

Carbohydrate Counting Educational Assessment Tool (CC-EAT)

Year 4

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 4

I can read the amount of carbohydrates in foods and drinks from tables
I can calculate the amount of carbohydrates in food using a calculator
I am able to distinguish meals high in carbohydrate

Assessment

- Following on from education
- Explain about the assessment
- If child is happy then proceed to Year 4 test
- Following assessment – encourage the child to do their “Food Profile” – draw their favourite food containing carbohydrates

Evaluation

Scoring – one point for a correct answer

13 - 15 correct – Secure good knowledge

9 - 12 correct – Sufficient understanding

6 - 8 correct – Developing understanding of reading and calculating the amount of carbohydrates but needs more support

0 - 5 correct – Requires further support

Below 8 correct - need to be reassessed after further education. May need other pictures

Materials

Year 4 assessment

Drawing paper for Food profile

Pens and colour pencils

Calculator

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