

JACKFRUIT SEED

The seeds would give you around 135 kcal/ 100 gms. It is a rich source of complex carbohydrate, dietary fiber, vitamins like vitamin A, C and certain B and minerals like calcium, zinc, and phosphorous. They contain lignans, isoflavones, saponins, which are called phytonutrients and their health benefits, are wide-ranging from anti-cancer to antihypertensive, anti-ageing, antioxidant, anti-ulcer; etc. Jackfruit seed powder has the ability to relieve discomfort due to indigestion.

COFFEE

Coffee is a brewed drink prepared from roasted coffee beans which are the seeds of berries from the *Coffea* plant. The plant is native to subtropical Africa and some islands in southern Asia. The plant was exported from Africa to countries around the world and coffee plants are now cultivated in over 70 countries, primarily in the equatorial regions of the Americas, Southeast Asia, India, and Africa. The two most commonly grown are the highly regarded Arabica, and the less sophisticated but stronger and hardier Robusta. Once ripe, coffee beans are picked, processed, and dried. Dried coffee beans are roasted to varying degrees, depending on the desired flavor. Roasted beans are ground and brewed to produce coffee as a beverage.

Coffee is slightly acidic and can have a stimulating effect on humans because of its caffeine content. Coffee is one of the most popular drinks in the world. It can be prepared and presented in a variety of ways (espresso, cappuccino, café latte, etc.). It is usually served hot, although iced coffee is also

Scope and Limitation of the Study

This research study covers the determining on how to save wasting the seed of jackfruit and contribute to the industry of coffee. The study is focused on utilizing the jackfruit seed into a coffee.

The respondents for this study will be the students of Hotel and Restaurant Management that will be randomly chosen by their year level In Laguna state polytechnic university who are voluntary ready to try the finish product.

Definition of Terms

The following terms are defined for a more comprehensive understanding of this research.

Age- The length of time that a person has lived or a thing has existed.

Gender- The state of being male or female.

Civil Status- It refers to whether a person is single (live-in/non-live in), married, divorced, etc.

Educational Attainment- refers to the highest level of schooling that a person has reached. At the primary and secondary school level, educational attainment refers to the number of grades completed.

Color- The quality of an object or substance with respect to light reflected by the object, usually determined visually.