

GOOD

FOOD

World Food Day

Including a Workshop on Use of Histogram

STRONG COMMUNITY

FULL HEARTS

Akwantu Global Images

2024-10-16

All photos © the respective artists.

Histograms - how to use them.

A Histogram is a graph of the amount of light at different frequencies within a photo. It is not necessary to have every part of the photo at the same level, but it is important to have the histogram within certain limits.

The peak of each level is also not vital. Histograms can be used with both color and black-and-white photos, the principles are the same.

1. Expose your photo so the bulk of the histogram is to the right.

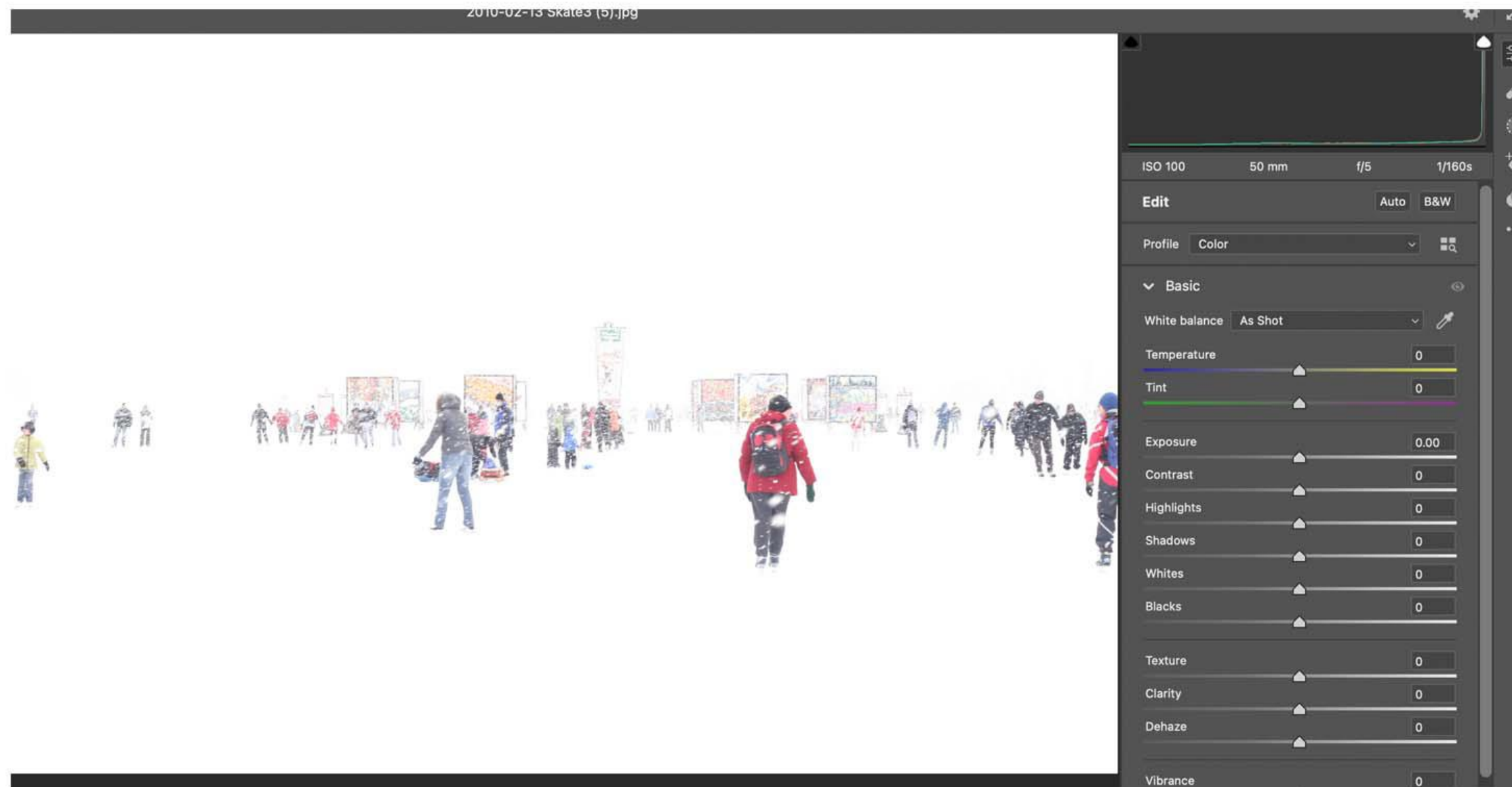
2 Ensure that the furthest right (white level) and the furthest left (black level) are both within the frame of the histogram. It is not essential that the histogram touches either the left or right extreme.

