

## **ABSTRACT**

The book design was made by collecting various data and sources related to the eating patterns of children who are often called picky eaters. It was found that children's appetite increases if the food they eat looks attractive, therefore garnishes are needed in children's lunch menus which have a big influence on children's growth and development. Based on a survey conducted, mothers in Indonesia have not used garnishes because they do not have sufficient ideas and knowledge to make easy and fast garnishes. Therefore, this design book was created to fill the gaps that exist in society. The garnish products that are made also adapt to the menu that is often made by mothers for their children's lunch menu. This data was obtained from a survey given to respondents. Then for the garnish menu that was created also used an organoleptic test which was tested on parties who have competence in that field. Organoleptic tests were carried out three times to achieve the best results. Then a survey was also conducted on the final book design which was made on a random sample and the results stated that the readers were satisfied with the book design that was made.

Keywords: Lunchbox, garnish, children