**CHAPTER ONE**

* 1. **INTRODUCTION**

Soymilk is an aqueous, white, creamy extract produced from soybeans which is similar to cow milk in appearance and consistency. It is a highly nutritious which contains protein, fat, carbohydrates vitamins and minerals. It is because of this nutritious value and comparative low cost, that soymilk plays an important role in the dietary pattern of people in most developing countries. The nutrients content in eight ounces of plain soymilk are 140gm calories, 10gm protein, 4gm fat, 14gm carbohydrate, 120mg sodium, 1.8mg iron, 0.1mg riboflavin and 80mg calcium. It has about the same amount of protein as cow's milk, though the amino acid profile differs (Kohli, 2017). The increasing popularity of soymilk as a beverage worldwide is credited to health benefits e.g. low cholesterol and lactose, its ability to reduce bone loss and menopausal symptoms, prevention and reduction of heart diseases and certain cancers. As this drink is cholesterol free and low in energy, it could enhance health benefits in terms of reducing body weight and blood lipids. With its unique nutty flavor and rich nutrition, soymilk can be used as supplementary way of dairy milk. It is available as a plain, unflavored beverage or in a variety of flavored beverage including chocolate, vanilla and almond. Soy-based diets can reduce blood pressure in spontaneously hypertensive rats but apparently not in hypertensive humans.

Through the years, there has been a gap between population growth and food production. This gap continues to increase to the extent that malnourishment has become prevalent in the country. It is because population growth is known to be faster than the speed of food production. Although efforts are expended towards increasing agricultural productivity, all these may simply go to waste if agricultural yield will not be harnessed fully (Kumar, 2016). Thus, there is an imperative to provide the means to increase food availability. One of the answers to this need is proper practice of food processing such as milk alternative both at the farm site, and in the food manufacturing sectors. In many developing countries where malnutrition is a major problem, legumes and nuts have been tapped as alternative protein sources.

The most common of these protein sources are soybeans, peanuts and mungbeans. (Kong, 2017). Soybean (*Glycine max L*.) is an important plant protein source, a potential source of bioactive peptides and contains high level of mineral and amino-acids (Reyes, 2018). In the Philippines, soybean is called “utaw” by some. The Filipino people have long known some important soybean preparations such as soy sauce or “toyo”, bean curd or “tokwa” and fermented bean curd “tausi” (Ancheta, 2015). Among the many soy products, soymilk is one of the popular traditional products in China and other Asian countries (Shahi, 2017) consumed as a nutritious and economical protein food. Food consumers particularly in western countries prefer soymilk as a suggestive substitute in animals‟ milk due to lactose intolerance or aversely reaction to animals milk specifically cow’s milk, and as a cheap source of high quality protein and energy. Soymilk is one of the most popular soybean products, with plain and vanilla being most common flavors, although these beverages are being developed in a wide variety of other flavors (Zhao, 2018).

Soymilk and soymilk beverages consumption provides well-known health benefits (Zhao, 2018) and can also be an interesting alternative for consumers who are lactose intolerant, allergic to milk, avoid milk for any other reason. Processing of soybeans into products are simple; farming families in soybean producing barangays could easily learn the simple technologies of soybean utilization. If this is achieved, then nutritious soybean products or food stuffs could be made available for the farm families as part of their daily food source. With all these important food substances present in the soybean, it is highly recommended as one of the best economical food crops of our farm families who are working hard daily and need nutritious food.

The fruity flavored soymilk is made to provide greater varieties of soybean milk, and more nutritional and acceptable values for consumers. Fruit flavors soymilk is an upgraded product using soybean as main ingredient. This is low-cost but healthy food and has great benefit to human health. Besides, this strives to provide decent job for future effort to develop innovative processing strategies for producing and processing soybean product for food industry. This will help alleviate the malnutrition situation, being a good source of family income. It is observed that one of the serious problems facing the country today particularly in some rural community is malnutrition due to poverty condition, specifically known as rural poor. The malnourished condition is a result of lack of income in that they cannot provide the basic nutrients stated in the three basic food groups and in the food pyramid, namely carbohydrates, protein, fats, vitamins and minerals. The most common deficiency in the diet is protein wherein good sources are meat and leguminous products. The shelf life of soymilk is of great consideration to make the product acceptable and safe for human consumption. Shelf life is influenced by mean factors, such as heating and preparation method, its packaging and how the milk alternatives are being stored to lengthen the storability factor and to reach the final consumers with utmost quality.

