Contest 26 Graphic Design: Photo Illustration

Some Helpful Hints:
A photo illustration is a type of digital art that begins with a digital photograph. Using special image enhancement software, the artist can then apply a variety of special effects to transform the photo into a work of art.

Be sure to design a PHOTO ILLUSTRATION, NOT AN INFOGRAPHIC!

An infographic helps readers visualize data with specific numbers and facts. A photo illustration helps the reader visualize an abstract feeling or concept based on the article.

Instructions:
DO NOT WRITE YOUR NAME OR SCHOOL NAME ON YOUR ENTRY.

Assignment: READ CAREFULLY — UPDATED RULES!

• Read the following article carefully. You will be trying to capture a concept from the article that couldn’t really be photographed purely on its own.

• Design one black-and-white or color photo illustration that fits on an 8 1/2-by-11-inch piece of paper. Submit a photograph that has been manipulated through Photoshop or other photo-manipulation program to accompany a story package for publication using typography and/or art and graphics.

• Contestants must shoot the photograph(s) themselves and then manipulate it using desktop publishing software. Be sure to ONLY use images you created. No stock photos/copyrighted material may be incorporated into the illustration.

Submitting Entries:

• All of the instructions for creating a PDF of your entry and uploading it into the contest system can be found at jea.org/contests

• Please read all of the instructions carefully.

• Entries MUST be submitted between, Oct. 1-23, 2019, by 7 p.m. Eastern, 6 p.m. Central, 5 p.m. Mountain, 4 p.m. Pacific, 3 p.m. Alaska and 1 p.m. Hawaii time.

• You must be present at the convention and attend the critique session on Friday or you will be disqualified.

• Do not wait until the last day! There are NO EXCEPTIONS as materials must be sent to the judges before convention begins.

WHAT JUDGES LOOK FOR

• Visually communicates an idea
• Shows originality and innovation
• Shows creativity
• Work is clean and well executed
• Artistic details fit topic or content
• Sophisticated use of illustration software
• Follows current design trends
4 Bad Food Habits Teens Have and How to Fix Them
By Amy Morin, LCSW | Updated May 24, 2019

As teens become more independent in their food choices, they sometimes enjoy indulging in some not-so-healthy options. And if their friends have similar eating habits, they may underestimate how bad their diets really are because it seems normal to eat hot dogs and cookies for lunch.

Here are the four worst food habits teens have and what parents can do to help change them.

Skipping Breakfast
According to the American Academy of Pediatrics, as many as 20 to 30 percent of teens do not eat breakfast on a regular basis. Eating breakfast can upstart your teen’s metabolism, which helps with weight control, mood, and school performance.

Parents can play a big role and try to change this behavior. You can ensure that your teen eats a healthy breakfast by making the foods readily accessible to him. Make it a part of your routine to put breakfast on the table and sit with your teen while you both enjoy a healthy breakfast. Or, if time is a problem, look for quick and healthy breakfast options that are perfect for on-the-go meals.

Eating Too Much From the “Other” Food Group
In the food pyramid, the “other” food group is the smallest section at the top. It is filled with foods that are supposed to be the least amount of servings in a daily diet. This category includes foods teens tend to gravitate towards, including high fat and calorie-laden snack foods. Quite often, eating too much from this food group doesn’t allow enough healthy foods into their diet.

Help your teen break this habit by having fruits and healthy snacks available. Try to avoid having too many high fat and calorie snacks in the kitchen as well. It is easier to grab a bag of chips than it is to pick up fruit that needs to be washed and peeled. Yet, if fewer or those "other" foods are around and you set a good example for your own snack choices, your teens can eventually change their ways, too.

Dining Out Often
Teens hit fast food restaurants much more often than they did when they were younger. This is often because their school, sports, and work schedules overlap with regular meal times.

To circumvent this bad habit, talk to your teen about only eating fast food once a week. Then make dinner and healthy food available to her when she has the time. This is as easy as fixing an extra plate and allowing her to heat it up when she gets home from sports practice or whatever activity she enjoys.

Drinking Soft Drinks
A study looking at American youths aged 6 to 17 found an increase in the prevalence of soft drink consumption from 37 percent in 1978 to 56 percent in 1998. Though these number declined between 2000 and 2010, sugary beverages remain a favorite among teens. They are also one of the primary causes of obesity and are certainly not the healthiest beverage choice your teen can make.

You can help your teen choose a healthier drink by having fruit juice and water available and not buying soda. You can also try to keep fruit-flavored carbonated water on hand. These are a low-sugar alternative that still offers a hint of flavor and sweetness and teens really enjoy them once they give it a chance.

A Final Word
One common denominator for getting teens to eat healthier and avoid these bad food habits is your active role in providing healthy foods. If you can get in the habit of making these foods more readily available to your teen, you will see a change in their eating habits. You can also set an example for your own food choices. In the end, your entire family can enjoy eating healthier.