

**PHYSICOCHEMICAL PROPERTIES AND ACCEPTABILITY  
STUDIES OF CEREAL BAR PRODUCED FROM PUFFED  
GLUTINOUS RICE AND SELECTED SUNNAH FOODS USING  
DIFFERENT PACKAGING MATERIALS**

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Thesis submitted in fulfillment for the degree of

MASTER OF SCIENCE

FOOD BIOTECHNOLOGY

Faculty of Science and Technology

UNIVERSITI SAINS ISLAM MALAYSIA

Nilai

February 2015

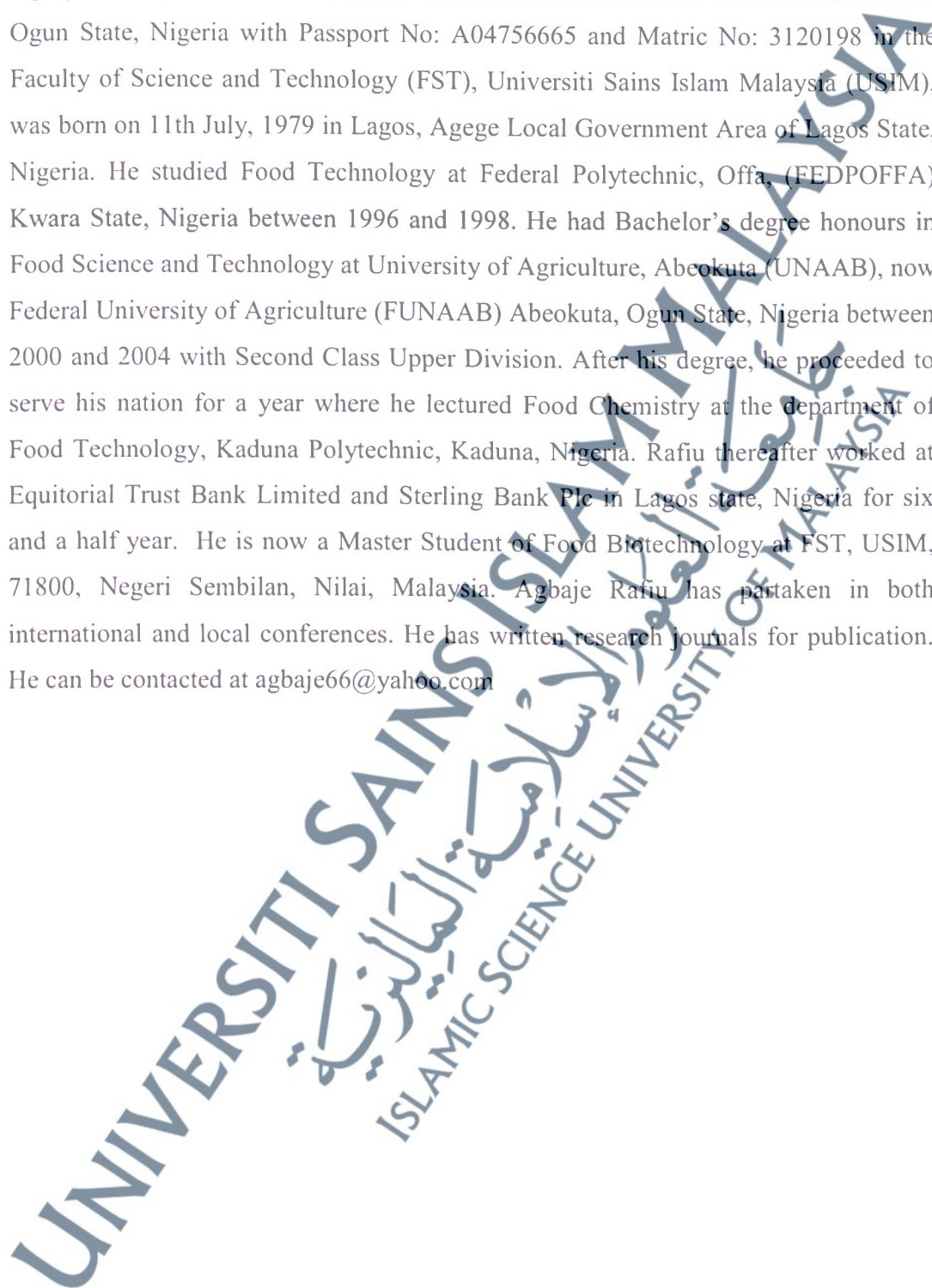
## DEDICATION

This thesis is dedicated to the Glory of Allah and His beloved Prophet Mohammed (SAW), and to the memory of my beloved father who has passed away, Mr. Agbaje Badru Alamu. May Almighty Allah grant him Janatul-Firdaus. Amin.