This study was conducted to develop a soybean-based beverage. Specifically, this aims to evaluate the sensory aspects and the acceptability attributes of soymilk beverage with different fruit flavors such as cinnamon, clove, vanilla and banana to enhance its sensory characteristic. Also the study assesses the economic feasibility of the product and promotes soymilk as the best milk alternative.

* 1. **STATEMENT OF THE PROBLEM**

As a result of the rise in the need of alternate source of milk that is both cheaper and can meet the necessary nutrients requirements of the citizens, the research into the benefits of using soya bean milk as an alternate to the most popular type of milk is needed. But the Push into the adoption of soya bean milk as an alternate source of milk hasn’t been readily acceptable as the populace prefer the foreign or more acceptable milk. But with the rise in the price of imported milk products there is a dire need to dive into more locally sourced alternatives such as soya bean milk as this can be easily sourced and cheaper to process.

It is with in mind that the researcher is carrying out this research on the production acceptability of soya beans milk flavored with cinnamon, clove, vanilla and banana.

**1.3 AIMS AND OBJECTIVE OF THE STUDY**

The major aim of the study is to examine “The production and Acceptability of Soya bean milk flavoured with cinnamon, clove, vanilla and banana”. The aim would be achieved through the following objectives:

1. To look at the benefits of using soyabean milk as an alternative to the more conventional milk products.
2. To analyze the acceptability level of soya bean milk.
3. To examine the factors hindering the use of soya bean milk by people.

**1.4 RESEARCH QUESTIONS**

The following research questions were generated to achieve the above mention aims and objectives:

1. What are the benefits of using soyabean milk as an alternative to the more conventional milk products?
2. How is the acceptability level of soya bean milk?
3. What are the factors hindering the use of soya bean milk by people?

**1.5 SIGNIFICANCE OF THE STUDY**

This research work of great benefits to everyone in that it educates them on benefits of using Soya bean milk and also its economic and health benefit.

It will also be of great significance and benefit to future/other researchers who would like to carry on further research on the topic. And again this research work will be a trusted source of information for students and chefs who will use this research work as a reference materials for their research work in school and in their various kitchen set ups.

* 1. **SCOPE AND DELIMITATION OF THE STUDY**

This research work is limited to “The production and Acceptability of Soya bean milk flavoured with cinnamon, clove, vanilla and banana”.

* 1. **LIMITATION OF THE STUDY**

In the process of carrying out this research as is expected while carrying out any form of research work the researcher was faced with a few limitations such as finance, time and availability of materials for the research work.

* 1. **DEFINATION OF TERMS**

The following terms were defined and explained to assist in the further understanding of the research work:

* **Acceptability:** Acceptability is the characteristic of a thing being subject to acceptance for some purpose. A thing is acceptable if it is sufficient to serve the purpose for which it is provided, even if it is far less usable for this purpose than the ideal example.
* **Production:** Production is the process of combining various material inputs and immaterial inputs in order to make something for consumption. It is the act of creating an output, a good or service which has value and contributes to the utility of individuals.
* **Soya bean milk:** Soy milk, also known as soya milk or soymilk, is a plant-based drink produced by soaking and grinding soybeans, boiling the mixture, and filtering out remaining particulates. It is a stable emulsion of oil, water, and protein. Its original form is an intermediate product of the manufacture of tofu.

**CHAPTER TWO**

**LITERATURE REVIEW**

**2.0 Introduction**

**2.1 Concept of Soya bean milk**

The scientific name for the soybean is (*Glycine max*), is part of the botanical family (l*eguminosae*), the soybean plant has a slightly woody stalk that reaches a height of 30-36 inches and (76-91cm), the entire plant is covered with greenish hair, the leave grow in group of three and fall off as the bean mature, the soybean plant produces (*papilionaceou*s) butterfly shaped flowers that are white, red or purple, the pods grow from 1-2 inches (2.5-5cm) in length each holding two or three seeds, which become soybean. Soy seed is either round or oval and are similar in size to peas, their colour is usually yellow but they may also be green, purple brown or a mixture of colours. Nigerian food scientists have discovered the high nutritional content or value of this crop and they are now creating awareness and advertising to people on the uses of this crop, soybean is a legume that grows in the tropical, subtropical and temperate climate, approximately half of the world soybean are produced in the developed world. It is believed that soybean is one of the oldest crops grown by man (Wikioedia, 2017).

