

Carbohydrate Counting Educational Assessment Tool (CC-EAT)

Year 1

Learning Outcome –

I can identify which foods contain carbohydrates and which foods don't.

Which foods contain carbohydrates?

Example

Explain to the child how to do the assessment

Use the 3 examples below as a trial run.

✓ Put a tick if it contains carbohydrates ✗ Put a cross if it has no carbohydrates

