

CHAPTER I

PRELIMINARY

A. Background

The results of seminar activity were carried out with the aim of conveying information to lecturers regarding the Edible Garnish for Children Lunch Box Book Design. Food is one of the important factors that could reach optimal health for human beings. At the moment, the need for food and drink is more than just a basic requirement that must be met (Muller et al., 2022). Food is something that someone could eat or drink that supports the body's needs for energy, nutrition, growth, and immunity that which nourishes the body. The nutritional composition needs to be paid attention to since babies and toddlers to adulthood, and elderly (Soenardi, 2020). Humans must eat regularly in order to increase productivity and improve health by absorption of the nutrients found in food (Gisslen, 2019). The body needs fuel for energy, food needs for growth through a combination of chemical substances to help with numerous metabolic processes to occur. The nutrients in a food provide the body that helps with human growth (Brewer et al., 2017). There are many ways and styles to serve and preserve food (Michel et al., 2015).

Food presentation is crucial and important to create a beautiful, successful, and balanced dish. First the food could be served on a plate (Piqueras-Fiszman et al., 2012). The classic plating technique is by using three basic food components, which are starch, vegetables, and main item or meat. The appearance of the food on the plate also needs to be balanced and by adding

the necessary ingredients in order to decorate the dish will complement the food and add a new flavour (Jesus, 2020). Today, a variety of take away food packaging is available, including food boxes, containers. Take away boxes might vary in design, form, and volume, although their names are occasionally used interchangeably, containers and food savers. The materials of the takeaway box are usually using different types of plastics produced from fossil and bio-based resources, with new or recycled content.

Food can also be served by using take away boxes made of Styrofoam and paper based (Jahroo et al., 2022). The third one is to serve the food using a lunch box or meal box. A lunch box is a portable food container that is typically used to carry food to and from work or school (Allison, 2018). The lunch boxes are reusable, and they incorporate silicone rubber into the lid to guarantee a tight seal. The other materials, such as aluminum, wood, and glass, were also utilized to make different kinds of lunch boxes. It has to provide a multitude of services; to protect and preserve the product (Rowson & Yoxall, 2011). Lunch boxes made by advance preparation, which demand less physical and effort. Lunch boxes are used by different varieties of age including children, young and elder employees in order to be able to complete the task throughout the day. The meal box is also known as bento, which is a packed lunch in Japan for children (Shiroma, 2020). Most often, mothers usually make lunch for their children. Children typically carry their own lunchbox from home (Osera et al., 2017).

In the UK, where almost half of school children bring a packed lunch from home. Similar patterns have been seen in Japan, where it appears that

mothers prepare their children's lunches. Based on the MPASI community, mothers prepared lunch boxes for their children in order to store the food and create an easy meal. The meal contributes a significant amount to a children's daily dietary needs (Soenardi, 2020). When addressing children's eating habits, it is crucial to investigate the knowledge, attitudes, and practices of caregivers and mothers concerning food for the kids. Children's eating habits are decided by their caregivers or parents, who buy the type of food and prepare appealing meals for them. Mothers' nutritional knowledge and attitudes were related to their young children's eating habits.

From childhood to adolescence is a fundamental period where currently children's growth both physically and emotionally begins to take shape. Based on the Ministry of Health of the Republic of Indonesia, the period of school-age children starts from the age of 5 -12 years. Currently, children have greater physical activity so that children's nutritional needs also increase according to the activities they do (Fikawati et al., 2020). So, it is important for them to get good nutrition from food that is needed in order to have a good development. Children's eating habits are not formed just like that but based on the habits given and taught by parents and caregivers. So, it takes good information and knowledge for mothers, future mothers, and caregivers to understand how to deal with the problems they face (Hermawan, 2021).

A problem that parents usually face is when young children often refuse the food given or are often called picky eaters (Hermawan, 2021). Based on research, consumption of foods that were visually appetizing and looked

attractive was higher. The eating behavior of a child is also influenced by the presentation and attractive visuals (Wansink, 2011). The food that visual appeal had a strong effect on consumption of the food. Parents should take advantage of these and offer children food that are presented in a visually appealing manner (Jansen et al., 2010). Children's desire to try new food can be influenced by visual exposure. Food that was visually appealing was consumed by children more than food that was conventionally presented (Jansen et al., 2010).

A garnish is a culinary decoration that improves a dish's aesthetic appeal and increases the appetite (Nunung & Yauchti, 2011). To put it simply, a garnish is anything that is added to a main course and might be presented by simple ingredients in various ways, simple or complex (Gisslen, 2019). It means, it refers to anything that is often edible and is prepared to improve the taste and presentation of a dish, which the skill of making garnishes is not only owned by those who are artistically gifted, but everyone could make their own (Hernanto, 2016).

Furthermore, the first impression of a dish is formed by its appearance, which includes how it looks, how it tastes, how delicate it is, and how it is appraised for its size, shape, color, and freshness (Gisslen, 2019). In order for the food to be accepted by people, clear guidelines are important, it must be provided for garnish that symbolizes the dish being presented (Kojiro, 2021). Regarding the qualities or requirements for garnish materials that must be met, some of them include: the garnish must be edible, the garnish material does not contain a strong smell, does not contain any toxic or harmful substances,

freshness in colors, as well as the garnish material does not easily fade. The neatness in shaping the ingredients, the depth of the cut or slice for ease of formation, and the color combination are all characteristics of the requirements for a good garnish (Fridiarty, 2022).

In conducting the results seminar on Edible Garnish for Children Lunchbox, several materials related to the importance of the design of this book were presented and explained so that reviewer lecturers could understand the purpose and content of the book. Due to the pandemic situation, a result seminar that had to be given to Indonesian mothers in offline was presented fully online using Zoom meetings, where it presented to the reviewer lecturers of the book design. By the chance of the online result seminar, the reviewer lecturers have the opportunity to ask questions and also provide input regarding the content and the design of the book being made.

B. Purpose

The purpose of conducting a seminar on the results of this book designed is to present information about the results Edible Garnish for Children Lunch Box Book Design for the Indonesian mothers. Whenever the presentation is delivered, the lecturer examiner will offer feedback on the book written at the time. The author will then apply this feedback to make improvements to the book design, which will then be submitted again to the examiner professor at the final assignment session.

C. Benefit

The benefits of making viewers understand the topic of the Edible Garnish for Children Lunch Box Seminar are:

1. Provide information and insight regarding the book design of Edible Garnish for Children Lunch Box to the Indonesian mothers.
2. Showing the steps for the mothers on how to make several types of easy garnishes using the book design.
3. Creating a visually appetizing lunchbox for children by the chance attending the seminar.

D. Book description

The Design of a Book for Edible Garnish for Children Lunchbox is a book design created by a team of writers. This book design provides 12 kinds of garnish using a variety of different ingredients and book design for children lunchbox that can be create using the garnish that have been made, the tools needed, and the steps in creating garnish with the ingredients and tips for creating to get a good creation of garnish.