

**A GUIDE**

# No Props No Problem

Shooting Food Photography  
without Props

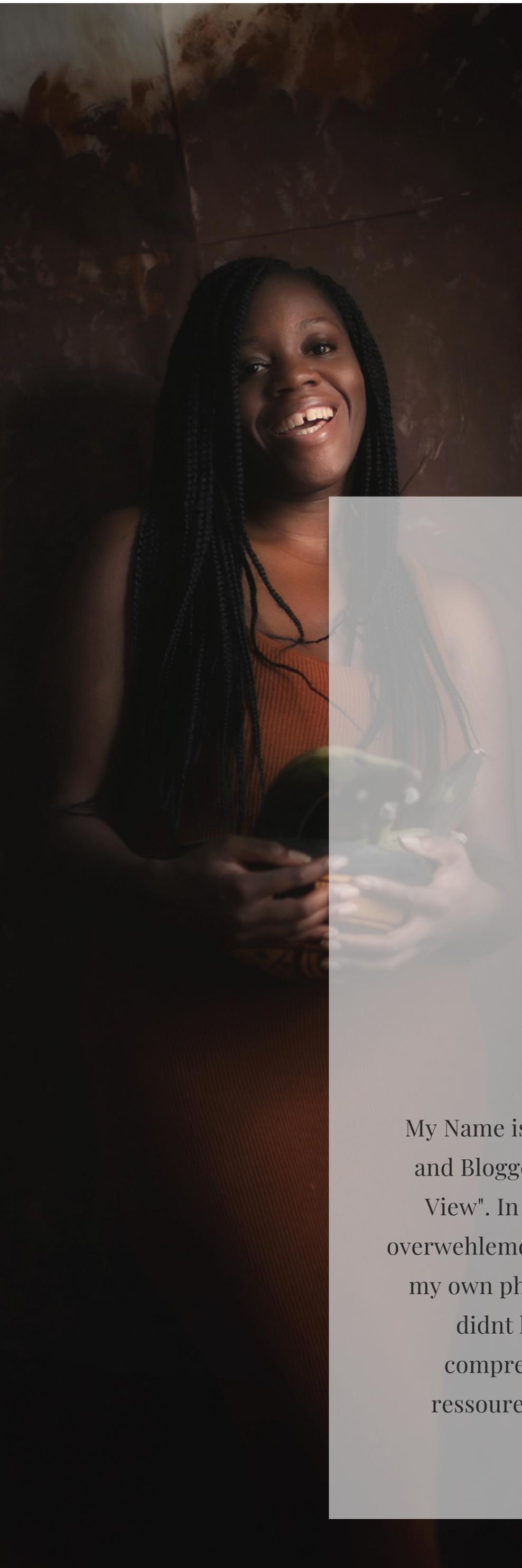
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## HI THERE!

My Name is Melissa and I am the Photographer and Blogger behind the Blog "A Sweet Pointof View". In the beginning of my journey I was overwhelmed and eager at the same time to create my own photographic style and voice. I simply didnt know how to go about it. In this comprehensive guide I will share useful ressourceces of how to develop a style with practical exercises.

