

## ABSTRACT

A good and healthy diet is very important in balanced nutrition because it is very influential in the growth and development of children. Nutritional value has the amount and type according to the body's food needs. Based on the Ministry of Health regulations in 2018, the Ministry of Health created a new program that can meet the nutritional needs of children, namely "Isi Piringku" whose contents are divided into 3 parts, namely the first part contains staple foods or carbohydrates, the second part contains vegetables, and the third part which is further divided. into 2 parts, namely side dishes and fruits. With the new program issued by the Ministry of Health, media is needed to disseminate education to children aged 4 to 6 years and also parents. One of the suitable media for education about balanced nutrition that is used by parents and children to increase awareness of a balanced diet in accordance with "Fill My Plate" is an illustration book. Books are one of the media that can develop the ability of early childhood in behaving, thinking, and imagining. The results of this design are expected to improve education for children aged 4 to 6 years and also their parents.

***Keywords:*** *Isi Piringku, Book Illustration, Children*