

Carbohydrate Counting Educational Assessment Tool (CC-EAT)

Year 5

Learning Outcomes –

I can start to identify different sources of carbohydrate such as sucrose, lactose, fructose, glucose and starch

I can start to read and calculate the amount of carbohydrates in simple foods labels

I can start to count carbohydrates in different foods using a visual carbohydrate counting resource

Different Types of Carbohydrates

Match the food to the type of carbohydrate by drawing a line -



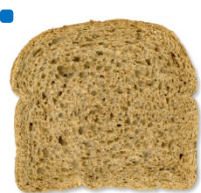
■ Fructose



■ Glucose



■ Starch



■ Lactose



■ Sugar

Reading Food Labels

Look at the food label below and answer the questions

Nutrition Information for Strawberry Yogurt			
Typical values	Per 100g	Per pot (125g)	% RI
Energy kj	446	558	
Energy kCal	106	133	7%
Fat	3.8g	4.8g	7%
Of which saturates	2.4g	3.0g	15%
Carbohydrate	13.2g	16.0g	
Of which is sugar	12.9g	16.1g	18%
Protein	4.7g	5.9	
Salt	0.18g	0.22g	4%



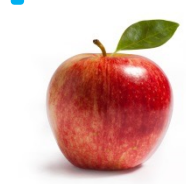
Questions

1. How many grams of carbohydrate in a pot of strawberry yogurt?
2. You decided to have a mashed banana with your pot of yogurt. A banana has 15g carbohydrates. How many grams of carbohydrate now? You can use a calculator.

$$\square \text{ Yogurt} + \square \text{ Banana} = \square \text{ Yogurt + Banana}$$

How many carbohydrates in the pictures?

Draw a line to the amount of carbohydrate you think is in each of the foods



■ 0g

■ 10g

■ 15g

■ 20g

■ 40g

Year 5 Food Profile

Write a menu for your favourite meal including drink.

You can work out the amount of carbohydrate if you would like

Menu

Your Favourite Meal and Drink

