Exposure Compensation:

Set-up:
Set up sheets of ==white and black Bristol board==. (Idea: put two chairs on a table and ==tape== the Bristol board to the chair. The photographer then has a convenient working height.

1. Set your camera to Aperture priority. Choose the lowest f number (f. 1.8 - 2.8 - 3.8)
2. Set your ISO to 400
3. Turn on autofocus.
4. Set camera metering mode to Spot or Centre Weighted and set up in one position.
5. Point the metering spot at the black object so it fills the entire metering area. Take the picture.
6. Change the exposure compensation so it is set to underexpose by one stop -1, or a scale with tick marks and one should be labeled '-1'. Take a picture.
7. Reset exposure bias to zero 0 and point your camera to the white object so that if fills the metering area. Take a picture.
8. Change the exposure bias to +1 and take a photo.

You will have four images. Looking at the two sets, which exposure makes the object look more like its actual colour.