

ABSTRACT

Unhealthy eating habits among children has been a major concern in many countries all over the world. This is due to several reasons such as the lack of exposure to educative books, the ways in which those children were being raised, huge number of unhealthy food sellers available to the children such as in their school premises, and the lack of funds to buy healthier food options. Consuming unhealthy meals could lead to illnesses in the long-term such as obesity and diabetes. Therefore, it is very important to guide children into positive eating habits since the early age to minimize the long-term negative effects. Data collection as references are obtained from the results of interviews, observations, and literature reviews. From the results of interviews with primary school teacher, street food seller, and children nutritionist, it can be concluded that the number of children consuming unhealthy foods and not knowing about the importance of having positive dietary patterns are still high. Street food sellers also admitted about the unhealthy ingredients used in the making process of street foods. From the results of school observations, the number of children who still buys and consume unhealthy foods are still high. On the design aspect point of view, children tend to love books with bright, vibrant visuals such as exciting illustrations and supporting design elements, but, with a smaller number of texts. As a result of this, an educational book was made for children aged 6-12 years so that they can be guided into healthy eating patterns.

Keywords: Guidebook, Healthy Food, Children Aged 6-12, Unhealthy Meal Consumption