**Eat well plate**

**Find the angle for each food group:**

|  |  |  |
| --- | --- | --- |
| **Food group** | **Percentage (%)** | **Angle( ̊)** |
| **Fruit and veg** | **40** | **10% of 360=36**  **40% of 360= 144**  **36x4= 144** |
| **Carbohydrates** | **38** | **10% of 360=**  **30% of 360=**  **5% of 360=**  **1% of 360=**  **3% of 360=**  **38% of 360=** |
| **Dairy** | **8** | **10% of 360=**  **5% of 360=**  **1% of 360=**  **3% of 360=**  **8% of 360=** |
| **Protein** | **12** | **10% of 360=**  **1% of 360=**  **2% of 360=**  **12% of 360=** |
| **Fats** | **1** | **10% of 360=36**  **1% of 360=3.6** |