Here is an example of a 'perfect histogram' -right skewed, within the limits, and with color peaks at the top of the histogram frame. The separate peaks show that there is good contrast within the picture. The picture was taken at f11 aperture and 1/80 shutterspeed



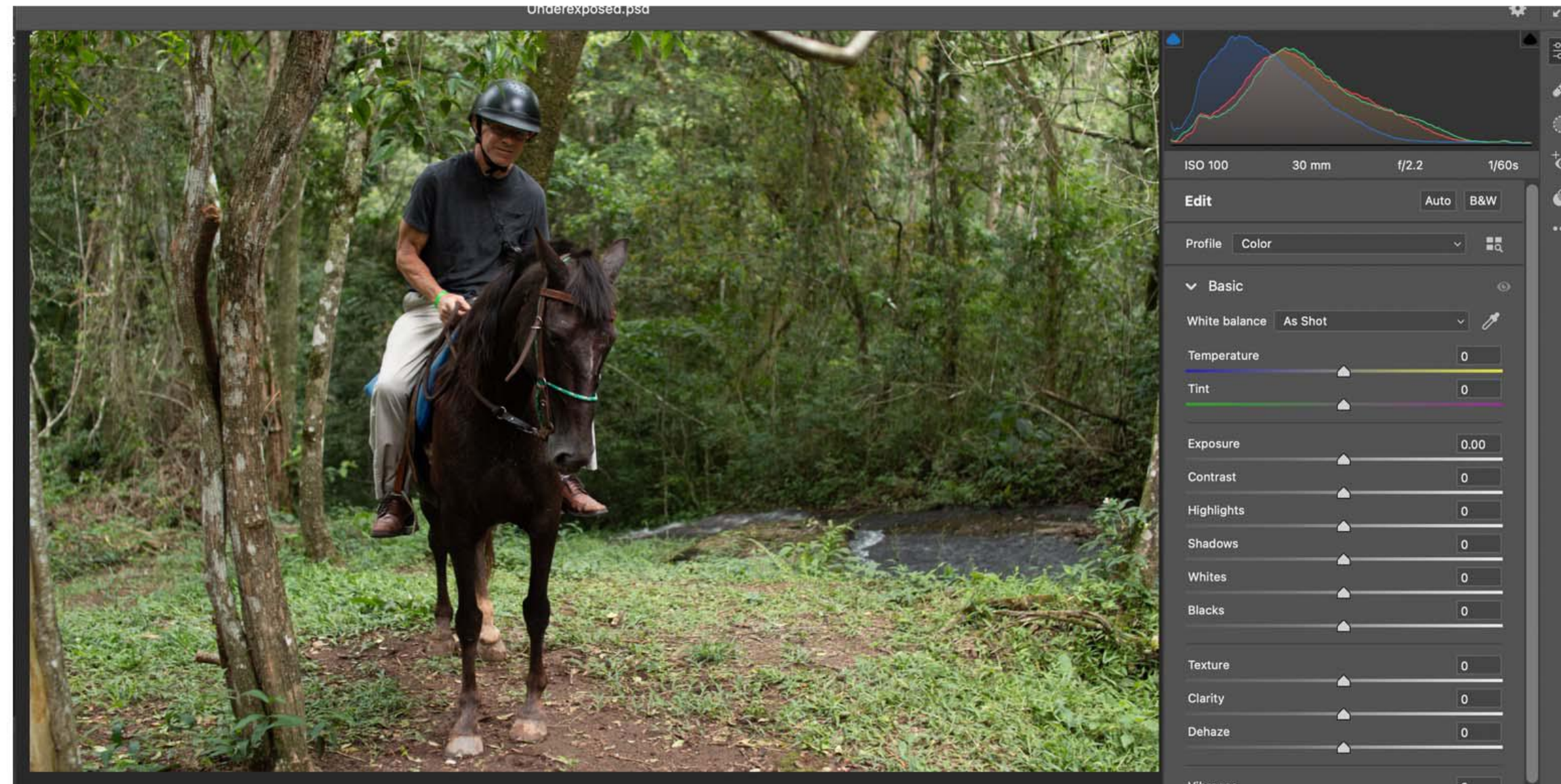
Histograms - how to use them.

