

# Oil extracted from moringa oliefera lam as an alternative cooking oil essay sampl...

[Nutrition](#)



Malunggay (Moringa Ofliera Lam plant is one of the most useful tropical trees found here in the Philippines. They are exceptionally good sources of pro-vitamin A, vitamins B, vitamin C, minerals (in particular iron), and the sulphur-containing amino acids methionine and cystine. In this research, we will know that malunggay is also useful as vegetable cooking oil. It is also known for its capability to absorb and retain volatile substances and is therefore valuable in the perfume industry for stabilizing scents.

### Statement of the Problem/Objectives

#### General Objectives

This research aims to know the nutritional facts about malunggay plant and seeks the basis and other possibilities of creating malunggay cooking oil. We did this research because we want people to recognize malunggay as an alternative and cheaper source of vegetable cooking oil.

#### Specific Objectives

This research aims to make vegetable cooking oil much presentable and cheaper in the Philippine economy that may enable less fortunate people buy even if they are lacking financial sources. We aim to find a way to solve the problem of poverty in the Philippines by using malunggay cooking oil in a way that the citizens of our country can use to save money and have a healthy lifestyle. And this research also intends to build a stronger generation for the future.

#### Hypothesis

With these objectives, we will be able to create cheaper vegetable oil that can help with the financial problem of the citizens of our country and the

economical problem of our country, the Philippines. This project finds a way to solve the poverty of our country and help less fortunate people create cheaper source of vegetable cooking oil from malunggay.

### Significance of the Study

This study will affect the economy of our country. It will help our country to rise up from poverty because by using our improvised malunggay cooking oil, people will save money and will also have a healthier lifestyle.

### Scope and Limitations

We studied the procedures of how to make malunggay cooking oil and its nutritional facts. According to our study, these procedures showed us that we can make malunggay coikng oil even in our own home. This study will also help mankind to think about the importance of nature. It points out to how we are going to use natural resources as an alternative source of our daily needs, and by this study; a malunggay cooking oil.

We did study the procedures of making malunggay cooking oil and its nutritional facts, but we did not study other alternative materials and other process in making cooking oil. Because of this, we intend to make malunggay cooking oil much delicious and presentable.

### Review of Related Literature

This research aims to find a way to solve the problem of poverty in the Philippines by using malunggay cooking oil. We chose this study because we know that if this study succeeds, it will be a great help to the citizens of our country specially the less fortunate people of the country. Nowadays, people

tend to rely on technologies and forget about the capabilities of the environment of the Philippines has. With this research, we are reminding people about the use of malunggay plant.

#### Support Objectives

\* Why is malunggay so Important? And why do we Choose malunggay?

According to the [http://www. medicalhealthguide. com](http://www.medicalhealthguide.com):

\* Malunggay (Moringa Oleifera) has been used as herbal medicine in many cultures for hundreds of years, Malunggay is known as a very nutritious plant where it is used to combat malnutrition in third world countries especially for infants and nursing mothers.

\* Does it really Helpful?

Author Rolly Carandang from [http://www. mb. com. ph](http://www.mb.com.ph), supported that Senator Loren Legarda stated that: \* “ Malunggay can be solution to our problems”

Agriculture Secretary Arthur C. Yap concluded that:

\* “ if coconut is the tree of life, Malunggay is the miracle plant.”

\* Can Malunggay Seeds be a Cooking Oil?

According to the [http://edicio. wordpress. com](http://edicio.wordpress.com):

\* Malunggay or moringa oil can also be used as cooking oil.

Author Clarisse Jona Rosales stated from the <http://region3.dost.gov.ph>; that: \* The oil extracted from the Malunggay leaves or seeds will then be used as an alternative for the cooking oil that we use today.

According to the [www.ilovemoringa.com](http://www.ilovemoringa.com) Moringa seed can be Cooking oil: \* The oil is taken from mature Moringa seeds, which are actually about 40% oil. Good Moringa oil smells fresh, slightly like the fresh leaves, and has a beautiful golden hue. Slow to become rancid, it can be kept at room temperature for long time.

According to the [www.lorenlegarda.com.ph](http://www.lorenlegarda.com.ph), Senator loren legarda Supported the idea of making vegetable cooking oil out of extracted oil from Moringa oliefera lam :

“ Malunggay is also useful as vegetable cooking oil. It is also known for its capacity to absorb and retain volatile substances and is therefore valuable in the perfume industry for stabilizing scents.”

