

SUNFLOWER SEED ICE CREAM

Rosemarie Anne Soriano Aguilar, Carla May Bagotsay Pagulayan,
Retchmon Estaquia Vista

Department: College of Industrial Technology
Technology Major in Food Technology

Course: Industrial

INTRODUCTION

Ice Cream is the one of the famous desserts in climate countries like Philippines. It comes from variety of flavors and colors. Ice Cream in the Philippines was influenced by the Americans. The Philippine version of which is the famous "dirty ice cream" which is usually peddle in the afternoon and serve in a cone or sandwich ban.

Dried seeds are old-time favourite among Filipino snacks, we have watermelon seeds and squash seeds that are common snacks when family and friends are just hanging out, chatting or watching television. But sunflower seed as in Filipinos is still nowhere near the local popularity of the butong pakwan and squash seeds compare to others countries.

It is documented that pistachios and sunflower kernel have the highest level of phytosterols among the nut and seeds that are commonly consumed

as snacks foods in the united states and in others countries. Sunflower seeds are harvested from the flower head of the sunflower plants. While the seed itself is encased in a black and white striped shell, sunflower seed are white and have a tender texture. Known as their distinct nutty flavour and high nutritional value, you can eat the seed raw, roasted, or incorporated into other dishes. The consumption of sunflower seeds to a number of health benefits, including lowering your risk of developing disease like high blood pressure or heart disease and also help reduce cholesterol level. They also contain nutrients that can support your immune system and boost your energy levels.

Sunflower seed is not a common food or snacks among Filipinos. We are only familiar in the flower itself that's why the researcher come up with the study, to develop a nutritious and new variety of ice cream using sunflower seeds; assessing the

acceptability as evaluated by selected respondents and determine if the two groups of respondents differ in perception in terms of appearance, aroma, flavour and texture. We offer this new type of nutritious ice cream

STATEMENT OF THE PROBLEM

This study is conducted to developed and prepared Ice Cream using Sunflower Seed Ice Cream.

Specifically, it sought to answer the following sub problems:

1. What are the tools, utensils, ingredients, and procedures, in the preparation of the Sunflower Seed Ice Cream?
2. How do costumer and expert group of respondents evaluate the level of acceptability of Sunflower Seed Ice Cream in terms of:
 - 2.1 Appearance;
 - 2.2 Aroma;
 - 2.3 Flavor; and
 - 2.4 Overrun?

METHODOLOGY

RESEARCH METHOD USED

The study used the descriptive method of research to gather information about the present existing condition through documentary analysis which included research materials from books and internet, website and

other source of data about ice cream and sunflower seeds. The researcher used the sampling procedure and survey questionnaire to gather data as part of statistical practice intended to yield knowledge about population of concern.

RESPONDENTS OF THE STUDY

This study made used a simple random sampling to select the respondents. Simple Random is based on randomly selecting the respondents as samples from the population in such a way that every set of respondents has equal choice of probability of being selected of there.

There were thirty(30) respondents in the study which were composed of twenty(20) consumers HRM, TLE and technology Faculty, and individuals age ranging from 18 to 35 years old and ten(10) experts.

The following are the demographic profile of the respondents in terms of sex, age, civil status and educational attainment

TABLE 1

Frequency and Percentage Distribution of respondents		
Respondent	Population	Percetange
Expert	10	33.33
Consumer	20	66.67
Total	30	100

As shown in Table 1, there were twenty or 66.67 percent consumer respondent and ten or 33.33 percent expert respondent.

TABLE 2
Distribution of the Respondents
According to Sex

SEX	Expert		Consumer		Overall	
	F	%	f	%	F	%
Male	5	50	9	45	14	46.67
Female	5	50	11	55	16	53.33
Total	10	100	20	100	30	100

Table 2 present the frequency distribution of the respondents according to sex

As shown in the table, there were five or 50 percent male expert respondent and 5 or 50 percent female expert respondent.

On the other hand, there were eleven or 55 percent female consumer respondents and nine or 45 percent male.

