We have gone through the food circle and the plate model in class and now you are going to give examples of different types of foods and ingredients included in the different groups.

Food circle: Write at least three examples of foods in each group. Example: Vegetables: Tomatoes, eggplant, arugula

Plate model: What would you fill your plate with if you could choose? Write based on the plate model and briefly explain your choices.

You write in the document “My food circle” and hand it in by Wednesday, September 18 at 15.00.

Please look at the attached pictures to help you remember what the food circle and the plate model mean.