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## ACKNOWLEDGEMENTS

All praises and glorification belong to Almighty Allah, The Creator of the universe. May the blessing of Allah be upon the Noble Prophet Mohammed (S.A.W) and those who follow him till the last day.

My appreciation firstly goes to my diligent supervisor, Associate Professor Chek Zaini Hassan, who did not only supervised this work but also rendered valuable assistance in accomplishing the task. I really appreciate her tutelage and guidance during the period of my research. Since I enrolled into the Universiti Sains Islam Malaysia, she always created time for me and gave necessary attention, care and guidance which facilitated my programme. Thank you for words of encouragement and the confidence reposed in my research. May Allah further enrich her in knowledge and grant her all the good things of this world and that of the hereafter. My thanks are due to my two co-supervisors, Dr. Norlelawati Arifin and Associate Professor Asma Abdul Rahman for their guidance and many invaluable guidance that were beneficial to me during the project.

I show my deep and sincere appreciation to the entire management of Universiti Sains Islam Malaysia (USIM) for the financial support in form of a session scholarship given to me. I pray that USIM will continue to grow from strength to strength. Then, my sincere gratitude also goes to Dr. Ahmad Abdul Malik, a Lecturer in the Faculty of Leadership and Management (FKP-USIM) for his assistance in the Arabic translation to English of the Hadith and Quranic quotations in the thesis. May Allah reward him abundantly and crown his efforts with successes.

I also appreciate the efforts of all the members of staff of the Faculty of Science and Technology; both academic and non-academic staffs, the laboratory assistants notably Puan Normah Haron and Puan Ainida Haji Fauzi; they were always ready to attend to students' matters and at quick responses. Specifically, I thank Professor Dr. Bachok M. Taib, the Dean of the Faculty of Science and Technology (FST-USIM) and all the lecturers in the Food Biotechnology Department, starting from Associate Professor Dr. Zaiton Hassan, Dr. Hanina Mohd Noor, Emeritus Professor Dr. Jalani Sukaimi, Prof. Dr. Abdul Jalil Abdul Kader, Dr. Nur Huda Faujan and others whom were directly involved in the success of my programme. My deep appreciation also goes to

INZ PADU Corporation SDN BHD and PS POLY PACK SDN BHD for their financial and technical assistance respectively.

Furthermore, my prayer goes to the gentle soul of my father, may Allah grant him Janatul-Firdaus (Amin). My thanks also go to my mother, who has always been my pillar of support, may Almighty Allah prolong her life, with good health. This acknowledgement is incomplete, if I forget my dearest and lovely wife Mrs. Agbaje Simbiat Ajoke and my children, Abdullah, Aleemat and Abdul Aleem for their endurance and perseverance, while I was away for study

My heartfelt gratitude also goes to Mr. Taofik Kelani, my big brother and his wife, Mrs. Muinat Kelani for rendering valuable assistance which could not be quantified. I appreciate your moral and financial support while I was away for study. I thank you and may Allah bless you abundantly. My sincere gratitude also goes to Dr. Taofiki Ajani Salako for his fatherly care, his invaluable advice and assistance in the course of my study.

Thanks to all my family members, Desa Anggerik family and friends for their continuous love and support, kind words, as well as criticisms, all of whom/which were part of my personal development. I appreciate the BOT and entire members of Morcaz – uloom International Organization (MULIO) Lagos State, Nigeria, under the leadership of Sheik Abdul Azeez Babatunde Abass (Amir), Alhaji Abdul Fatai Okanlawon (Naibul Amir), and Engr. Surakatu Olawale other National and Branch Executive Members. I am very grateful for your prayers and moral support.

