2. Along palatability/taste, result shows that both trials were Moderately Acceptable.

The study concludes that the process of making guyabano powder is simple yet the steps must be followed accurately. The respondents perceived the guyabano powder mix as rich in iron which prevents anemia, and thiamine which helps the body produce energy. Also, it is rich in Niacin which helps boost good cholesterol and Vitamin C which prevents UTI. Along aroma, texture, and taste, Trial 1 was the most acceptable by the respondents. Trial 1 was the most acceptable only along appearance. Overall however, data showed that between the two trials, the most acceptable was Trial 1 with 30 grams of guyabano powder and an average mean of 2.8 than trial 2 which had 60g of guyabano powder had an average mean of 2.5.

The researchers recommend that the product be introduced to the consumers to become an alternative ingredient in sinigang for a healthy diet. It is further recommended that further study be conducted on the shelf life of the guyabano powder mix. This will ensure its competitiveness in the market. Another study on experimenting the proportion of other ingredients in the guyabano powder mix may be done to enrich product.