

ABSTRACT

DESIGNING BOOKS ALL ABOUT COFFEE

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Drinking coffee has become a daily drink and lifestyle for some communities in Indonesia. Regular coffee beverage used as a companion to relax favored by men and women. Drinking coffee is known as the most considered effective to eliminate sleepiness. Lack of knowledge of the coffee drinkers would be health benefits of coffee and coffee drinking patterns are indeed an issue that must be addressed. Some studies reveal that drinking coffee can be beneficial for health. Besides drinking coffee irregularly can cause some side effects such as headache, nausea, anxiety and other health problems. It is important to apply the pattern of healthy coffee drinking to avoid health problems body. Besides, several other studies reveal that drinking coffee may prevent cancer, stroke, diabetes and others with a cup of coffee with the correct pattern.

In order to achieve the purpose of designing, Author obtain the required data using the method of observation, library research, interview relevant sources, distributing questionnaires to the respondents of the destination, as well as using matrix analysis methods similar projects. From the results of the questionnaire, the majority of coffee drinkers often experience side effects from drinking coffee. Lack of knowledge of coffee lovers on the pattern of drinking coffee can actually be bad for health.

The right solution to solve the problem is to make designing books that can be used as a companion to relax drinking coffee. Designing a book containing about health benefits of coffee, coffee drinking patterns are correct, and other information about the coffee is packaged into a book entitled "Sundries Coffee". The book contained illustrations dimensions 21cmx21cm and manuals that use coffee as an ingredient water color illustrations and photography illustration featuring objects such as coffee beans, coffee and other beverages. From the results of the design of the author hopes that the target audience of men and women, aged 17 to 30 years old can know and apply the correct coffee drinking patterns and health benefits.

Keywords: Coffee, Books, Photography, Illustration, Health