



PRESENTS

**MANUAL
MODE
PRACTICE
WORKBOOK**

Welcome! 😊

Are you struggling with manual mode and camera settings?

Are your images blurry?

Too bright or too dark?

With a lot of grain?

Struggling to shoot with low-light?

ISO, aperture, shutter speed... what?

If you're a food photographer, food blogger, content creator then **this is for you!**

This is for you if you're motivated to **take your photography to the next level and stop feeling confused about manual mode, camera settings and exposure.**

In this workbook and cheat sheet we'll show you how you can practise manual mode and understand in depth each of the camera settings that control exposure.

Once you start implementing these tips you will see **immediate improvements** whatever the subject.

So let's dive right in!

About THE AUTHORS

We are Giulia and Laura, nice to meet you! We are professional food photographers with international clients and complementary skill sets.

Laura runs a successful food photography blog, collaborates with many brands and is the queen of social media.



Giulia has years of experience working in the advertising and commercial world with big projects and brands.

We worked for some amazing clients and our work was shortlisted and finalist at the prestigious Pink Lady Food Photographer awards for a few consecutive years in many categories.

Together, we combine the expertise of 2 professionals with different skillsets to bring you the full picture on the world of food photography!

OUR MISSION:

We coach food photographers at all levels to help them feel confident to shoot images they are proud of and overcome their challenges so they can build a thriving creative career and live a fulfilled life doing what they love.



DO YOU NEED
MORE HELP?

SEND US A DM



[@foodphotocircle](https://www.youtube.com/@foodphotocircle)

SUBSCRIBE



Table of Contents

1) MANUAL MODE
CHEAT SHEET

2) PRACTISE APERTURE

3) PRACTISE SHUTTER
SPEED

4) PRACTISE ISO

5) PRACTISE LIGHT
METER





MANUAL MODE CHEAT SHEET



APERTURE

Small number - more light



High number - less light

... 1.4 | 2 | 2.8 | 4 | 5.6 | 8 | 11 | 16 | 22 ...

OPEN 

Shallow depth of field
Blurred background

CLOSED 

Longer depth of field
sharper background

ISO

Small number - less light

High number - more light



... 100 | 200 | 400 | 800 | 1600 | 3200 | 6400 | 12800 ...

LESS SENSITIVE

Less noise,
no grain in your image

MORE SENSITIVE

More noise,
grain in your image

SHUTTER SPEED

Small number - more light



High number - less light

... 1/15 | 1/30 | 1/60 | 1/125 | 1/250 | 1/500 | 1/1000 | 1/2000 ...

SLOW

Motion blur and
camera shake

FAST

Freeze motion
sharp image

The shutter speed is measured in fractions of a second.
That is why a smaller number is actually slower, it represents a longer portion of a second.



FOOD
circle
PHOTO

PRESENTS

PRACTISE APERTURE

PRACTISE APERTURE

1. Place the camera on a tripod. Shoot at a 45-degree angle for this exercise.
2. Place your subject on a table by the window, with the window to the left or right of the subject.
3. Create your composition, set your scene and do your styling.
4. Set your camera to aperture priority (A or Av mode).
5. Set your ISO to 400.
6. Shoot at your widest aperture (lowest number). See how your subject pops and stands out against the blurred background.
7. Shoot at a closer aperture, f 8, f 11 or f 16. See how your subject and background are sharper.

TAKE NOTE

1. Notice how your story and subject changes based on how you adjust the aperture setting.
2. Look at both pictures and choose the aperture you like the most for your subject. It can be anything in between the widest (lower number) and the closest (higher number)
3. Notice how your shutter speed change based on the aperture you chose!
4. What's your shutter speed at the widest aperture?
5. What's your shutter speed at f 8?
6. What's your shutter speed at f 16?



FOOD
circle
PHOTO

PRESENTS

PRACTISE SHUTTER SPEED

PRACTISE SHUTTER SPEED

1. Place the camera on a tripod.
2. Place your subject on a table by the window, with the window to the left or right of the subject.
3. Choose a subject that you can dust with icing sugar or chocolate powder.
4. Create your composition, set your scene and do your styling.
5. Set your camera to shutter priority (S or Tv mode), use a wide aperture (low number).
6. Set your ISO to AUTO
7. Set the camera to continuous shooting mode.
8. Ask someone to perform the action or use the self timer or use a remote trigger.
9. Shoot with a slow shutter of 1/60 sec. See how the camera captures the movement.
10. Shoot with a faster shutter of 1/1000 sec. See how you are able to freeze the movement.
11. Notice how your other settings change based on the shutter speed in both cases!



