

Sri Sathya Sai Institute of Higher Learning
Department of Food and Nutritional Sciences
Anantapur Campus



Report

Culinary Clicks
-A Workshop on Food Styling & Photography Basics

Detailed Report

Food photography is a genre of photography that focuses on capturing beautiful, mouth-watering images of food. Whether it's for product development reports, recipe competitions, a cookbook, a restaurant menu, or a food blog, food photography is an important skill for showcasing delicious dishes and inspiring people to try new foods. In order to impart this skill in all participants, the Department of Food and Nutritional Sciences, SSSIHL arranged a workshop on 3rd February 2024. The program was conceptualized, organized, and coordinated by Prof. N. Srividya, Department of Food and Nutritional Sciences, SSSIHL.

Session I:

The workshop commenced in the Multimedia learning center with Veda chanting by I BSc FNS students. The welcome address was given by our esteemed Director, Prof. N. Srividya, Department of Food and Nutritional Sciences. She revealed the beauty of Bhagwan's photograph sessions and ensued the participants to upskill themselves in this important art.

Ms. Sri Amrutha Thota introduced the workshop instructor Mrs. Sai Aditya, a certified Food Photographer. She took over the session to illuminate us with her profound insights through the captivating lens of food photography and styling. Her ability to seamlessly blend information with interaction created an engaging atmosphere making the learning experience not only informative but thoroughly enjoyable. The morning session concluded with vote of thanks by Ms. Saranya D followed by Mangala Arathi.

Session II:

The practical session made participants put their theoretical knowledge into action. They learned how to capture stunning food photographs using the techniques discussed earlier:

1. **Setting Up the Scene:**
 - Choosing appropriate props, plates, and backgrounds.
 - Arranging the food in an appealing manner.
 - Ensuring proper lighting conditions.
2. **Camera Handling and Composition:**
 - Adjusting camera settings based on the dish.
 - Composing shots using the rule of thirds and other principles.
 - Capturing details and textures.
3. **Food Styling Techniques:**
 - Enhancing visual appeal through styling.
 - Highlighting the hero ingredient.
4. **Post-Processing Magic:**
 - Basic editing using photo processing software's (e.g., adjusting exposure, contrast, and saturation).
 - Retouching minor imperfections.

Feedback

The participants expressed gratitude and satisfaction for the well-organized and extremely helpful workshop. Positive comments and expressions of appreciation were received from participants regarding the workshop. The event received recognition for offering a thorough grasp of food photography and quick tips. They enthusiastically shared that learning new photographic techniques was fun and educational, and it broadened their minds to the possibility of capturing food as an art, and clicking appealing pictures challenging one's appetite.