The countries that are leading in producing soybean are United States of America, Brazil, China, Indonesia and Russia. The crop is also grown in Argentina, Canada, Columbia, Japan, Mexico, Nigeria, Paraguay, South Korea, Taiwan and Thailand.

According to F.A.O (2015) showed that Soybean was grown on an average of 1.16 million hectares with an average production of 1.16 million tons in (2005). Africa Countries with largest area of production were Nigeria (601,000 Ha) South Africa (150, 000 Ha), Uganda (144,000 Ha). Nigerian Soybean Production increased from about 2000,000 tons in 1995. The 1995 crop was worth an estimate $ 60 million. Nigeria is the largest producer of soybean for food in the west and central Africa (Iwe, 2003). Since the soybean production, consumption and acceptability have continued to increase. The number of soybean farmers also increased tenfold to about 500,000 though the entire soybean they produce is being used domestically. OsunDahunsiet al. (2007) stipulated that acceptability of soybean product has been enhanced by modification of processing method. According to International Institute of Tropical Agriculture (IITA 2007), it has average protein content of 40% and 20% oil content, it is the only plant source that contain all the essential ammo acids.

Soy milk also known as soya milk or soymilk, is a plant-based drink produced by soaking and grinding soybeans, boiling the mixture, and filtering out remaining particulates. It is a stable emulsion of oil, water, and protein. Its original form is an intermediate product of the manufacture of tofu. Originating in China, it became a common beverage in Europe and North America in the latter half of the 20th century, especially as production techniques were developed to give it a taste and consistency more closely resembling that of dairy milk. Soy milk may be used as a substitute for dairy milk by individuals who are vegan or lactose intolerant.

Soy milk is also used in making imitation dairy products such as soy yogurt, soy cream, soy kefir, and soy-based cheese analogues. It is also used as an ingredient for making milkshakes, pancakes, smoothies, bread, mayonnaise, and baked goods.

**2.2 NUTRITIONAL VALUE OF SOYA MILK**

According to Maduka (2016), Soymilk is an excellent source of high quality protein and B-vitamins. Soymilk is not a rich source of calcium, this is way most commercial soymilk products are fortified with calcium. Soymilk naturally contains iso flavones, plant chemicals that help lower LDL ("bad" cholesterol) if taken as part of a "heart healthy" eating plan.  
**Nutrional values of soymilk (per 100g):**

|  |  |  |
| --- | --- | --- |
| Water | 93.3 | g |
| Energy | 33.0 | kcal |
| Energy | 138.0 | kJ |
| Protein | 2.8 | g |
| Fat (total lipid) | 2.0 | g |
| Fatty acids, saturated | 0.214 | g |
| Fatty acids, mono-unsaturated | 0.326 | g |
| Fatty acids, poly-unsaturated | 0.833 | g |
| Carbohydrates | 1.8 | g |
| Fiber | 1.3 | g |
| Ash | 0.27 | g |
| Isoflavones | 8.8 | mg |
| Calcium, Ca | 4.0 | mg |
| Iron, Fe | 0.58 | mg |
| Magnesium, Mg | 19.0 | mg |
| Phosphorus, Mg | 49.0 | mg |
| Potassium, K | 141.0 | mg |
| Sodium, Na | 12.0 | mg |
| Zinc, Zn | 0.23 | mg |
| Copper, Cu | 0.12 | mg |
| Manganese, Mn | 0.17 | mg |
| Selenium, Se | 1.3 | µg |
| Vitamin C (ascorbic acid) | 0.0 | mg |
| Thiamin (vitamin B1) | 0.161 | mg |
| Riboflavin (vitamin B2) | 0.070 | mg |
| Niacin (vitamin B3) | 0.147 | mg |
| Panthotenic acid (vitamin B5) | 0.048 | mg |
| Vitamin B6 | 0.041 | mg |
| Folic acid | 1.5 | µg |
| Vitamin B12 | 0.0 | µg |
| Vitamin A | 3.0 | µg |
| Vitamin E | 0.010 | mg |

**2.2.1 BENEFITS OF CONSUMING SOYA BEAN MILK**

Mentioned below are the best health benefits of drinking soymilk. It offers various benefits to men and women, soymilk contains plant-based estrogens, which is good for breast cancer and sexual reproduction (Fakoya, 2015).

