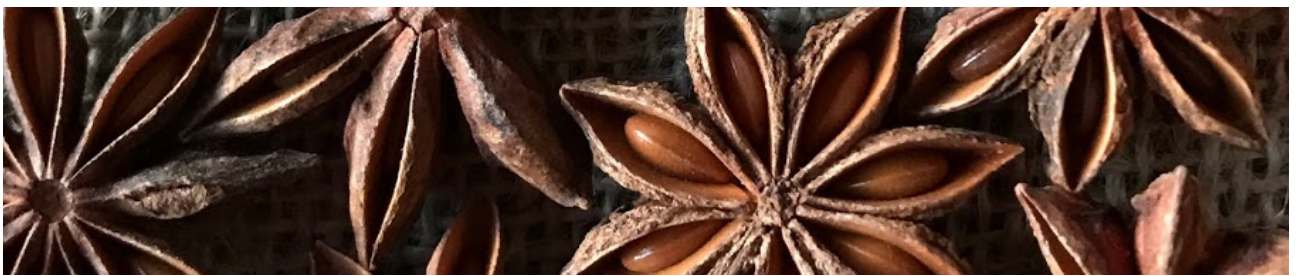


# 52 food frames...

one food photography project a week in 2017

We are all busy people and I know squeezing your photography in can be a challenge sometimes. If you are blogging, developing recipes, running your services etc., there is a temptation to go with a quick snap and move on. Deliberate practice is not the only answer but it can be a real help in improving our photography.

If we are feeling too busy or just short of ideas it is easy to put the practice to the end of the list and carry on with the other things we need to do. So here are a few ideas to keep you going in 2017. There's no need to commit to them all if that feels like too much, drop in and out if you need to. If you follow it from the beginning of January the ideas are roughly seasonal.



**1. Perfect peppers:** select a pepper or peppers of your choice and create an appetising image. You can keep them whole or cut them up, entirely up to you

**2. Many Mushrooms:** choose three different varieties of mushroom and create a balanced composition

**3. Go green:** Using only green foods - they could be baked, fruits or vegetables - create an appealing photograph

**4. Spoons and spices:** this photo must include up to five spoons (of any size and shape) and a selection of your favourite spices

**5. Bokeh background:** create a photograph with food of our choice that has a beautiful Bokeh background

**6. Mirror image:** choose a single ingredient and using a mirror create a reflected image. You can place the mirror flat on the table or stand it to

one side, entirely up to you. Just make sure you and/or the camera are not reflected too!

**7. Lovely liquids:** using any liquid (milk, wine, cream, nut milk, juice) try and capture shots of pouring it into a glass, jug or bottle



**8. Super soup:** heat a bowl of hearty soup and try and capture it's comforting warmth

**9. Dried design:** using only dried ingredients create and photograph an abstract design

**10. Market marvels:** if you have a market, or even some foodstalls near you take some photos that really show off what they have on offer. You may need to ask permission.

**11. Natural nutrition:** take a photo of something growing, it can be whatever you like from the humble lettuce to the mighty cooking apple!



**12. Spring salad:** using seasonal ingredients make and photograph a dazzling salad. The best way to shoot salad is to pile it high and keep it light, let the light come through!

**13. Summer sizzler:** show off your best BBQ food; ideally make it a location shot showing the BBQ in action!

**14. Celery challenge:** make the humble celery look beautiful! Cook it, cut it, arrange it, whatever it takes

**15. Helping hands:** show someone's hands either making a dish or carrying food to the table

**16. Monochrome magic:** style a dish or ingredients and take a black and white photograph

**17. Seasonal supper:** make (or buy) your favourite seasonal meal and show it set out on the table

**18. Simply simmering:** prepare (or buy) a hot dish and see if you can capture the swirling steam when it is served

**19. Red raw:** you have a choice of meat or vegetables but it must be raw and it must be red!

**20. Perfect picnic:** either photograph picnic foods being prepared or style your perfect picnic and photograph the result

**21. Onion ovation:** style a tribute to the marvelous onion and capture it in all its glory

**22. Glorious greens:** try and create a photograph of green vegetables that would appeal to even the hardest anti-green diner!

