

Carbohydrate Counting Educational Assessment Tool - CC-EAT

Year 4

Learning Outcomes –

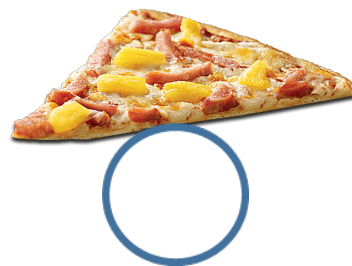
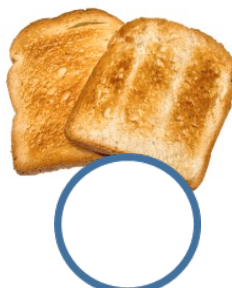
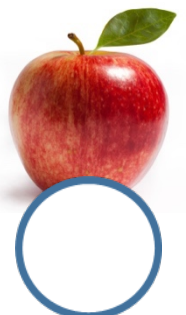
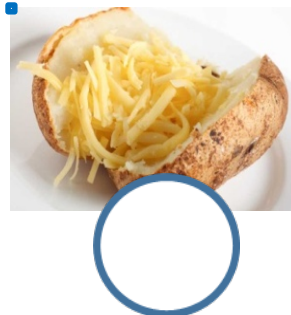
I can identify the amount of carbohydrates in familiar foods and drinks using tables

I can identify a meal or snack high in carbohydrate

**Write down the amount of carbohydrate in the pictures of food using the table.
You may need to add up more than one food –you can use a calculator**

Food	Amount of carbohydrate
Cheese	0g
Handful raisins	15g
Biscuit	10g
Cake	20g
Packet of crisps	15g
Slice of bread	15g
Fruit yogurt	15g
Jacket potato	50g
Burger bun	25g
Slice of pizza	20g
Apple	10g

Example



Write down the amount of carbohydrate in the pictures of drinks using the table.

Drink 200 mls	Amount of carbohydrate
Orange juice	20g
Milk	10g
Coca Cola	20g
Diet Coke	0g
Blackcurrant squash – no added sugar	0g
Blackcurrant squash - normal	20g
Lemonade – 7 Up	20g
Strawberry Milkshake	20g

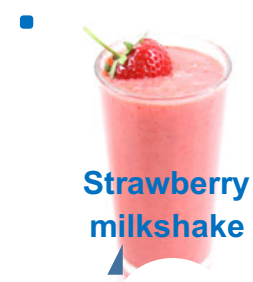
Example



20g



Normal
Blackcurrant

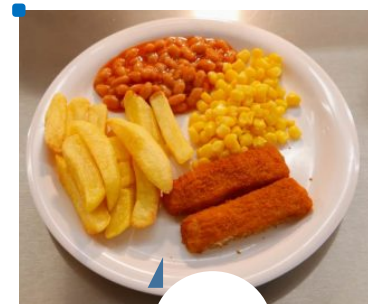


Strawberry
milkshake

✓ Tick which meal has the most carbohydrate

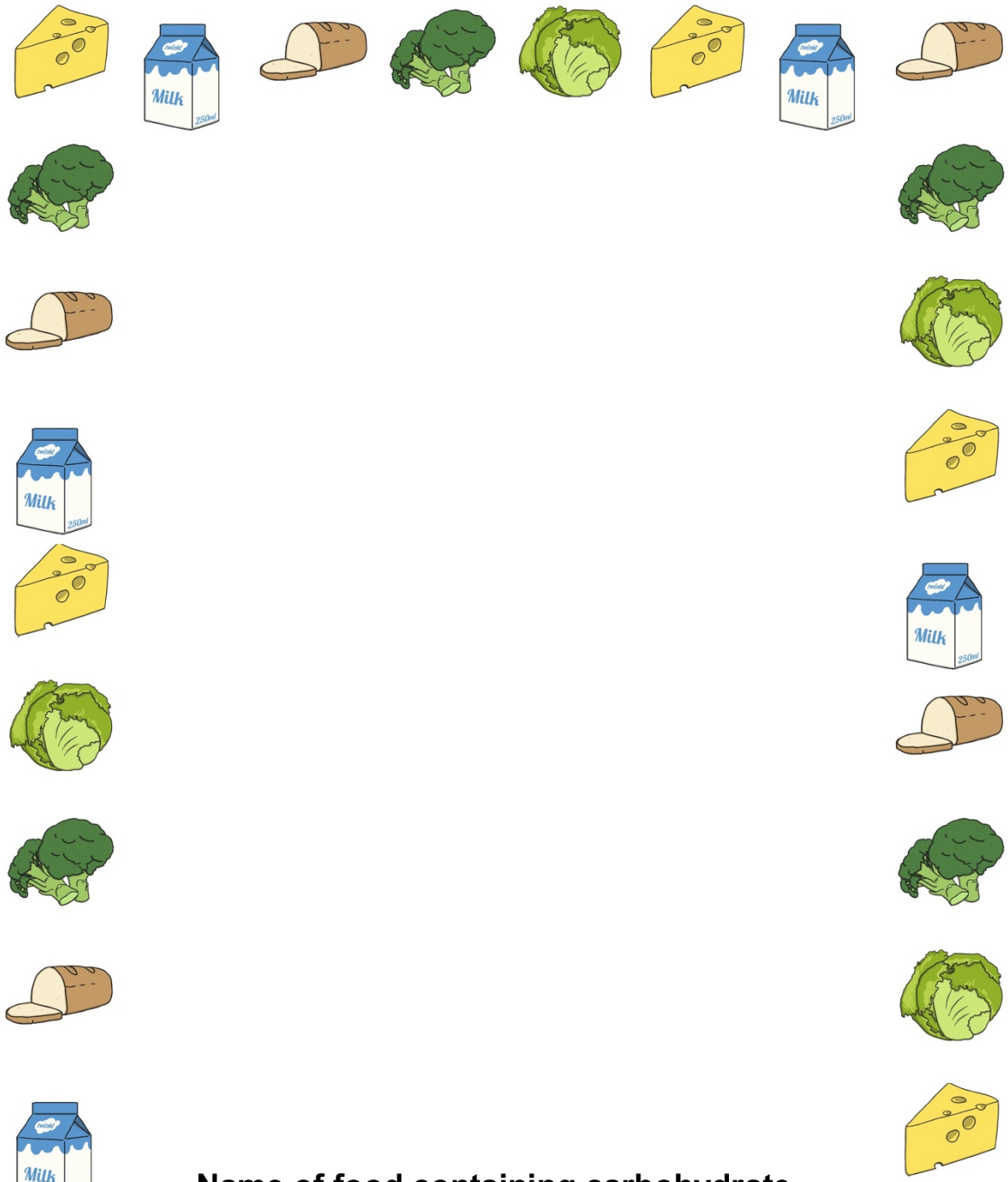


OR



Year 4 Food Profile

Draw your favourite food that contains carbohydrate



Name of food containing carbohydrate