1. **Soymilk Naturally Free of Cholesterol:** One of the most important aspect of soy milk is that its free from lactose yet having almost similar nutritional value as milk. More than 50% of the world population have lactose intolerance which makes soymilk their best alternate for milk and milk products, for example Tofu - which is a substitute for cheese.
2. **Soymilk for Heart Patients:** Soy milk protein helps lower your cholesterol level especially the LDL cholesterol which is the bad cholesterol. Amino acids and isoflavones content of the soy protein also reduces serum cholesterol levels in elderly men. It helps you in maintaining a normal blood pressure and improve your overall cardiovascular health.
3. **Improve Lipid Profile:** Unlike dairy milk which is high in saturated fat and cholesterol, soymilk is mostly unsaturated fat with zero cholesterol. The mono-saturated and polyunsaturated fatty acids in soy restricts the cholesterol from mixing in your blood stream. Thus lowering the blood concentrations of triglyceride and LDL at the same time increasing HDL (high density lipoprotein).
4. **Soymilk Good for Osteoporosis**: Often known as brittle bone, loss of calcium reduces bone mass and leads to osteoporosis. It is a hormone and age related disease for women in post-menopausal years. The phytoestrogen in soymilk help accelerate calcium absorption preventing the loss of bone mass reducing the risks of osteoporosis.
5. **Prevents Postmenopausal Syndrome Using Soymilk**: Let's check out benefits of soy milk for females. Inability to produce estrogen in woman during menopause creates a number of chronic health issues such as heart diseases, diabetes and obesity. Post-menopausal women are also prone to depression, mood swings and insomnia. The phytoestrogen present in soymilk is an effective substitute for estrogen while the insoflavones helps in maintaining the estrogen levels.
6. **Soy milk Good for Prostate Cancer**: Excessive testosterone level in men leads to prostrate-cancer. However the phytoestrogen present in soy milk inhibits the production of excess tostestrone in men. The lesser the amount of testosterone, the lesser the risk of prostrate cancer.
7. **Drink Soy Milk to Fight Obesity:** Soya milk has a very low sugar content as compared to dairy milk. It only has 7 grams of sugar per cup as compared to 12 grams in dairy milk, which is why it is also low on calories about 80 cal per cup. Soy milk good for weight loss, moreover monosaturated fatty acid in soymilk inhibits the intestinal absorption of fat. The extra dose of fiber also helps in maintaining cholesterol and preventing obesity.
8. Helps in Bone growth: The presence of calcium in high content makes it very useful for the growth and health of bones just like dairy milk. Since soymilk is lactose free and is a plant source protein, it is one of the best alternates for people who are lactose intolerant and vegetarians.

**2.3 PREPARATION OF FLAVOURED SOYABEAN MILK**

**Essential supplies for your homemade soy milk recipe:**

To create your soy milk at home, you'll need:

* A container for soaking beans - A32 oz. Mason Jar is perfect, but any container that holds 4 or more cups will work.
* A Blender - Well-soaked beans can be blended smoothly in most blenders.
* A Strainer - Cheesecloth, like our fine-meshed Butter Muslin Cheesecloth, works great. But for utmost convenience, we recommend these Organic Cotton Nut Milk Bags.
* A Heavy-bottom Pan - This ensures even heat distribution and prevents scorching

**Ingredients to create your soy milk at home:**

This homemade soy milk recipe is adaptable to your taste. Feel free to add sweeteners like sugar or agave nectar, a pinch of salt, or even spices like cinnamon or cocoa. Always choose yellow soybeans for the best result.

* ½ cup soybeans
* 2-3 cups water for soaking
* 4 cups water for blending
* Sugar to taste (optional)

**Step-by-step instructions for homemade soy milk**:

Here's how to make soy milk at home:

* First, soak the soybeans in 2-3 cups of water overnight. This softens the soybeans, preparing them for blending.
* Discard the water and rinse the soybeans to remove any dirt or contaminants.
* Remove skins as best as you can by rubbing the beans underwater. The skins will float to the top and can be skimmed off. It's alright if you can't remove them all.
* Place the soybeans in a blender along with 4 cups of water.
* Blend until the mixture is smooth.
* Strain the blended mixture using a cheesecloth or a nut milk bag. Our recommendation is these organic cotton nut milk bags for their efficiency and durability.
* Then, heat the strained milk in a heavy-bottom pan to 212ºF (100ºC). Maintain this temperature for 20 minutes, stirring often to prevent sticking. This crucial step is because soy, as a legume, can't be consumed raw.
* Cool the milk and store it. You can refrigerate it for up to 4 days.