Here is an example of an overexposed photo. Note the histogram is crushed completely to the right, with a vertical cutoff right against the frame, and no light at all in the left, i.e, no dark parts.



Histograms - how to use them.

Here is an example of an underexposed photo. Note the histogram is skewed to the left, with a vertical cutoff left against the frame, and a very small amount to the right, i.e, no light parts.





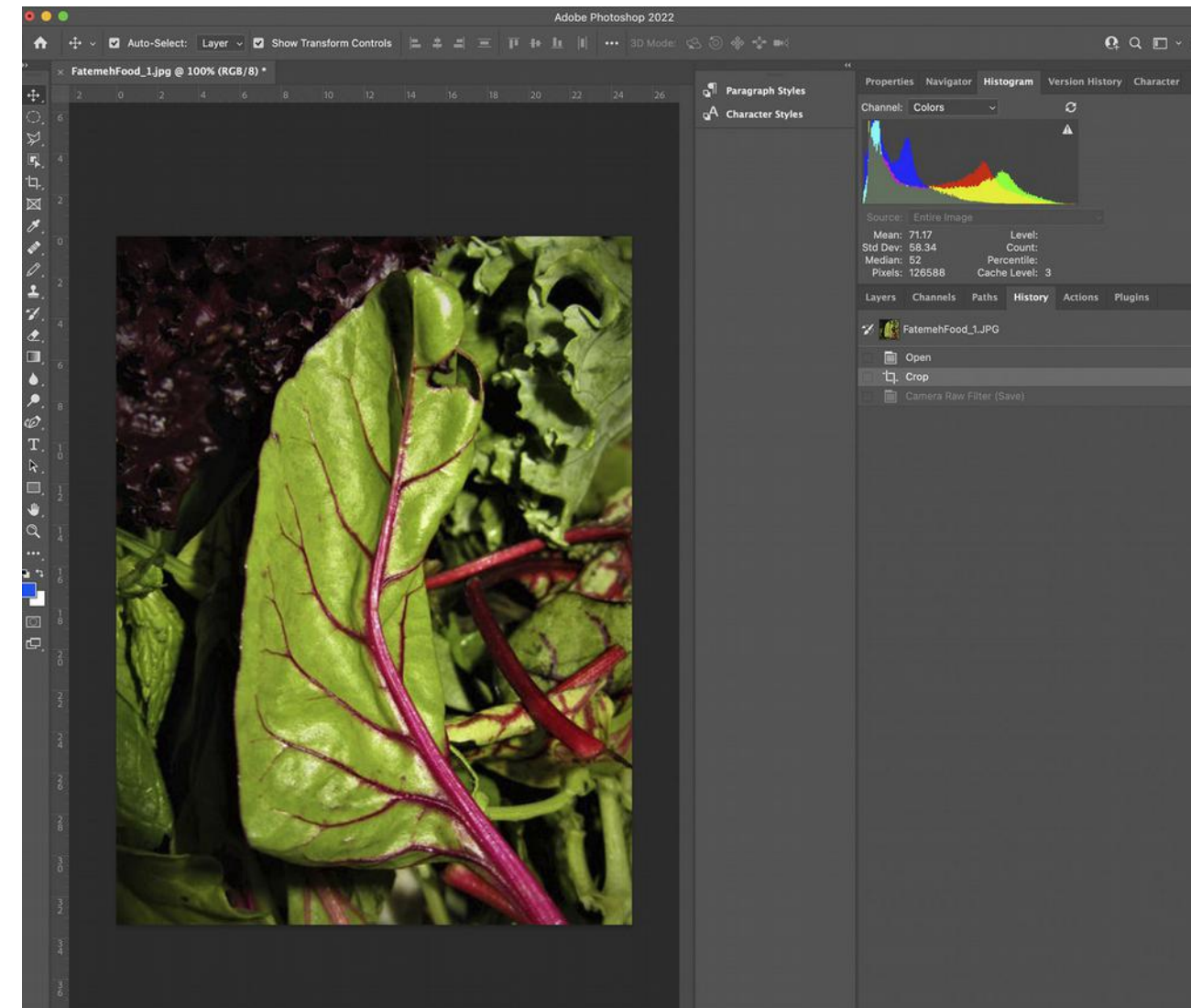
Three Sisters – by Bill



