

Carbohydrate Counting Educational Assessment Tool (CC-EAT)

Year 6

Learning Outcomes -

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

I can read and calculate the amount of carbohydrates from food labels

I can count carbohydrates in different foods and can use visual carbohydrate counting resources.

Different Types of Carbohydrates

Which is the main type of carbohydrate in the following foods – tick the correct box.

Pizza



| | |
|----------|--------------------------|
| Glucose | <input type="checkbox"/> |
| Lactose | <input type="checkbox"/> |
| Sugar | <input type="checkbox"/> |
| Fructose | <input type="checkbox"/> |
| Starch | <input type="checkbox"/> |

Strawberries



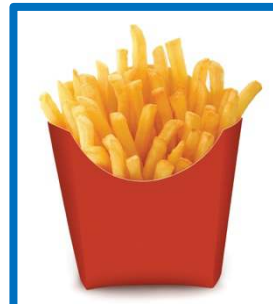
| | |
|----------|--------------------------|
| Glucose | <input type="checkbox"/> |
| Lactose | <input type="checkbox"/> |
| Sugar | <input type="checkbox"/> |
| Fructose | <input type="checkbox"/> |
| Starch | <input type="checkbox"/> |

Yogurt



| | |
|----------|--------------------------|
| Glucose | <input type="checkbox"/> |
| Lactose | <input type="checkbox"/> |
| Sugar | <input type="checkbox"/> |
| Fructose | <input type="checkbox"/> |
| Starch | <input type="checkbox"/> |

Chips



| | |
|----------|--------------------------|
| Glucose | <input type="checkbox"/> |
| Lactose | <input type="checkbox"/> |
| Sugar | <input type="checkbox"/> |
| Fructose | <input type="checkbox"/> |
| Starch | <input type="checkbox"/> |

Jelly Babies



| | |
|----------|--------------------------|
| Glucose | <input type="checkbox"/> |
| Lactose | <input type="checkbox"/> |
| Sugar | <input type="checkbox"/> |
| Fructose | <input type="checkbox"/> |
| Starch | <input type="checkbox"/> |

Chocolate muffin



| | |
|----------|--------------------------|
| Glucose | <input type="checkbox"/> |
| Lactose | <input type="checkbox"/> |
| Sugar | <input type="checkbox"/> |
| Fructose | <input type="checkbox"/> |
| Starch | <input type="checkbox"/> |

Reading Food Labels

Look at the food label below and answer the questions – you can use a calculator



| Nutrition Information for Cereal | | | |
|----------------------------------|----------|---------|------|
| Typical values | Per 100g | Per 30g | % RI |
| Energy kj | 1604 | 481 | |
| Energy kCal | 378 | 113 | 6% |
| Fat | 0.9g | 0.3g | <1% |
| Of which saturates | 0.2g | 0.1g | <1% |
| Carbohydrate | 84g | 25g | |
| Of which is sugar | 8g | 2.4g | 3% |
| Protein | 7g | 2.1g | |
| Fibre | 3g | 0.9g | |
| Salt | 1.25g | 0.38g | 6% |

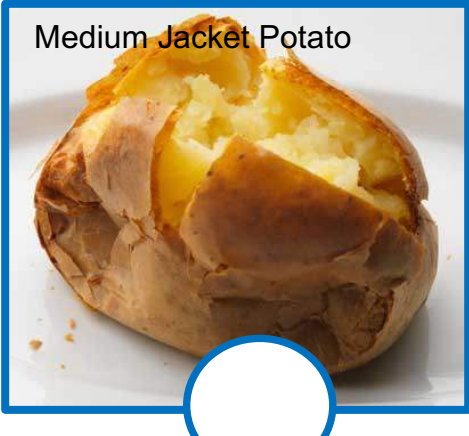
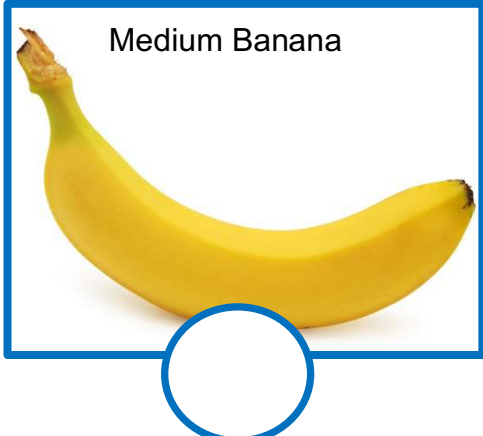
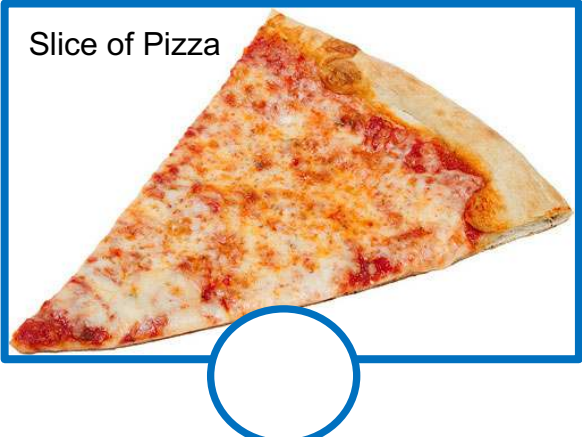
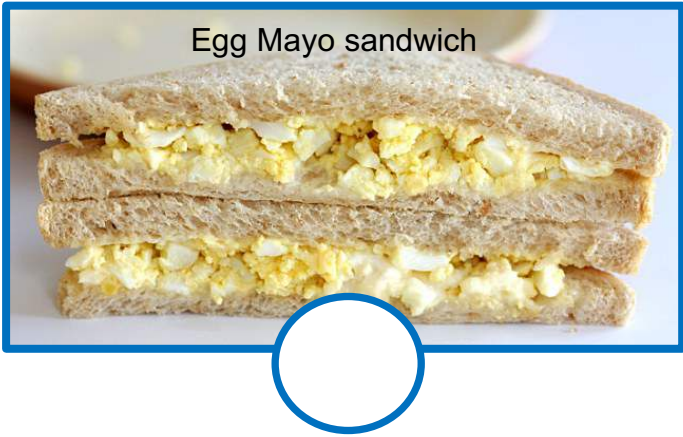
Questions

