

Carbohydrate Counting Educational Assessment Tool (CC-EAT)

Year 1

Aim

Start to recognise foods and drinks that contain carbohydrates and start to understand that carbohydrates must be counted

Learning Outcome – Year 1

Identify which single foods contain carbohydrates and which foods don't.

Assessment

- Following on from education
- Explain about the assessment
- Go through the trial run
- If child is happy then proceed to Year 1 test
- Following assessment – encourage the child to do their “Food Profile” – draw their favourite food

Evaluation

Scoring – one point for a correct answer

9-10 correct – Secure good knowledge

7-8 correct – Sufficient understanding

5-6 correct – Developing understanding of which foods contain carbohydrate but needs more support

0-4 correct – Requires further support

Below 6 correct – need to be reassessed after further education. May need other pictures

Materials

Year 1 assessment and example

Drawing paper for Food profile

Pens and colour pencils

Stickers for completing the assessment

References

The Goals of Diabetes Education – a structural educational programme for children and young people with Type 1 Diabetes. HealthCare Professional Guide (2016) NovoNordisk