**2.4 Possible problems that arise in the production of cake using Irish Potatoes**

1. Poor knowledge of the right methods of processing the soya bean milk.
2. Lack of suitable milling machinery for the processing of the soyabean milk.
3. Poor acceptability to the use of soya bean milk, as an alternative to conventional milk products.
4. Poor measurement of the ingredients due to unfamiliarity in the production method.

**CHAPTER THREE**

**RESEARCH METHODOLOGY**

**3.1 Introduction**

In this chapter efforts were made to indicate the method used in gathering the data for the determination of the sample size and method to validate the instrument for the data collected coupled with the method used in data analysis.

**3.2 RESEARCH DESIGN**

The research design for this work is the survey method. This method is appropriate because the opinions of the respondents are required in the treatment of the problems at hand.

**3.3 POPULATION**

The population of the study was gotten from the staffs of the department of Hospitality and Management Technology, Federal Polytechnic Mubi community and some caterers from within the Polytechnic itself all amounting to 15 panel members in total.

**3.3 SAMPLING AND SAMPLE TECHNIQUES**

For the purpose of this research work simple random sampling method was employed to achieve the aim of the research work. The researcher deemed it fit to use the entire population of 20 respondents as the sample size as anything less wouldn’t give an accurate insight of the work.

**3.4 SOURCE OF DATA**

In order to meet the purpose of this study, the researcher intends to use twenty (20) self-developed questionnaires to study the “The production and Acceptability of soya bean milk flavoured with cinnamon clove, vanilla and banana”.

**3.5 RELIABILITY/VALIDITY**

To ensure the reliability and validity of the instrument, the questionnaire was given to the Supervisor and three other Staffs from Federal Polytechnic, Mubi in the department of Hospitality and Management Technology for face content validity.

**3.6 RULES OF SENSORY EVALUATION**

Members of the taste panelist were educated in what was involved in a sensory evaluation and the following rules were observed:

1. No discussion among the panelist
2. No lipstick for women or perfume
3. Members with poor health aren’t allowed to be among the panel
4. No smoking of cigarettes
5. Panelists should be of sound mental health

**CHAPTER FOUR**

**4.0 DATA PRESENTATION AND ANALYSIS OF RESULTS**

**4.1 Introduction**

This chapter presents the results of the study. It analysis the data obtained from the research. Research questions were used to decide the basis of the observation and information on either to accept or reject the questions.

The statistical tool employed is in form of percentages and tables. The information were computed in order to compare the data, the results either accepted or rejected the set down questions.

**4.2 Analysis of table panel results**

Total numbers of the questionnaires given out = 10

Total numbers of the questionnaires completed = 10

Percentage of responses on the whole = 100%

**4.3 Taste Panel Results**

**Table 4.1: Total number of respondents**

|  |  |
| --- | --- |
| Classes of respondents | Number of questionnaires |
| catering staffs | 4 |
| restaurant owners | - |
| Mubi-nutritionist | - |
| non-catering | 4 |
| student | 2 |
| total | 10 |

Source field survey, 2023

The above table 4.1 shows the number of taste panel members that are invited from within and outside Federal Polytechnic Mubi which was randomly selected. These people constituted the sample population.

**Table 4.2 Grading and Score system**

|  |  |
| --- | --- |
| Grading | Score |
| Very good | 4 |
| Good | 3 |
| Satisfactory | 2 |
| Unsatisfactory | 1 |

Source field survey, 2023

Table 4.2 above shows that grading system used by the researcher to analyze the taste panel result.

**4.3.1 Formula for computing the result**

1. Total Scores =

2. Average Scores =

3. Average Scores =

**SECTION A: PERSONAL DATA**

**Table 4.3: Are you a catering professional**

|  |  |  |
| --- | --- | --- |
| Option | No. of respondents | Percentage |
| Yes | 12 | 60% |
| No | 8 | 40% |
| Total | 20 | 100% |

Source field survey, 2023

The above table shows that 12 of the invited panelist which make up of 60% are catering professionals while 8 of the invited panelist which made up the 40% are not catering staffs.

