You can add a picture to PowerPoint from the Insert menu.

Select Pictures and find a picture on your computer or online. When the image is selected, you can crop it with the Crop function.

You can select to crop to a specific format or crop the image yourself by dragging the handles on the edges. Accept the crop by clicking on the image from outside the area.

If necessary, you can reduce the size of the PowerPoint presentation by compressing the pictures from Compress Pictures.

Select the appropriate resolution. For example, in a recorded video, sufficient accuracy for the images is 98 ppi.