

**FLA STUDENTS' PERCEPTION OF *MORINGA OLEIFERA*  
*LAMK.* LEAF (*KELOR*) PUDDING AS AN ALTERNATIVE  
HEALTHY FOOD**

**A Thesis Presented as a Partial Fulfillment of the Requirement to  
Obtain the Bachelor Degree in the English Study Program**



**By:**

**Natasha Maylina**

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**ENGLISH DEPARTMENT  
FACULTY OF LANGUAGE AND ARTS  
SOEGIJAPRANATA CATHOLIC UNIVERSITY  
SEMARANG  
2021**

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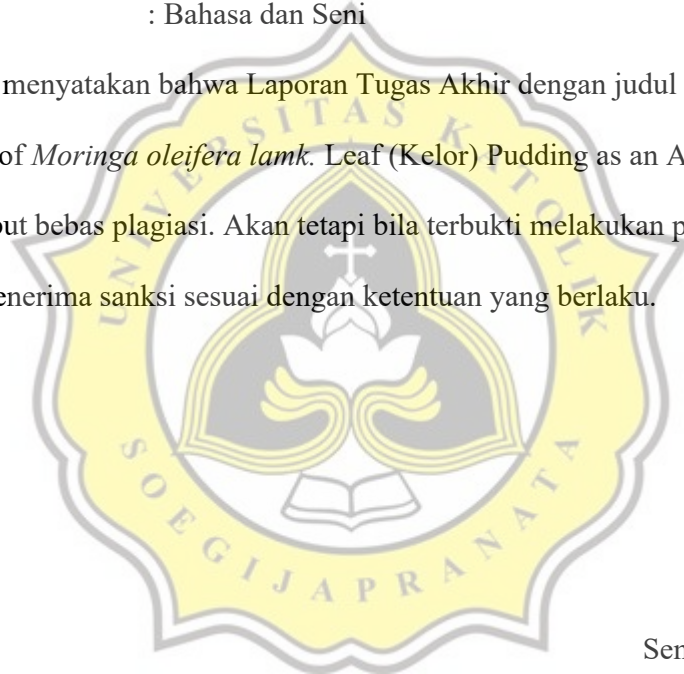
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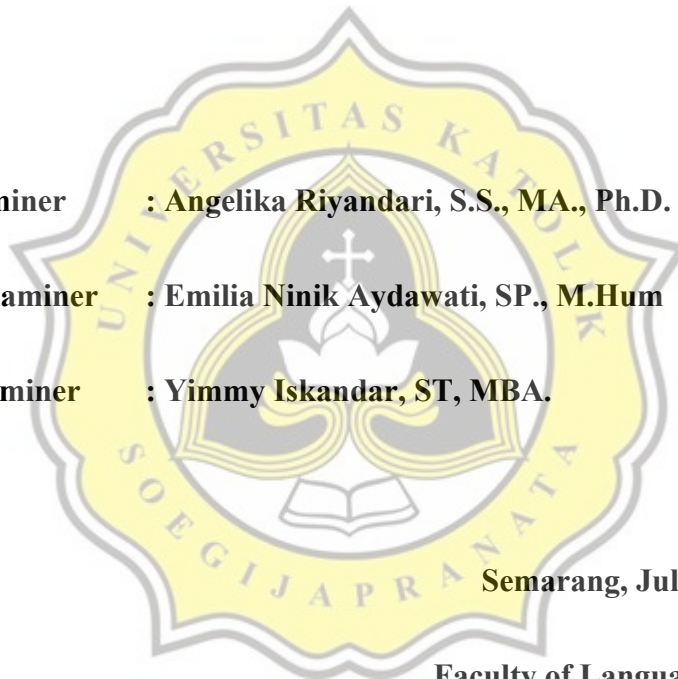
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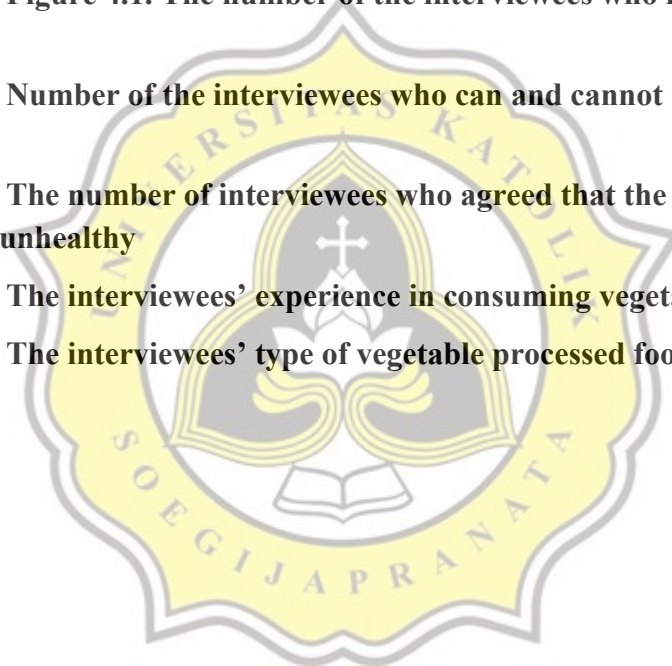
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## ABSTRACT