Generally, there are 14 or 46.67 percent male respondent and 16 or 53.33 percent female respondents.

Such as finding may attribute to the fact that there is an equal number of respondents.

Table 3
Distribution of the Respondents
According to Age

	Expert	Consumer	Overall
--	--------	----------	---------

AGE	F	%	f	%	F	%
21-25	6	60	7	35	13	43.33
26-30	1	10	2	10	3	10
31-above	3	30	11	55	14	46.67
Total	10	100	20	100	30	100

Table 3 shows that one on 20 percent expert respondents belong to age range of 26 to 30 years old, six or 60 percent are belonging to the age range of 21-25 years old, and three or 30 percent is 31 years old above.

As to consumer respondents, there were two or 10 percent were 26 to 30 years old, seven or 35 percent are 21-25 years old, eleven or 55 percent is 31 years old and above.

Generally, there are 13 or 43.33 percent respondents belong to the age range of 21-25 years old; 3 or 10 percent of the respondents belong to the range of 26-30 years old; and 14 or 46.67 percent of the respondents are in the range of 31 years old and above.

Table 4
Distribution of the Respondents
According to Civil Status

Civil Status	Expert		Consumer		Overall	
	F	%	f	%	F	%
Single	6	60	10	50	16	53.33
Married	4	40	7	35	11	36.67
Widowed	-		2	10	2	6.67
Separated	-		1	5	1	3.33

Total	10	100	20	100	30	100
--------------	-----------	------------	-----------	------------	-----------	------------

As shown in Table 4, onle 6 or 60 percent single expert respondent and 4 or 40 percent of the expert respondents are married.

On the other hand, there were ten or 50 percent single constumer respondents, seven or 35 percent separated consumer respondents, ten or 10 percent widowed, and one or 5 percent separated consumer respondent.

Summarily, there were 16 or 53.33 percent single respondents, 11 or 36.67 percent are married, 2 or 6.67 percent are widowed, and 1 or 3.33 is separated.

This shows that majority of the respondents are single.

Table 5
Distribution of the Respondents
According to Educational
Attainment

Educational Attainment	Expert		Consumer		Overall	
	F	%	f	%	F	%
Bachelor's Degree	7	70	8	40	15	50
Master's Degree	-	-	-	--	-	--
With Doctoral Degree Units	-	-	-	--	-	--
Technical Vocational	-	-	5	25	5	16.67

K12	-	-	3	15	3	10
High School	3	30	4	20	7	23.33
Elementary	-	-	-	--	-	--
Total	10	100	20	100	30	100

It could be gleaned in Table 5 that is only seven or 70 percent of expert respondent have their bachelor's degree and 3 or 30 percent earned their high school diploma.

As to consumer respondents, there were eight or 40 percent who had their bachelor's degree, five 25 percent are technical vocational holders, three or 15 percent finished k-12, and four or 20 percent earned their high school diploma.

In general, there are 15 or 50 percent bachelor's degree, 5 or 16.67 percent are technical vocational holders, 3 or 10 percent who finished k-12, and 7 or 23.33 percent earned their high school diploma.

CONCLUSION

Based on the findings of the study, the following are the conclusion

1. Sunflower seed can be used as the main ingredients in the preparation and development or ice cream.

2. Sunflower Seed Ice Cream was highly acceptable to the expert and consumer respondents in terms of its appearance, aroma, Flavor, and texture.
3. The consumer and expert respondents does not perceive different evaluation on the variables presented under the level of acceptability of Sunflower Seed Ice Cream in terms of its appearance, aroma, flavor, and texture.
4. Sunflower Seed Ice Cream is rich in importance Vitamins and Minerals.

RECOMMENDATION

Based on the findings and conclusion of the study, it is recommended that:

1. Sunflower Seed Ice Cream has to undergo further experiment, research and development to improve its quality specially the texture (overrun).
2. Proper packaging and chilling temperature must be observed to avoid crystallization of the product.
3. Use ice cream maker or big whisk to further enhance its texture.
4. The results of the study should be taken as reference for future related study.