**SECTION B:**

**PRODUCT A1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Product | No. of panelist | Very Good | Good | Satisfactory | Unsatisfactory |
| Color | 10 | 5 | 4 | 1 | - |
| Texture | 10 | 5 | 5 | - | - |
| Taste | 10 | 8 | 2 | - | - |
| Flavor | 10 | 10 | - | - | - |
| Presentation | 10 | 5 | 2 | 3 | - |
| Aroma | 10 | 8 | 1 | 1 | - |
|  |  |  |  |  |  |

**SECTION C:**

**Question 1:**

Have you heard of soya bean milk flavoured with cinnamon clove, vanilla and banana?

|  |  |  |
| --- | --- | --- |
| Variable | No. Of Respondents | Percentage |
| Yes | 8 | 90% |
| No | 2 | 10% |
| Total | 10 | 100% |

Source field survey, 2023

From the table above 8 of the invited panelist which make up of 90% know what soya bean milk flavoured with cinnamon clove, vanilla and banana is while 2 of the panelist which comprises of 10% do not know what soya bean milk flavoured with cinnamon clove, vanilla and banana is? In conclusion it can be seen that majority of the respondents ae catering staffs.

**Question 2:**

Have you eaten soya bean milk flavoured with cinnamon clove, vanilla and banana before?

|  |  |  |
| --- | --- | --- |
| Variable | No. Of Respondents | Percentage |
| Yes | 10 | 100% |
| No | - | - |
| Total | 10 | 100% |

Source field survey, 2023

From the table above 10 of the invited panelist which make up of 100% have eaten Akputo before.

Question 3: Do you like the soya bean milk flavoured with cinnamon clove, vanilla and banana before?

|  |  |  |
| --- | --- | --- |
| Variable | No. Of Respondents | Percentage |
| Yes | 10 | 100% |
| No | - | - |
| Total | 10 | 100% |

Source field survey, 2023

From the table above 10 of the invited panelist which make up of 100% like the soya bean milk flavoured with cinnamon clove, vanilla and banana.

Question 4: Can you accept soya bean milk flavoured with cinnamon clove, vanilla and banana in your restaurant?

|  |  |  |
| --- | --- | --- |
| Variable | No. Of Respondents | Percentage |
| Yes | 10 | 100% |
| No | - | - |
| Total | 10 | 100% |

Source field survey, 2023

From the table above analysis 10 of the respondents said that there can accept soya bean milk flavoured with cinnamon clove, vanilla and banana to be served in their restaurant.

**CHAPTER FIVE**

**SUMMARY, CONCLUSION AND RECOMMENDATION**

**5.1 Summary**

Results obtained indicated that the soya bean milk flavoured with cinnamon clove, vanilla and banana can be well accepted to be served in any restaurant and establishment in Mubi town and as such the meal is a great substitute for the locals. And also, the dish can meet up with the nutritional requirement of the locality that has been missing in recent times.

**5.2 Conclusion**

In conclusion, the acceptability of the local soya bean milk flavoured with cinnamon clove, vanilla and banana meal in restaurants is a testament to the evolving culinary landscape and the appreciation for diverse and authentic flavors. This traditional African dish, which is deeply rooted in culture and history, has successfully made its way onto restaurant menus worldwide, gaining recognition and popularity among food enthusiasts.

The acceptance of soya bean milk flavoured with cinnamon clove, vanilla and banana meal in restaurants reflects a broader trend of embracing cultural diversity in the culinary world. It not only offers an opportunity for individuals to explore and savor the rich flavors of Africa but also promotes cultural exchange and understanding.

Moreover, the acceptability of soya bean milk flavoured with cinnamon clove, vanilla and banana meal in restaurants highlights the adaptability and creativity of chefs and restaurateurs who are constantly seeking new and exciting ways to tantalize the taste buds of their customers. By incorporating local dishes like soya bean milk flavoured with cinnamon clove, vanilla and banana into their menus, they contribute to the preservation and celebration of cultural heritage while satisfying the ever-evolving appetites of their patrons.

In the end, the acceptability of local dishes like Akputo in restaurants is a win-win situation. It provides a platform for cultural exchange and appreciation while expanding culinary horizons, ultimately enriching our global gastronomic experiences. As diners continue to seek unique and authentic flavors, we can expect to see more local dishes like soya bean milk flavoured with cinnamon clove, vanilla and banana find their rightful place on restaurant tables worldwide

**5.3 Recommendations**

Based on the research work the researcher recommended the following recommendations:

1. The researcher recommended that the addition of soya bean milk flavoured with cinnamon clove, vanilla and banana meal into the dietry plan of households will add to the nutritional intake
2. The researcher recommended that government and relevant authorities should create awareness on consumption of local dishes
3. The researcher recommended that the caterers, house wives and nutritionist need for the enlightenment on the benefits of local dishes and for the helps of all consumers