

Carbohydrate Counting Educational Assessment Tool (CC-EAT)

Year 3

Aim

Be aware that all foods and drinks that contain carbohydrate need to be counted

Start to learn the amounts of carbohydrate in simple food and drink portions

Begin to realise which foods and meals contain more carbohydrate

Learning Outcomes – Year 3

I can identify foods and drinks which are higher in carbohydrate

I can compare the amount of carbohydrate in different familiar foods and drinks

Assessment

- Following on from education
- Explain about the assessment
- If child is happy then proceed to Year 3 test
- Following assessment – encourage the child to do their “Food Profile” – draw their favourite fruit

Evaluation

Scoring – one point for a correct answer

8 - 9 correct – Secure good knowledge

6 - 7 correct – Sufficient understanding

4 - 5 correct – Developing understanding of which foods are higher in carbohydrates but needs more support

0-3 correct – Requires further support

Below 5 correct - need to be reassessed after further education. May need other pictures

Materials

Year 3 assessment

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