

Total time:  
2-4 hours



Difficulty Level:  
Easy / Normal

#### Skill Points:

- Composing with food
- Using backlighting and front fill light
- Working with depth of field
- Creating appropriate color balance

# CREATING MOUTHWATERING FOOD PHOTOGRAPHY



PHOTZY.COM

You can create awesome food photography with a smartphone and some editing software. However, there are some key considerations. The food needs to appear delicious. Color balance, lighting, and the food's appearance of freshness is extremely important.

**KEY LESSON:** Food appears best when the main light comes from the rear (backlighting). However, sometimes, you will want to use some fill lighting into the front areas. Don't let the food dry out. Set up camera and lighting first. Then prepare the food. Photograph the food while it is moist. Always color correct.

## EQUIPMENT

### - Camera

Any camera including a smartphone

### - Lens

Any close focusing lens

### - Bounce Cards

To create front fill light

### - Kitchen items props

### - Filters

Close focusing filters allow a lens to focus closer (Optional)

### - Tripod and lens hood (Optional)



TIPS!

Shooting Mode **A / Av**

Drive Mode ☐ Single shot

Focus Mode **AF-S**

Shutter Speed **1/180th** at least

Focus Points



Wider shots



Close ups

Aperture **f/5.6 to f/16**

White balance **AWB** **AUTO**

ISO **800** adjust to facilitate shutter speed

Metering ☐ Matrix/Evaluative

Format Shoot in **RAW** & correct color in post

SAMPLE PHOTOGRAPHS



A



B



C



D



E



## ACTION ASSIGNMENT!

### 1- Study the sample photographs:

**A-** A simple composition, with props, helps in the creation of a delicious looking food photo.

**B-** Backlighting, or side lighting, is essential, because it shows texture.

**C-** Foods that display strong color values will confuse the camera white balance. Shoot in camera raw and carefully adjust color balance in post.

**D-** When shooting down onto the food, depth of field is less a consideration than layout and composition. In this case, side lighting replaces backlighting.

**E-** Depth of field is important when shooting directly at food. Use it to guide the viewer's eyes. Backlight the scene, and provide a lot of fill light to the front.

### 2- Backlight your 'set' with window light. Use bounce cards for front fill light. Three priorities: backlight or side light, pleasing color, fresh looking food!

### 3- Select the food carefully. Look for flaws. Create a composition.

## HOW DID YOU DO?

- Did you properly place the focus for the composition? Is your image sharp and free of camera shake?
- Is the color balance pleasing and does the food look appetizing? Does the food appear fresh - or dried out?

READY! SET! GO! **ACTION CARDS** - **GENRE: FOOD PHOTOGRAPHY**



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# Hey there!

Let's get real for a minute... Learning photography can be super challenging! But we're here to help you every step of the way!

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2. Download these [3 Free Photography Cheat Sheets](#) to help you understand the basics.
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**Always remember:** Momentum is the key to exploring and developing your creative talents...

So get out there and take some more pictures!



**We're so glad you're here!**

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