**Eat well plate**

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

|  |  |  |
| --- | --- | --- |
| **Food group** | **Percentage (%)** | **Angle( ̊)** |
| **Fruit and veg** | **40** | **10% of 360=**  **40% of 360=** |
| **Carbohydrates** | **38** |  |
| **Dairy** | **8** |  |
| **Protein** | **12** |  |
| **Fats** | **1** |  |