



## Cooking Contest Video Guidelines & Tips

### Camera Tips

1. If using a cell phone or similar device:
  - a. Videos must be in **landscape** orientation.
  - b. Be sure to check that the lens is clean.
  - c. Do not use the zoom feature while filming.
2. Ensure that the area is well-lit.
3. Avoid backgrounds that are overly “busy” or drab, such as in front of a window with closed mini-blinds.
4. Ensure that your workspace isn’t cluttered.
5. Select a quiet location to avoid noise interference.
6. Place the camera on a solid surface to avoid any shaking.
7. Avoid taking “selfie” videos or holding the camera to film yourself. If you would like to show close shots of cooking methods or food preparation, consider asking someone to hold the camera steady for you.
8. Consider writing out what you plan to say in advance and make cue cards if you prefer.
9. Speak naturally, clearly, and not too quickly.

### Framing Tips

- Top of frame is 2-3 inches from the top of your head
- Bottom of frame should align with the edge of your work space
- Centered horizontally in frame

*See next page for sample framing shots*

## Sample Framing Shots

