



**DESIGNING AN ACTIVITY FOOD RECIPE ILLUSTRATION BOOK TO PROVIDE INSIGHT INTO
BALANCED NUTRITION FOR INDONESIAN CHILDREN AGE 6-12 YEARS OLD**

UNDERGRADUATE THESIS

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PLAGIARISM RESULT TURNITIN

DESIGNING AN ACTIVITY FOOD RECIPE ILLUSTRATION BOOK
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INDONESIAN CHILDREN AGE 6-12 YEARS OLD

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ABSTRACT

One of the health problems in Indonesia that is currently increasing is P T M (non-communicable diseases). PTM is a disease that cannot be transmitted to other people. This disease develops slowly and occurs over a long time. Non-communicable diseases can cause obesity, diabetes, heart disease, lung disease, cancer, etc. Many factors trigger PTM, such as smoking, drinking alcohol, minimal physical activity, family health history, and can also occur due to unhealthy diet and nutrition. This disease can be contracted by all groups and ages. This disease often occurs among the elderly, but now the prevalence of non-communicable diseases is increasing in the 10–14-year age group. Indonesia will also create superior human resources by 2045. Providing balanced nutrition for children is one of the important aspects in creating superior human resources so that children can become a superior generation in the future. If PTM in children is not prevented, the government's efforts to produce superior human resources in 2045 will be difficult to achieve. Because of this problem, the author wants to provide insight into the importance of balanced nutrition and prevent the occurrence of PTM in children.

This project is in the form of an activity food recipe illustration book and includes storytelling on it.

Keywords: PTM, non-communicable diseases, recipe book, illustration, activity book, nutrition, balance nutrition

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