

## Filming and Photo Tips

### Lighting



- Position light from the side, or an angle from the front. If you don't have a light, natural light from a window will work. [Here's a \\$30 light from Amazon](#) that works great.
- Fill in the shadows by with something like white paper or cardboard to "bounce" light from opposite side of light.
- Match camera/phone white balance settings with the type of light being used (daylight, cloudy, tungsten, etc.) so you don't end up with oddly colored food.



### Audio



- Be aware of ambient noise.
- Listen for mixers, chopping, BOH yelling. Maybe even turn of fridge during filming
- Pick times to film when it will be slow and quiet if possible.

### Background

- Pick a background and surface that contrast will with the subject (you don't want white tablecloth with white dishes)
- Clean, tidy surface
- Make sure there's nothing in the shot you don't want people to see