



MOTHER MAY I? taught by Tami Taylor



ROUND 8: MOTHER ON NUTRITION

Between Mother's advice, the media and our own personal taste; our eating habits were doomed from birth. It is a constant battle to eat right and stay fit. Let's take a look at these glorious blurbs about our eating habits.



NUTRITION MOM-ISM #1

Mother says: *You can't start the day on an empty stomach*

Translation: *No skipping meals, I don't want someone calling child protective services saying I don't feed you...*



the *dutiful daughter*

will go eat a balanced nutritious meal.

Let's provide a little balance to your layout by framing it. Pay attention to the borders and create a visual frame to draw the viewer's eye into your page. This can be something as subtle as cutting decorative corners to something bold like drawing an actual frame around the edge of your background paper.

Check out the frames on Tami Taylor's "Some Day."

the *wild child*

will eat as little as possible to please mom, how else will she fit in those ultra skinny pegged leg jeans?

Try bordering just one side of your page. It doesn't have to be on the edge, allow it to anchor your page wherever you put it.



NUTRITION MOM-ISM #2

Mother says: Eat it, there are starving kids (wherever).

Translation: She didn't waste her time cooking for you to sit and whine about not liking it.



the dutiful daughter

will eat it and pretend it's something else.

What else could that nasty stuff be? What's on your food favorites list? What recipe do you love to cook? Whether it's your favorite take-out or sharing a recipe, document your favorite food(s).

Tami Taylor captured the contrasts in her sons' eating preferences in the cleverly-titled "Jack Sprat."

the wild child

can't do it. It's way too nasty.

What foods do you hate? Do you have a picky eater that refuses most anything?

Are you the pickiest in your house? Is there only one food you can't stand? Share.



NUTRITION MOM-ISM #3

Mother says: *Don't cry over spilled milk.*

Translation: *Stop crying about the mess, I can't scold you when you're already crying.*



the dutiful daughter

will regroup and work on cleaning up the mess. Let's try a time-honored method of cleaning up a mess; the cover-up method. Grab some paint and play with painting on your background; a printed background!

Check out Tami Taylor's painted background in "Happiness."

the wild child

isn't crying from sadness, she's laughing and how funny the mess looks.

Make a bigger mess; use a few different colors of paint on your layouts. How big of a mess can you make?

Dina Wakley uses bold paint colors on the background of "Art Heals."



NUTRITION MOM-ISM #4

Mother says: *Don't drink caffeine it'll stunt your growth."*

Translation: *She doesn't want to tell you caffeine makes you hyper, you will just want more.*

the dutiful daughter

will cut out caffeine and grow to great lengths.

When it came time to see how we were growing, mother would pull out her ribbon tape measure and see how tall we got. Get out your ribbon (doesn't have to be a tape measure) and use it on your pages. Use long lengths of ribbon.

Tami Taylor uses ribbon lengths artistically in "Holy Cow" on page 1. Jane Howden's use of ribbon in "What a Guy" is more strategic and linear.

the wild child

is not giving up her caffeine, no way.

Grab your ribbon and show short can be fun! Use small lengths of ribbon; this is a great time to use up those pieces you just had to save for a layout "someday".