- Your cereal weighs 50g – how many carbohydrates are there.
- Milk contains 5g carbohydrates per 100mls. If you add 200mls milk to your 50g cereal, how many carbohydrates are there all together?

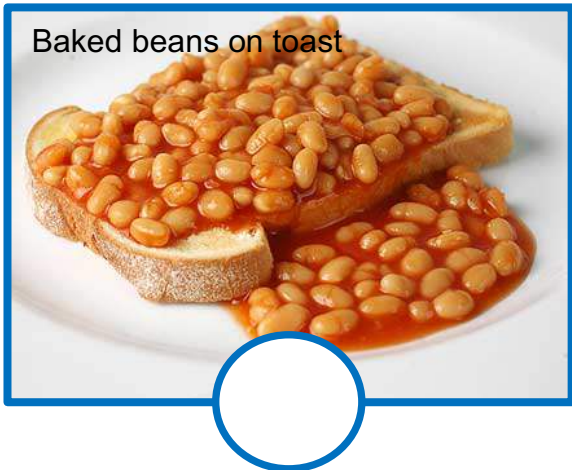
| | | | | |
|------|---|--------|---|--|
| Milk | + | Cereal | = | |
|------|---|--------|---|--|

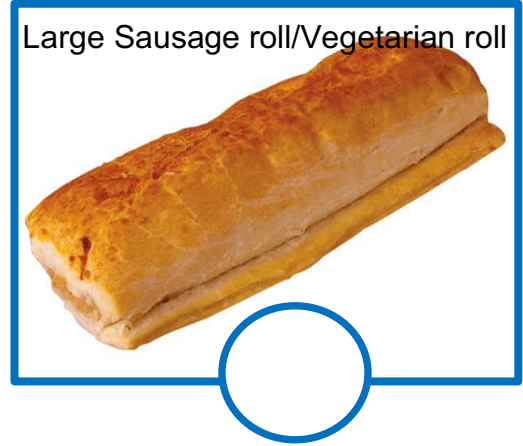
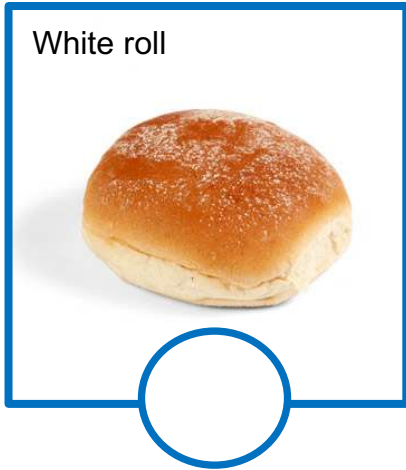
Have a guess at the amount of carbohydrate in the following foods.

Check your answers using the Carb & Cal book or app



Using the Carbs & Cals book or app, write how many carbohydrates there are in each of the pictures





Fruit and Vegetables

As you know, we should have at least 5 portions of fruit and vegetables a day.

How many portions of fruit and vegetables do you have a day?

Talk with your dietitian about ways to increase this.



Year 6 Food Profile

Design a menu for your party

The Party Menu