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# THE HUMAN ELEMENT

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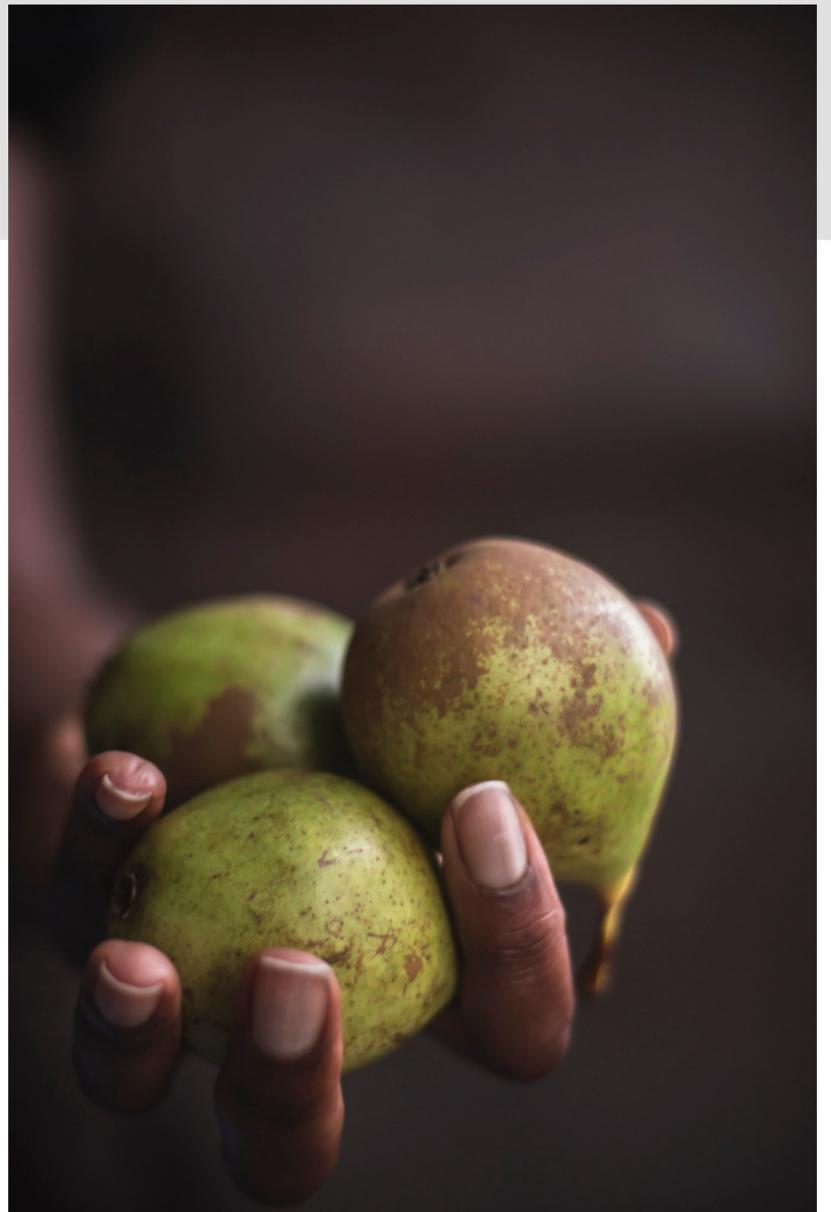
Using a human element in food photography is a creative approach that can add depth, context, and storytelling to your culinary images. Incorporating people into food photos can help evoke emotions, convey a sense of lifestyle, and make the viewer feel more connected to the food. Here are some key considerations and tips for using a human element in food photography:

## Storytelling

Humans can help tell a story in your food photos. They can be engaged in preparing, cooking, serving, or enjoying the food. For example, a chef busy in the kitchen or a couple sharing a romantic dinner can add a narrative dimension to your photos.

## Scale & Context

Including a person in the frame can provide a sense of scale, helping the viewer understand the size and portion of the dish.



This is especially important when photographing large platters, towering desserts, or tiny appetizers.

## Interaction

Capturing the interaction between people and food can make your photos feel more dynamic and relatable. Show the act of taking a bite, sipping a drink, or sharing a meal. These moments can create a sense of connection between the viewer and the subject.

