**Eat well plate**

**Use a calculator to find the angle for each food group:**

|  |  |  |
| --- | --- | --- |
| **Food group**  | **Percentage (%)** | **Angle( ̊)** |
| **Fruit and veg** | **40** | **360÷100 x40=** |
| **Carbohydrates**  | **38** | **360÷100 x38=** |
| **Dairy**  | **8** | **360÷100 x8=** |
| **Protein** | **12** | **360÷100 x12=** |
| **Fats**  | **1** | **360÷100 x1=** |