*Moringa Oleifera* leaf is a vegetable that can be found anywhere. However, many people, especially students, rarely consume *Moringa Oleifera* leaf because of their bitter taste, especially when it is not creatively processed. In fact, *Moringa Oleifera* leaf has many benefits for people's health. One of them is increasing endurance, especially during the Covid-19 Pandemic. In this study, the writer decided to get the opinions from the students of the Faculty of Language and Arts, Soegijapranata Catholic University, about desserts using *Moringa Oleifera* leaf as a food ingredient. The writer decided to process the *Moringa Oleifera* leaf into pudding because pudding is one of the most popular desserts among young people. The writer chose a qualitative method to collect and analyze data. The number of students who were interviewed was 30 people. In conducting the research, the writer provided examples of *Moringa Oleifera* leaf pudding to the interviewees to try and asked their opinions about the pudding. The results showed that the students liked to consume sweet foods and pudding as desserts. Students also wanted to order or consume the product again. Students thought that *Moringa Oleifera* leaf pudding is healthier food than other products because it is made from vegetables. Therefore, even though initially the students could not guess that they consumed *Moringa Oleifera* leaf pudding, they agreed that the pudding was healthy, innovative, creative, unique, and delicious.

Keywords: Opinion, Dessert, Vegetables, Health

## ABSTRAK

Daun kelor adalah sayuran yang dapat ditemukan dimanapun. Namun, banyak orang terkhususnya mahasiswa, yang jarang mengkonsumsi daun kelor karena cita rasanya yang pahit, apalagi apabila sayuran tersebut diolah dengan tidak kreatif, orang akan cenderung bosan dalam mengkonsumsi makanan tersebut. Padahal, daun kelor memiliki manfaat kesehatan yang sangat banyak. Salah satunya dalam meningkatkan daya tahan tubuh terutama di masa Pandemi Covid 19. Dalam penelitian ini, penulis memutuskan untuk mencari opini mahasiswa Fakultas Bahasa dan Seni, Universitas Katolik Soegijapranata, tentang makanan penutup yang menggunakan daun kelor sebagai salah satu bahan pembuatan makanan. Penulis memutuskan untuk mengolah daun kelor tersebut menjadi puding karena puding adalah salah satu makanan penutup yang sangat disukai oleh anak muda dan mudah dicerna. Penulis memilih metode kualitatif untuk mengumpulkan dan menganalisis data. Mahasiswa yang diwawancarai sebanyak 30 orang. Dalam pelaksanaan penelitian, penulis memberikan contoh produk makanan penutup daun kelor kepada narasumber untuk dicoba dan diwawancarai persepsi mereka tentang puding daun kelor. Hasil penelitian menunjukkan bahwa mahasiswa suka mengkonsumsi makanan manis dan puding sebagai makanan penutup. Mahasiswa juga ingin order atau mengkonsumsinya lagi. Mereka berpikir bahwa puding daun kelor adalah makanan yang lebih sehat dari produk lain karena dibuat dari sayuran. Oleh karena itu, meskipun mereka tidak dapat menebak produk yang dikonsumsinya adalah puding daun kelor, mereka menyetujui bahwa puding daun kelor itu menyehatkan, inovatif, kreatif, unik, dan enak.

*Kata kunci: Opini, Makanan Penutup, Sayur, Kesehatan*