

#### Appendix 4. What Should Be on My Plate?

According to a study conducted by the United Nations Environment Program, it has been announced that 931 million tons of food is wasted in a year worldwide. This amount corresponds to 23 million truckloads of food weighing 40 tons. The length of that many trucks is seven times the circumference of the earth. The experts have warned that the works to prevent food waste should be given importance. A food company wants to calculate the amount of food that should be consumed by a student in one meal to prevent food waste in a meal list prepared for students. As a food engineer working for this company, you are asked to identify the types of foods that should be on a plate. You are expected to present a model that represents how much of different nutrient types should make up the plate so that the amount of nutrients can be adjusted for the lunch in a balanced way.

Write the types of nutrients that should be on the plate given below. Show how much of these nutrients should be included on the plate suggested in the visual. The food company expects you to write a report explaining why you wrote the types of nutrients in the model you created, your examples of the types of nutrients, and what you paid attention to when determining the proportions.

