



Tips

for food presentation and photography

Food presentation

- Get ideas and inspiration through looking at recent food magazines and recipe books.
- Do not overcrowd the plate - keep your presentation simple and keep the focus of the photo on the food.
- Odd numbers of food items tend to balance a photo.
- Make sure you use clean plates and glasses and other props - wipe them down with damp cloth to remove any crumbs, spills and finger marks.
- Think about your props-perhaps use key ingredients as a prop to help reinforce a theme.

Food photography

- Use the highest resolution as possible on the digital camera; and set it on 'white balance' to give the photo a more natural light.
- If shooting without a tripod, make sure you keep the camera steady by resting your elbows or arms on something sturdy like the edge of the table or chair.
- Pay attention to the lighting as good lighting is critical for good photography. The best light is natural light so if you are taking a photo indoors, position your food item near a window so the light is illuminating the side facing you from a slight angle.
- Do not use the inbuilt flash in the camera as it will create harsh reflections and glare.
- Consider what props you are going to use-food on a white plate often photographs better than food on a coloured plate.
- Focus on the food and fill the frame with the food.

- Take photos of different versions of the food - try several photos of the whole food product and then other photos as just a slice and decide which is better option. Is your food better served by seeing the whole plate or just a specific element of the food?
- Consider the angle of your photo as taking it from a seated position can become quite boring- some options when taking food photos include:
 - getting down very low- about 5 cm above the table-and getting tight in on your food
 - shooting from a much higher angle
 - taking a 'bird's eye view'
- Take several photos from several angles and see which angle looks best.
 - Is it perfectly in focus?
 - Is it framed right?