

BAB V

CONCLUSION

5.1 Conclusion

The design of this interactive picture book about the dangers of instant food was made in an effort to introduce children to a healthier eating lifestyle through a fun and easy-to-understand medium. During the design process, the authors found that engaging visuals, simple stories, and interactive elements can help children understand messages about the negative impacts of excessive consumption of instant food more effectively. The results of the experiment showed that children were more interested in reading when they could interact directly with visual elements, such as *Pop-Ups* and features that invited them to "get involved" in the story. These findings show that interactive books have great potential as a means of nutrition education for elementary school-age children. Overall, this book not only serves as an entertainment reading, but also as an educational tool that can help parents and teachers in introducing healthy eating from an early age. It is hoped that this book can be a small but meaningful contribution in forming better eating habits in children.

The book is designed in a square shape measuring 21 x 21 cm. The front cover features the main illustration with the author's title and name, while the back cover contains supporting illustrations and blurbs that are designed to pique the reader's curiosity. The total pages of the book are 34 pages, with 28 pages containing the main story. The content of the story describes the daily life of elementary school-age children who like to snack carelessly. Through illustrations, *pop-ups*, and various interactive elements, readers are invited to get to know the character of "the danger of instant food" and understand the consequences if the food is consumed too often. This visual and interactive approach is expected to be able to present a reading experience that is not only fun, but also provides educational education for children.

5.2 Suggestions

The author hopes that the design of this book can be a useful first step for further research. Since this interactive book is still in the early development stage, the author suggests that the next developer can deepen the material and add interactive variations to make the message conveyed more effective. If later the book feels too thick or the *Pop-Up element* is too heavy, it's a good idea to make the book in series so that it remains comfortable to use and not easily damaged when read by children.