If you'd like to test your camera's image quality at different ISO settings, set your camera mode to AV (Aperture Priority). The goal is to test your camera's ISO capacities and how it holds up under the pressure of high ISO's. Go outside into the open shade. Make sure the flash is turned off. Shoot an image at 100 ISO and move up incrementally through your camera's available ISO settings all the way until you reach your camera's maximum ISO. Your camera should make up for the extra sensitivity of the sensor by shortening the shutter speed. Open the images on your computer and check the quality. Study the images and determine what you feel is a good ISO range that still maintains image quality for your particular camera. If you'd like to post your results, please do! We can all benefit from your experiments!