\* Does the Moringa Seed contains Oil?

According to the <http://tilz.tearfund.org>, Geoff Folkard and John Sutherland concluded that: \* Moringa oil has been used in skin preparations and ointments since Egyptian times. The bright yellow oil with a pleasant taste has been compared in quality with olive oil. The kernel contains 35-40% by weight of oil. Recent studies in Ghana show that soap made with moringa oil was extremely good.

\* What Benefits we will get from the plant?

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According to Author Rolly Carandang from Mb. Com., Senator Loren Legarda stated that: \* The protein from the extracted malunggay oil is a natural polypeptide for sedimenting mineral particles and organics in the purification of drinking water, for cleaning vegetable oil, or for sedimenting fibers in the juice and beer industries.

\* Can it Prevent diseases?

Author Jose V. Dayao, DVM, Ces0 IV a Regional Executive Director of Department of Agriculture, Region 5 examined the nutrients that can be found in Moringa Oliefera Lam: \* Malunggay leaves are very rich in Vitamin A and calcium and contain anti-oxidants that suppress the activities of free radicals which cause cell death.

There is an old saying: " Moringa leaves prevent 300 diseases."

According to the Nutritive Value of Indian Food: these are the Nutrients that can be found in Malunggay Plant:

\* Vitamin A, which acts as a shield against eye disease, skin disease heart ailments, diarrhea, and other diseases. \* Vitamin C, which fights a host of illnesses including colds and flu. \* Calcium, which builds strong bones and teeth, and helps prevent osteoporosis. \* Potassium, essential for the functioning of the brain and nerves. \* Proteins, the basic building blocks of all our body cells.

## Methodology

### a. Materials/Equipments

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- \* Mature Dry Malunggay (Moringa Ofliera lam) Seeds ( $\frac{1}{2}$  - 1 kilo)
- \* Pan
- \*  $\frac{1}{4}$  cup of water
- \* Pot
- \* Strainer
- \* Spoon

#### b. Treatment/ General Procedure

\* Put the Moringa seeds in a small pan, and stir them, until they turn a dark brown. Crush them thoroughly, and put the crushed seeds in a pot of water, that has been brought to a boil. Boil the seeds for 3 minutes until you see the oil come to the top, and then boil them a few minutes longer. The oil will rise to the top. Carefully skim it off, let it cool, and pour into clean, glass containers.

#### Results and Discussions

##### Findings

The Malunggay/Moringa Ofliera Lam Seeds contains oil that can be a Cooking Oil and the seed needed to be dry under the sun for 5-6 days in order to extract the oil. The oil color is Golden and it can be kept at room temperature for long time. The malunggay seed oil is a good source oleic of acid which may help prevent cardiovascular diseases and other chronic diseases, according to Dr. Trinidad. Thus, this research we lead us to a successful Project.

## Analysis of Data

Trials| Material| Amount of Leaves/Seeds| Amount of Water| Boiling Time| Color| Results| Date/Time| 1| Malunggay leaves| 1/3 | 1/3 cup | 3 minutes| Yellow green| Didn't turn into cooking oil| Dec. 13, 2012, 3: 50-4: 00 Pm| 2| Malunggay Leaves| 1/8| 1/2 cup | 4 minutes| Yellow Green| Didn't turn into Cooking Oil| Jan. 8, 2013, 8: 30-8: 42 Pm| 3| Malunggay Seeds| 1/3 cup| 1 cup | 7 minutes| | No Oil| Jan. 12, 2013, 8: 20-8: 40 Pm| 4| Malunggay Seeds| 1/3 cup| 1 cup| 10 minutes| | No Oil| Jan. 12, 2013, 8: 55-9: 10 Pm

## Conclusion

With these evidences, we will be able to create cheaper vegetable cooking oil that will be very helpful to every citizen of our country. We believe that this research will be very successful and will bring answers to our problems, economical and financial. It will also help our country to rise up from poverty.

## Recommendations

We Recommend to Use Malunggay Seed than Malunggay Leaves to extract. And also we recommend to use malunggay oil than other Cooking oil because it has more Benefits than the Others. It has more Nutrients that is good to the human Body.

## Bibliography

Here are some sites that we use to get data in our Project:

<http://www.ilovemoringa.com/How-To-Use-Moringa-Oil.html>

<Http://www.medicalhealthguide.com/>

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