# MACRO PHOTOGRAPHY

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## Use the Right Equipment

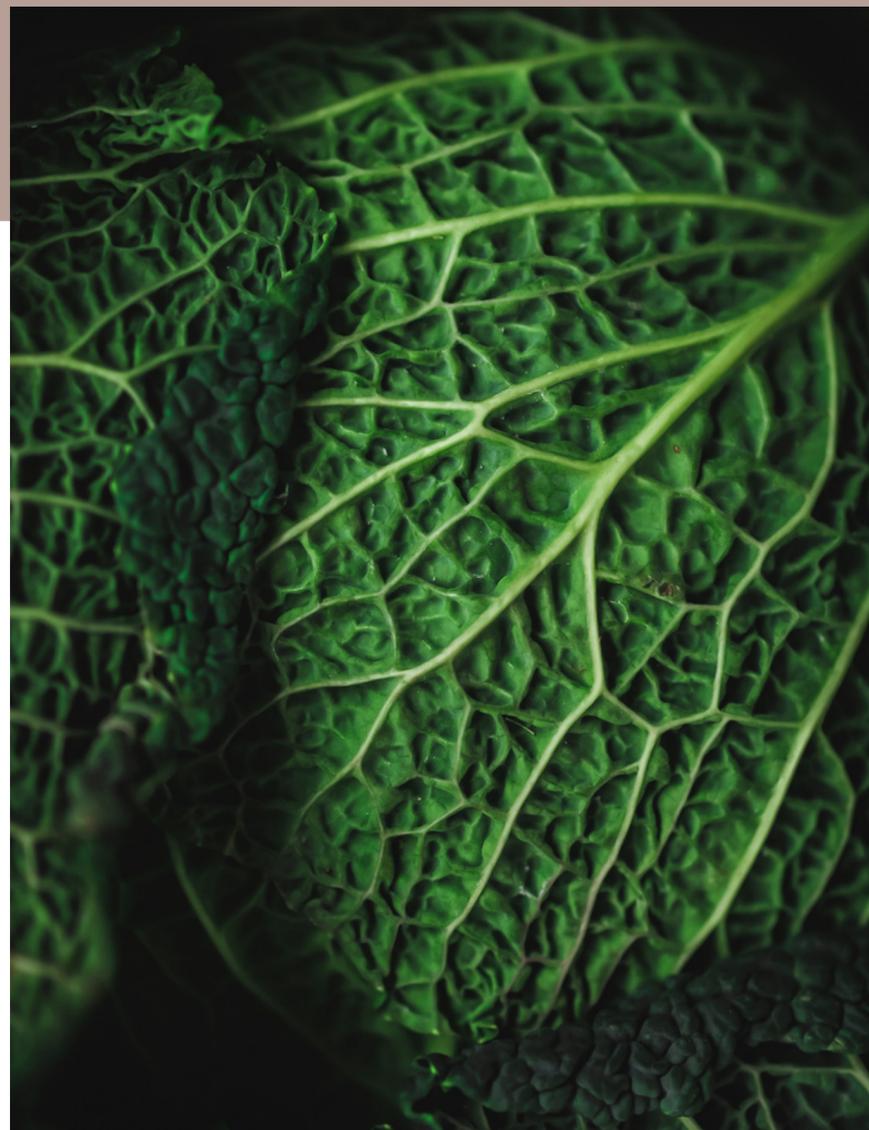
- Invest in a good macro lens: A dedicated macro lens with a 1:1 magnification ratio is ideal for capturing fine details.
- Consider extension tubes: If you don't have a macro lens, you can use extension tubes with your existing lenses to get closer to your subject.

## Select the Right Aperture

Use a small aperture (higher f-number) like f/2.8 to f/16 to achieve a shallow depth of field, allowing you to isolate specific details and create a pleasing bokeh effect in the background.

## Focus on Composition

- Pay attention to composition principles, such as the rule of thirds and leading lines, to create visually appealing macro food photos.



- Experiment with angles, like shooting from directly above or at a slight angle, to showcase different aspects of the food.

# FOCUS ON INGREDIENTS

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## **Freshness and Quality**

When selecting ingredients for props, make sure they are fresh and high-quality. The vibrancy, texture, and color of the ingredients can add life and appeal to your photos.

## **Contrast**

Use ingredients that provide contrast to the main dish in terms of color, texture, and shape. This contrast can make the main subject stand out and create visual interest. For example, if your dish is primarily monochromatic, add colorful herbs or garnishes.

## **The Focal Length**

Relevance: Choose ingredients that are relevant to the dish you are photographing. For example, if you're photographing a pasta dish, you can include fresh basil leaves, tomatoes, or a sprinkle of Parmesan cheese.



# ZOOMING IN ON YOUR SUBJECT

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## **Highlighting Details**

Zooming in allows you to focus on the intricate details of the food, such as the texture of a seared steak, the glistening droplets of sauce on a dessert, or the delicate patterns on a piece of sushi. This helps viewers appreciate the craftsmanship and artistry of the dish.

## **Emphasizing Texture**

Food photography is as much about texture as it is about taste. Zooming in enables you to capture the textures of the food, whether it's the crispy crust of a pastry, the flakiness of a croissant, or the tender layers of a cake. These textures can be visually appealing and make the viewer imagine the sensory experience.

## **Artistic Composition**

Zooming in can help you create artistic compositions within the frame. You can explore abstract angles, intricate patterns, and unusual perspectives, turning ordinary dishes into works of art.



# MISCELLANEOUS

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## **Combining all Elements**

Combine all the above elements in one picture to create the story you want to tell. This can make the image even more interesting and exciting for the viewer to explore.