Above all, may Allah accept this humble effort of mine as an act of *'ibadah* and bless it more than expected. "Oh our Lord, give us the goodness of both worlds and save us from the torment of fire". (Amin)

## ABSTRAK

Kajian ini telah dijalankan untuk meneroka kesesuaian formulasi bar bijirin dengan buah-buahan Sunnah yang dapat menyumbang kepada kesihatan manusia. Bar bijirin telah dinilai untuk analisis anggaran nutrien, penilaian berasaskan deria, dan kandungan tenaga. Ujian penerimaan pengguna kepada bar bijirin telah dijalankan menggunakan skala 9-titik hedonik. Jangka hayat bar telah dikaji berdasarkan material pembungkusan, aktiviti air, dan kandungan lembapan selepas 120 hari penyimpanan. Bahan-bahan pembungkusan yang telah digunakan adalah nilon (poliamida), poliester *metallised* (MP), polietilena terephthalate (PET), dan kerajang aluminium (AF). Kalsium merupakan mineral utama (186.54-482.9 mg/kg) yang diperolehi. Sampel-sampel bar bijirin yang diuji juga turut mengandungi natrium, 70.54-235.86mg/kg; besi, 33.64-41.52mg/kg; zink, 29.76-50.95mg/kg; mangan, 12.52-17.05mg/kg; tembaga, 11.86 - 13.73 mg/kg; dan magnesium, 88.00-160.14mg/kg. Dalam analisis berasaskan deria, kesemua formulasi bijirin bar mendapat skor penerimaan pengguna yang tinggi. Walaubagaimanapun, sampel C mempunyai penerimaan keseluruhan yang tertinggi (6.58). Tidak terdapat perbezaan dalam kandungan protein dalam bar bijirin yang digubal. Kandungan abu dalam sampel berbeza dengan ketara ( $P < 0.05$ ), nilainya adalah antara 0.97 dan 1.88. Perbezaan kandungan lemak adalah ketara dengan sampel B mempunyai kandungan lemak (10.72%) yang tertinggi. Kandungan karbohidrat dipengaruhi oleh kandungan serat; sampel dengan kandungan gentian kasar yang rendah mempunyai kandungan karbohidrat yang lebih tinggi yang juga mencerminkan kandungan tenaga dalam sampel bar bijirin. Aktiviti air yang rendah diperhatikan dalam sampel dengan kandungan buah-buahan yang lebih rendah. Kajian jangka hayat mendedahkan bahawa aktiviti air ( $a_w$ ) bar-bar adalah jauh di bawah nilai-nilai yang boleh menggalakkan percambahan mikrob yang akan membawa kepada kerosakan bar-bar. Poliester *metallised* (MP) dan kerajang aluminium (AF) menunjukkan sifat-sifat untuk penyimpanan yang lebih baik berbanding PET dan nilon.

## ABSTRACT

This research was undertaken to explore the feasibility of formulating cereal bars with *Sunnah* fruits that could contribute to the human health. The cereal bars were evaluated; its nutrients and energy as well as consumer acceptance. The consumer acceptability of the cereal bars was carried out using 9- point hedonic scale. The shelf life of the bars was studied with respect to packaging materials, water activity and moisture content after 120 days of storage. The four packaging materials were nylon (polyamide), metallised polyester (MP), polyethylene terephthalate (PET) and aluminium foil (AF). Results found out that calcium was the major mineral (186.54 – 482.9 mg/kg). The samples contained sodium, 70.54-235.86mg/kg; iron, 33.64-41.52mg/kg; zinc, 29.76-50.95mg/kg; manganese, 12.52-17.05mg/kg; copper, 11.86-13.73mg/kg; magnesium, 88.00-160.14mg/kg. Results also revealed there were no differences in protein contents of the cereal bars formulated, (3.38-4.04%). Ash contents of the samples were significantly different ( $P < 0.05$ ), the values ranged between 0.97 and 1.88%. The fat contents were significantly different with formulation **B** having the highest fat content (10.72%). Carbohydrate contents were affected by fibre contents; samples with lower crude fibres had higher carbohydrate contents, as a result of lower fruit contents; this also reflected in the energy contents of the cereal bar samples. The lowest water activity was observed in the samples with lower fruit contents. In sensory analysis, all the cereal bar formulations had high sensory acceptance. However, formulation **C** had the highest overall acceptance (6.58). The shelf life study revealed that water activity ( $a_w$ ) of the bars were well below the values that could encourage microbial proliferation that would lead to spoilage of the bars. Metallised polyester (MP) and aluminium foil (AF) showed better properties of storage as compared to PET and nylon. In conclusion, incorporation of puffed glutinous rice with different composition *Sunnah* foods and binding agents; honey and glucose syrup can be used to formulate cereal bars with appreciable proximate and energy contents with good shelf life.