**23. Beautiful berries:** style a collection of your favourite berries, showing them off in all their wonderful shapes and colours. Capture them in your photograph

**24. Mighty Macro:** Choose one ingredient and take a photograph as close as your camera/lens will allow. If you choose an ingredient with lots of structure like a Romanesco Broccoli or Savoy Cabbage you will probably have a wider choice of images

**25. Essential eggs:** using as many or few eggs as you like show them off at their best

**26. Simple sarnies:** make a sandwich with your favourite fillings and create a photograph that will make it a favourite for others too!

**27. Fabulous fish:** this is an opportunity to showcase some fabulous fish either cooked or raw. If you are vegetarian or vegan use an alternative - try and capture texture, colour and form of whatever you use



**28. Cake crumbs:** cut a slice from a large cake and remove it. Sprinkle some crumbs and tell the story of the cake with your camera

**29. Just juice:** make or buy a juice (fruit or vegetable) and style it appropriately. Capture its colour and promote its beauty with your camera

**30. Summer scene:** create a photograph that speaks to you about the best of summer foods

**31. Feeding frenzy:** take a photograph that shows the aftermath of a wonderful feast or party that everyone has enjoyed. What is left on the table?

**32. Love light:** using a setting with as much natural light as possible and a bright colourful dish take a photograph that is full of light and air.

**33. Stylish splashes:** time to have a bit of fun. Pick a dish or drink and create some drips, spills or splashes. Show the messy results and don't forget to be careful with your camera!

**34. Crazy cupcakes:** bake or buy some wild and wonderful cupcakes. Take a photo that makes your mouth water!

**35. Lovely Limes:** Take a photograph of a dish or drink where Limes are a key ingredient

**36. Succulent slices:** slice up a foodstuff of your choice (meat, fruit, veg, cakes or bread etc.) and style and photograph the result

**37. Beautiful brown:** another challenge! Select a number of brown foodstuffs that might not be the prettiest in the world. Style and photograph them to make them attractive

**38. Fizzy Fiesta:** pour a fizzy liquid into an appropriate glass and capture some of those fabulous bubbles.

**39. Only one:** create an attractive photograph using just one ingredient. You can use as many props as you like but just a single foodstuff. It could be a fishcake or a beanburger (no bun or salad!) or single ingredients like a Pineapple or a Vanilla pod

**40. Apple applause:** photograph an apple to show off its succulent features

**41. Pancake party:** style and showcase the wonders of the pancake (of any kind). You can buy them ready made if you don't want to make your own

**42. Wonderful wildcard:** this one leaves the choice entirely up to you. You might photograph something in your fridge, your breakfast or a favourite meal. Go wild!

**43. Great grapes:** showcase the beautiful grape. You might want to style them simply as a bunch or include other ingredients such as cheeses

**44. Foul food:** here's a chance to have some fun – pick your least favourite ingredient and photograph it with love!

**45. Little luxuries:** style a selection of petit fours and photograph them as if you were doing a shoot for a food magazine

**46. Mood making:** time for something dark and moody. Style and light a dish or ingredients to give them an atmospheric feel

**47. Best biscuits:** this photograph should be all about showcasing biscuits. Any style, any shape and very tempting

**48. Creative cuppa:** make a hot drink and capture its warming glow

**49. Sculptural study:** using a number of ingredients sculpt and arrange them in an unusual way. Ideally, take a photo where the viewer has to look twice to work out what it is

**50. Perfect pudding:** style and photograph your favourite desert. Show it at its absolute best and make the viewer want to make it their favourite too!

**51. Christmas crackers:** capture the beauty of a festive feast

**52. Splendid sprouts:** yes, this one's a bit of a challenge. Photograph the much maligned sprout to show it at its best

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To share your photos, upload them to Instagram and tag them with **#52foodchallenge**  
I look forward to seeing what you do!

**Dawn**

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