Out Of Its Gourd – by Babs

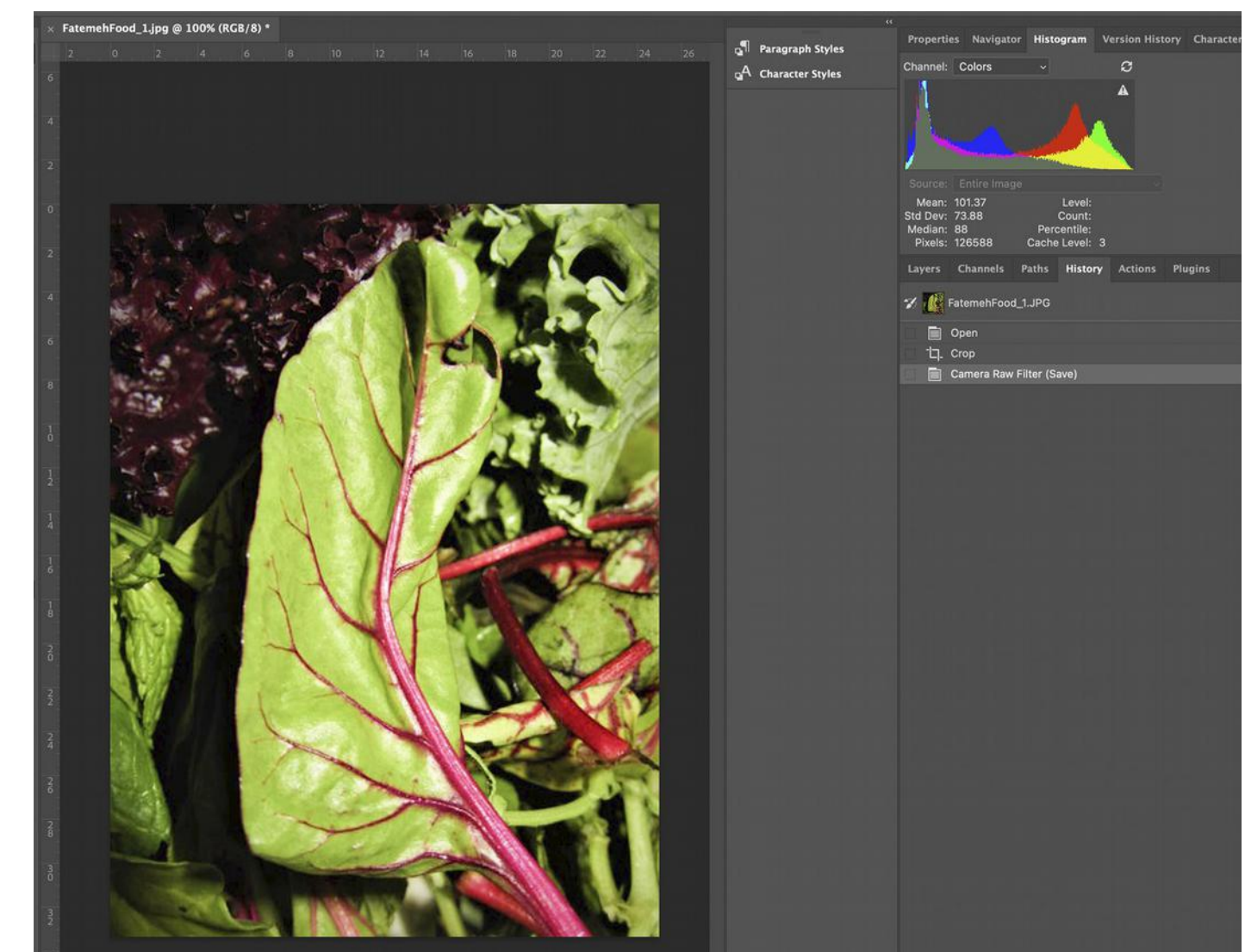


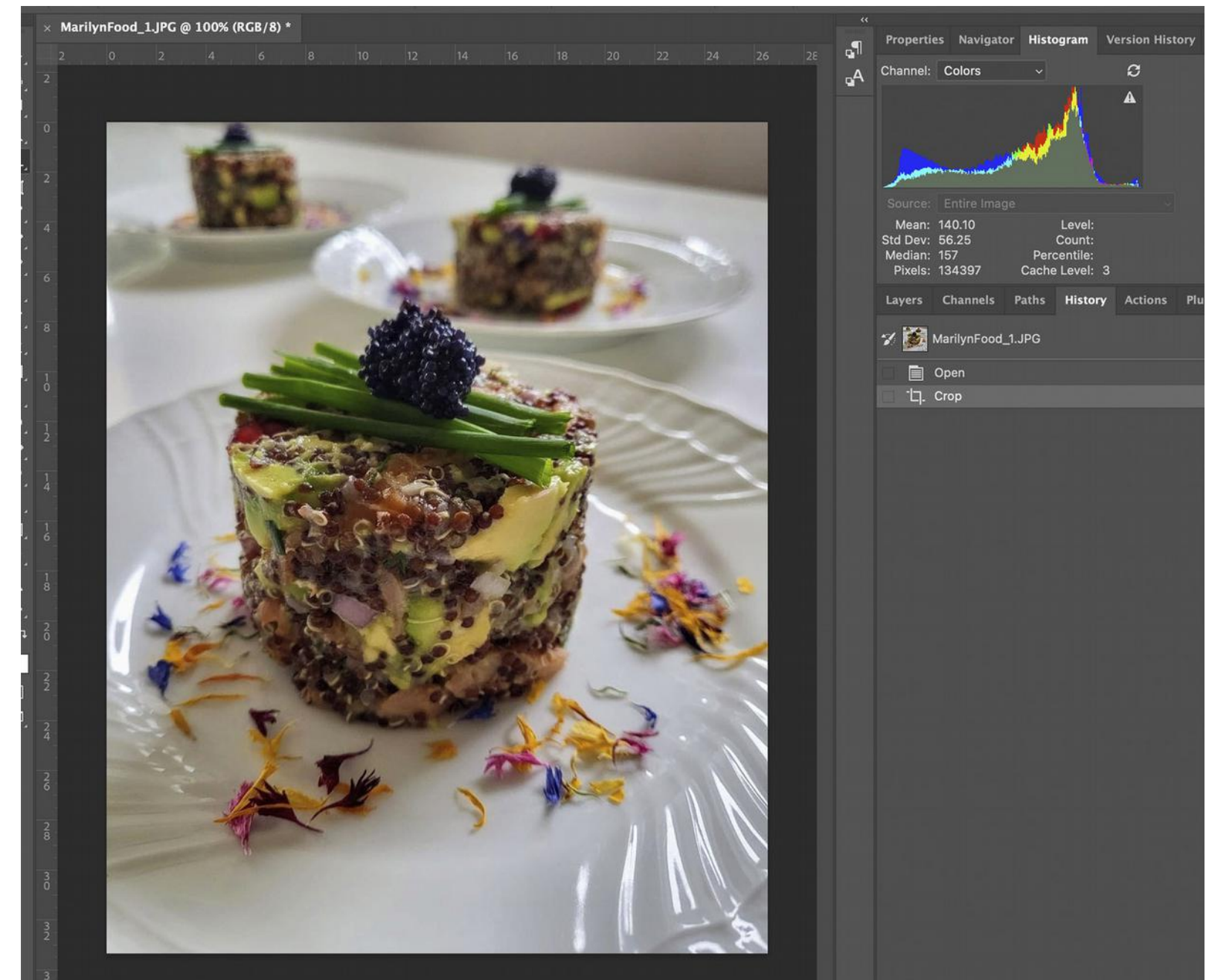
Blood Capillaries – by Fatemeh



Underexposed – left skewed histogram

Properly rebalanced histogram (increased exposure)