**Keywords:** cereal bar; packaging; mineral elements; shelf life; sensory evaluation; *Halal/Sunnah* foods.

## ملخص

أجري هذا البحث لاستكشاف فوائد سيريال بار (أشرطة الحبوب) مع الفواكه المذكورة في السنة النبوية الشريفة ومدى إسهامها في صحة الإنسان، تم تقييم سيريال بار (أشرطة الحبوب) للتحليل المباشر، والتحليل الحسي، ومحتويات الطاقة، ولمعرفة مدى قبول المستهلكين لسيريال بار قد استخدمت 9 نقاط للتقييم على حسب ذوقهم، كما تمت دراسة مدة صلاحية سيريال بار التي تتراوح 120 يوماً من التخزين، وذلك على حسب التعبئة والتغليف وصلاحية الماء ومحتويات الرطوبة. وكانت مواد التعبئة والتغليف أربعة وهي النايلون (البولي أميد)، البوليستر الممعدنة و البولي ايثيلين ورقائق الألومنيوم. كانت الكالسيوم المعدن الرئيسي بمقدار يتراوح ما بين 186.54 - 482.9 mg/kg، واحتوت العينات الصوديوم بمقدار 70.54-235.86mg/kg حديداً، و 33.64-41.52mg/kg زنكاً، و 29.76-50.95mg/kg منغنيز، و 12.52-17.05 mg/kg النحاس، و 11.86- 13.73mg/kg و 160.14-88.00 mg/kg مغنيسيوم.

وفي التحليل الحسي، كانت نسبة قبول المستهلكين في تقييم سيريال بار عالية، ومع ذلك كانت القبول العام لعينة C أعلى بمقدار (6.58)، ولم تكن هناك اختلافات في محتويات البروتين في سيريال بار المكونة، أما محتويات العينات فمختلفة إلى حد كبير بمقدار ( $P \leq 0.05$ )، وتتراوح مقدار الفرق ما بين 0.97 و 1.88، وكانت محتويات الدهون مختلفة إلى حد كبير بمقارنة عينة B التي تحمل أعلى نسبة الدهون (10.72%). تأثرت محتويات الكربوهيدرات بمحتويات فيبار (الألياف)، والعينات مع أقل الألياف الخام تملك أعلى محتويات الكربوهيدرات التي تعكس أيضاً في محتويات عينات الطاقة الكامنة في سيريال بار. وقد لوحظ في العينات أن أدنى نشاط صلاحية المياه مع انخفاض محتويات الفاكهة. وكشفت دراسة المدة الصلاحية أن صلاحية فصيل الماء في الحبة كان أقل بكثير من المقادير التي يمكن أن تشجع على انتشار الجراثيم التي من شأنها أن تؤدي إلى تلف الحبوب، كما كشفت الدراسة أن البوليستر المعدن ورقائق الألومنيوم أظهرت مميزات أفضل في التخزين بالمقارنة إلى البولي ايثيلين والنايلون.

كلمات البحث: شريط الحبوب، التعبئة والتغليف، العناصر المعدنية، مدة الصلاحية، التقييم الحسي، الحلال / الأطعمة المسنونة.

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## ABBREVIATION

AACC	Association of American Cereal Chemists
AF	Aluminium Foil
ANOVA	Analysis of Variance
AOAC	Association of Official Analytical Chemists
$a_w$	Water activity
BC	Black cumin
CFAB	California Fig Advisory Board
CCP	Critical Control Point
CHD	Coronary Heart Disease
CVD	Cardiovascular Disease
DF	Dietary Fibre
DRI	Dietary Recommended Intake
FAO	Food and Agriculture Organisation
FOS	Fructooligosaccharide
GS	Glucose Syrup
HSV	Herpes Simplex virus
IA	Index of Acceptability
ID	Iron Deficiency
IDA	Iron Deficiency Anaemia
IFST	Institute of Food Science and Technology
IOM	Institute of Medicine
IQ	Intelligence Quotient
MET	Metallised Polyester
PET	Polyethylene Terephthalate
PGR	Puffed Glutinous rice

ppm	Part per million
QbD	Quality by Design
RH	Relative Humidity
RTE	Ready-to-Eat
RTE-BC	Ready-to-Eat Breakfast Cereal
UV	Ultra violet

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