

FOODPRINT

HOW TO PHOTOGRAPH A PORTRAIT

STEP 1 | UNDERSTANDING 'THE PORTRAIT'

- What can you tell about the gentleman in this photo?
- What might his personality be like?
- What kind of work do you think he does?
- What makes you think that?

Can you also try to guess the tone or mood of the image? Do you think it's serious? Cheerful? Calm? Something else? Why?



STEP 2: BASIC PHOTO COMPOSITION TECHNIQUES

ANGLE



© Elena Heatherick, Foodprint
Elena shoots a straight-on shot



© Chris de Bode, Foodprint
Chris uses a bird's eye view

*What is the difference of these two images?
How close do you feel to these individuals?*

DEPTH OF FIELD



© Chris De Bode, Foodprint

In this image the background is dark and blurry. What do your eyes focus on?



© Chris De Bode, Foodprint

Here Chris also emphasizes the environment where the doctor is located. Why do you think he does this? Do we usually imagine a doctor in a garden?

SUB-FRAMING



© Chris De Bode, Foodprint



© Chris De Bode, Foodprint

*What subframes does Chris de Bode use?
Where do they guide the viewer's attention to?*

DISTANCE



© Maria Contreras Coll, Foodprint



© Maria Contreras Coll, Foodprint

Maria Contreras Coll photographs the same woman at close and wide distances. How does the information the viewer sees in the two photographs differ?



© Myrto Papadopoulou, Foodprint



© Myrto Papadopoulou, Foodprint

Myrto Papadopoulou makes great use of natural light, reflections and shadows in the above portraits.

*What feelings do you have when you look at these portraits?
Stress, anger, calmness?*

LIGHTING | INTERIOR SHOOTING



© Maria Contreras Coll, Foodprint



© Chris de Bode, Foodprint

*Maria uses a natural light source, while Chris uses refrigerator light.
Do you see any difference in the harshness of the light?
What feeling do the two types of lighting create?*

IMAGE ORIENTATION



© Maria Contreras Coll, Foodprint



*In Portugal, Maria Contreras Coll experimented with framing photography.
Which one do you like best?
What is the difference between the two versions?*

STEP 3 | THE PHOTOSHOOT!

WHAT ELSE SHOULD I KEEP IN MIND?

- Your subject's pose
- Their expression
- Their clothing
- Where they are looking
- The settings of the photo
- The objects in the frame
-

MAKE YOUR SUBJECT FEEL COMFORTABLE!

STEP 4 | CHOOSING AN IMAGE

- Does my image represent the personality and story of my subject?
- How can I describe the image in a few words?

WE CAN'T WAIT TO SEE YOUR PORTRAITS!

