

MUMMAM XPRESS BABY FOOD

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ABSTRACT:

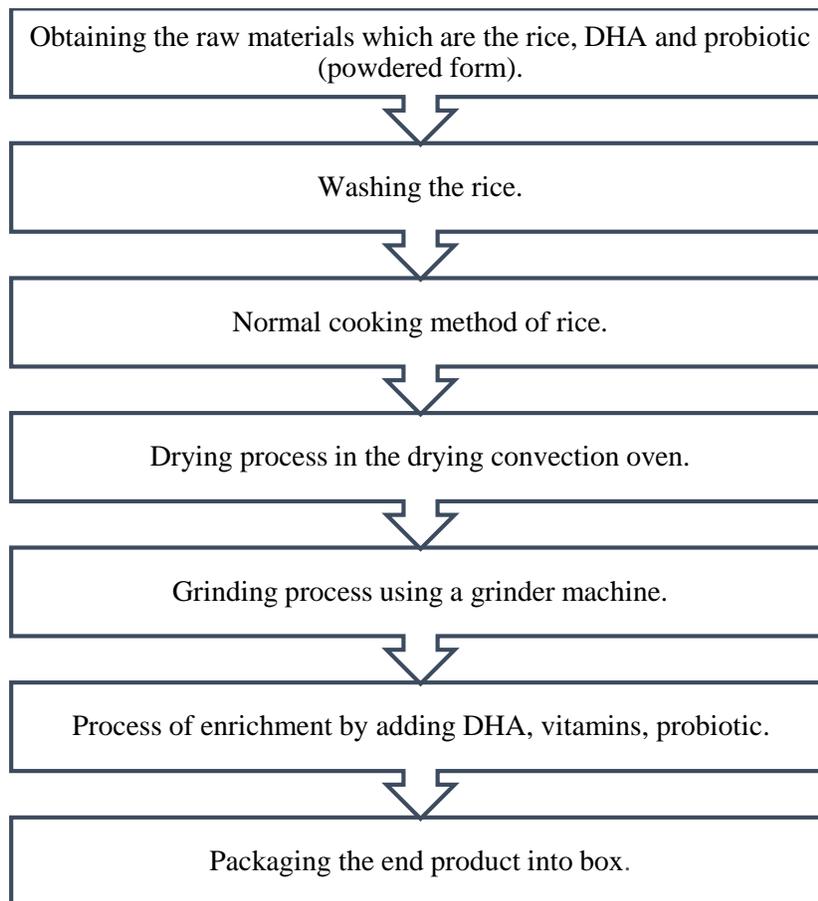
This research explores the innovation in preparing healthy and express food for babies with the purpose of assisting the millennial parents. The innovation is coined as Mummam Express Baby Food; pure solid powdered rice which does not require any cooking or blending, and it is ready to eat by pouring hot water. Parents can formulate their baby food everywhere without the proper physical cooking utensils, thus make it practical and hassle-free for the parents to bring their baby to travel. Additionally, the Mummam Express Baby Food is very healthy due to the fact that no chemical substances were added to avoid constipation. The actual prototype was made from pure solid cooked rice, which then being dried and grinded. In brief, the Mummam Express Baby Food offers considerably appropriate way in preparing express healthy baby food as well as the benefits to both parents and babies.

Keywords: baby food, express, pure solid powdered rice, hassle-free, millennial parents.

INTRODUCTION

Mummam Xpress Baby Food is the only baby food that uses the finest rice as the main ingredient. It is in a form of solid powder. The baby food will turn into porridge just by pouring hot water and it is ready to eat after few minutes. This product is introduced to help parents especially working mothers, travelers as well as nurseries in preparing healthy express food for infants anywhere and anytime. Wastage also can be reduced by preparing just the right amount of food without the need to cook from scratch and having excess leftovers. Besides, no cooking process is required and it is easy to prepare within a very short period. The main strength for this product is the effectiveness of the food on baby's health. Due to higher resistant starch contained in the fully-cooked and cooled rice (Long, n.d), the Mummam Xpress Baby Food is able to reduce the risk of constipation among babies. Rice is a low-cost source of resistant starch, especially when it is left to cool after cooking, (Mawer, 2016). No chemicals and flavoring agents are added into the baby food. Enrichment process of adding DHA (Docosahexaenoic acid), probiotics and vitamins were also formulated for the growth and development of the infants.

METHODS



In preparing Mummam Xpress Baby Food, the researchers first obtain the raw material which is rice. Then, it goes to the process of washing and rice cooking by using the rice cooker. After that, the drying process by using the dry convection oven at 80°C for 60 minutes. After the drying process is done, the researchers proceed to the process of grinding and sizing the grains until it become powdered rice. As soon as powdered rice is ready, the powdered rice is formulated with nutritional ingredients specifically DHA, vitamins and probiotic to make it healthy and safe for the babies to consume. Packaging the end product is the final step of preparing Mummam Xpress Baby Food.

RESULTS AND DISCUSSIONS

From the abovementioned steps, the cooked rice turns into dried rice and changed into solid powdered rice. In preparation of the food, the test was succeeded by pouring the boiled water into the powdered rice and it formed into a porridge within 3 to 5 minutes. The food then, can be served to the infants after few minutes. In addition, an experiment has been conducted to test the quality and shelf life of the product. The researchers distributed the samples among few mothers with

infants to test the product. Positive feedbacks and reviews were obtained regarding the use and quality of Mummam Express Baby Food.

CONCLUSION

As a conclusion, the Mummam Xpress Baby Food will benefit mankind by providing the alternative baby food since it meets the need of rapid preparation of baby food by just adding water. From the testimony and survey conducted, the product is proven to be safe and it can reduce the risk of food reaction such as constipation (Wilson, 2015) and stomach bloated.

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