**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** |