May 16th to 20th 2022

National Week of Agriculture in School

THE FOOD PLATE MODEL

TARGET AUDIENCE

5th grade to 6th grade

GOALS

- To learn or deepen understanding of the food plate model
- Put into practice and understand the importance of a balanced diet
- Know about and recognise the Common Agriculture Policy's objectives

MATERIALS

- The food plate model
- Food images (for cutting purposes)
- Price table (before CAP and after CAP)

PROCEDURE

- Presentation by the teacher on the food plate model, the importance of a healthy diet and the main objectives of the Common Agricultural Policy (CAP).
- With the cut food images at hand, students (individually or collectively) are invited to arrange a set of meals for a day with the objective of having a balanced diet. Since there are two price tables (before CAP and after CAP), students can simulate a grocery shopping situation in these two different scenarios.
- Students will always have a limited budget of 10 euros. The budget is meant to be used to buy various foods.
- During the classroom activity, the teacher is encouraged to ask questions to students, as well as to explain in detail the food plate model and the Common Agriculture Policy.

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THE FOOD PLATE MODEL

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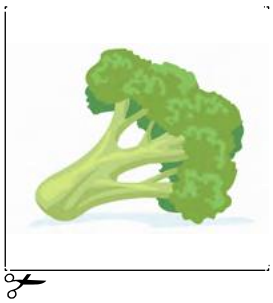
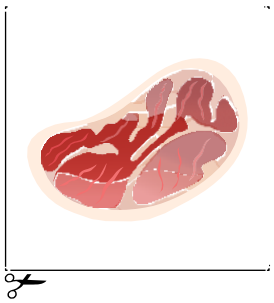
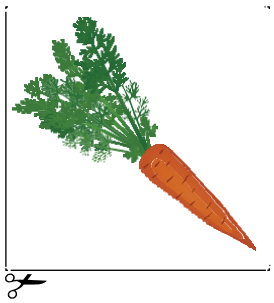
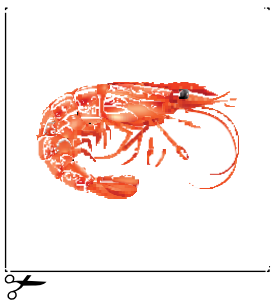
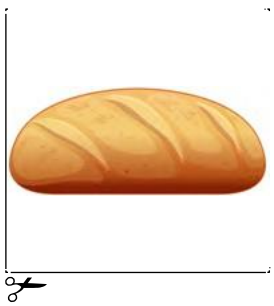
FOOD IMAGES





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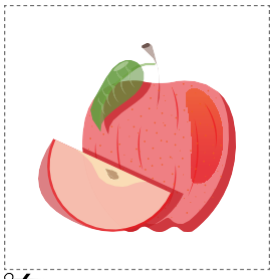

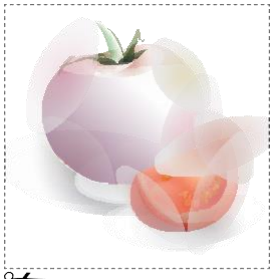

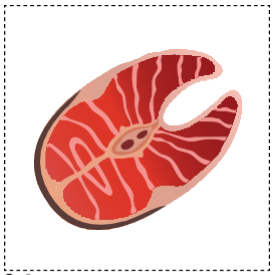

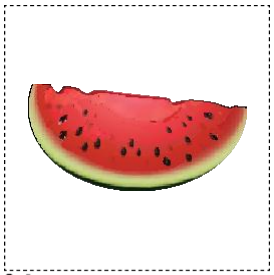

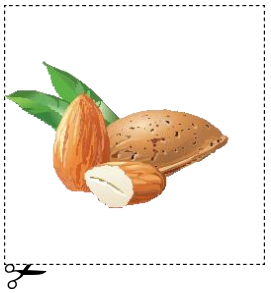

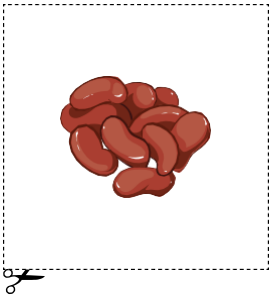

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PRICE TABLES

Before CAP		After CAP	
Water	0,00€	Water	0,00€
Milk	0,50€	Milk	0,25€
Cheese	1,00€	Cheese	0,50€
Candies	0,25€	Candies	0,25€
Pork steak	3,00€	Pork steak	2,00€
Beef steak	4,00€	Beef steak	2,50€
Chicken	3,50€	Chicken	1,50€
Sausages	2,50€	Sausages	2,00€
Shrimp	5,00€	Shrimp	3,00€
Fried egg	1,00€	Fried egg	0,25€
Doughnuts	0,50€	Doughnuts	0,75€
Beans	1,50€	Beans	0,50€
Fried chips	1,00€	Fried chips	1,00€
Pasta	1,00€	Pasta	0,50€
Bread	1,00€	Bread	0,50€
Pizza	2,50€	Pizza	2,00€
Lettuce	1,00€	Lettuce	0,25€
Broccoli	1,00€	Broccoli	0,50€
Tomatoes	1,50€	Tomatoes	0,75€
Cauliflower	2,00€	Cauliflower	1,00€
Carrot	1,50€	Carrot	0,75€
Chocolate	1,00€	Chocolate	0,50€
Apple	1,50€	Apple	0,50€
Orange	2,50€	Orange	1,50€
Grapes	1,50€	Grapes	0,75€