PRESENTS

PRACTISE ISO

PRACTISE ISO

1. Place the camera on a tripod.
2. Place your subject on a table by the window, with the window to the left or right of the subject.
3. Create your composition, set your scene and do your styling.
4. Set your camera to aperture priority (A or Av mode) and set the aperture to f 5.6.
5. Shoot a series of pictures starting from ISO 100 and for every photo increase the ISO by 1 stop until you reach your highest value.
6. In Lightroom or on your computer, examine the pictures. Zoom in to 100% of the picture size and analyse how the noise increases as the ISO increases.
7. Notice how the shutter speed changes based on the ISO.
8. Take a note of the ISO value at which the noise becomes very evident and your image is grainy.
9. Learn your camera and its limits!



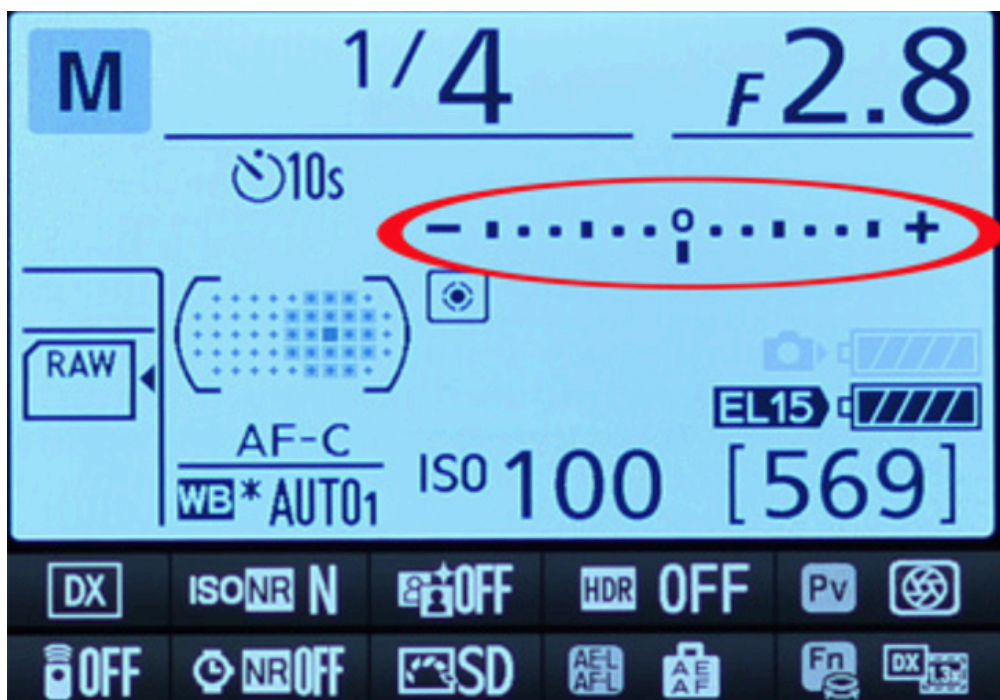
PRESENTS

PRACTISE LIGHT METER



PRACTISE LIGHT METER

1. Place the camera on a tripod.
2. Place your subject on a table by the window, with the window to the left or right of the subject.
3. Create your composition, set your scene and do your styling.
4. Set your camera to manual mode (M mode).
5. Find your light meter on your camera. Check your camera user manual (or the internet) to find it on your exact camera make and model.



PRACTISE LIGHT METER

1. set your aperture to the lowest number (widest aperture)
2. Set your ISO to 400
3. Change your shutter speed until the light meter is on 0. This is correctly exposed.
4. Change your shutter speed again until the light meter is on +2. This image is overexposed and very bright
5. Change your shutter speed again until the light meter is on -2. This image is underexposed and very dark
6. Notice how your exposure changes based on how you adjust the light meter right or left.
7. Now do the same by changing the aperture and ISO.
8. Remember: if you change one setting, you need to change at least another one to obtain the correct exposure. It is usually better to have your light meter close to 0.