Underexposed – but
still within limits

Memories of Food by Marilyn



A Mess of Mushrooms by Paola



Celebrating Flavors – by Richa



This is Not Food For The Soul – by Malek



Naughty But Nice – by Hellen



Still Life with Light and Shadow – by Natalie



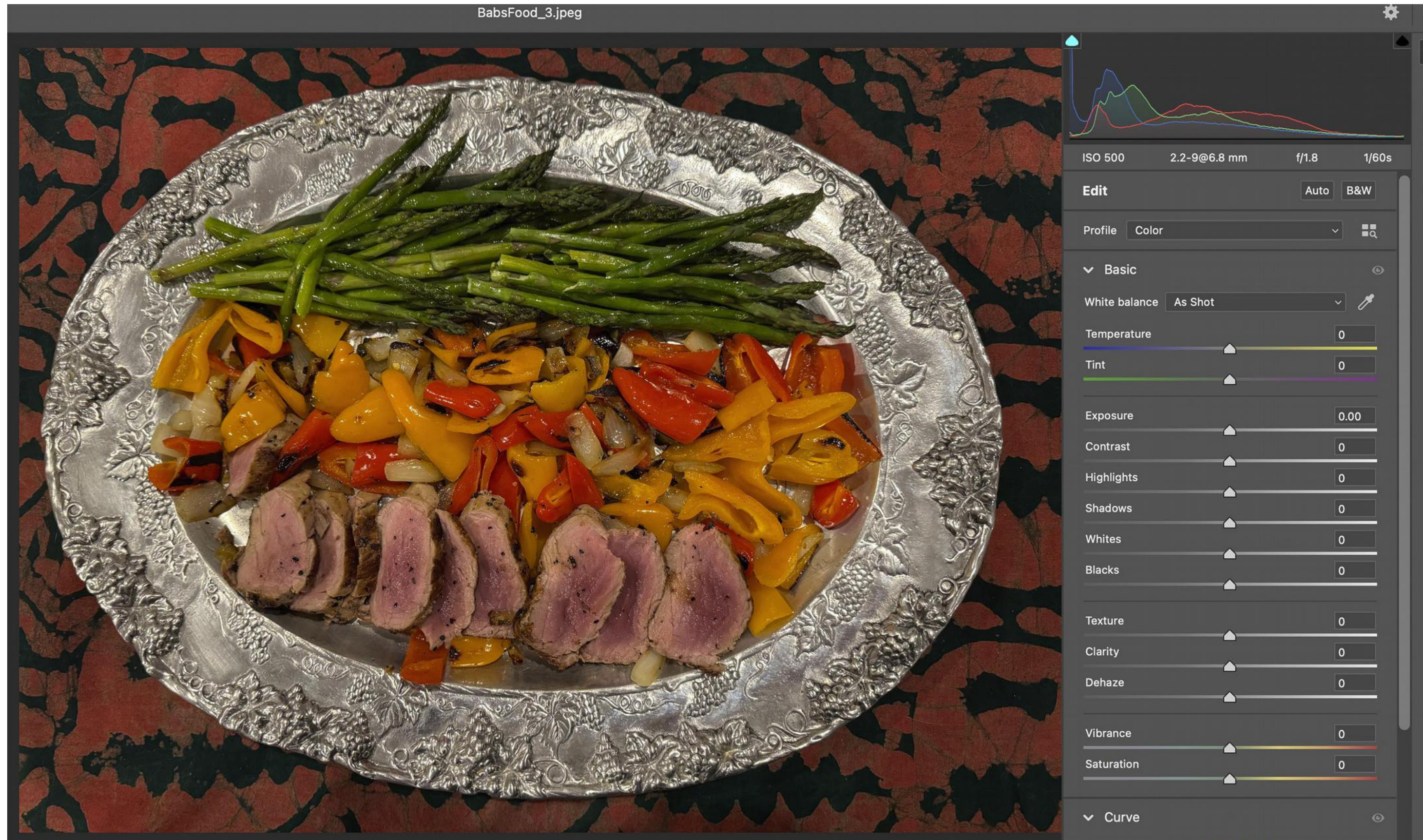
Exposure is good, but benefits from a tighter crop



A Last Taste of Summer by Claire



Parkdale Food Centre Volunteers by Bill
Consensus is the exposure is good, but could use a tighter crop



My Dinner for Rob – by Babs
Histogram shows underexposure



Brighten by adding exposure



Fried Onion with Thyme – by Fatemeh
Unfortunately completely out of focus -but good exposure!



The Leaning Tower of Chocolate - by Marilyn



Trofie al Pesto – by Paola
A Perfect circle showing good control of camera level.



Eat Your Heart Out – by Richa



Lebanese Humus – by Hellen
This is overexposed and detail in the highlights is lost.



Exposure darkened and contrast boosted



Best Bad Food In Town – by Natalie



Pumpkin Time – by Bill



Canadian Oysters, Cider and Freinds – by Babs



We are Ready For Frying – by Fatemeh



Caviar? - by Marilyn



Sunset Spritz – by Paola. Good Exposure, Great Composition, Good Colors. Gold Star!



Looks Can Be Deceiving – by Richa.
Deceptively simple picture, good use of
negative space.



The Wishing Table – by Natalie

Photo Of The Month

by popular vote

**October 2024 -
World Food Day**

**Sunset Spritz
by Paola**



Equal Honorable Mentions

**Not Food For The Soul
by Malek**



**Pumpkin Time!
by Bill**



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