

Carbohydrate Counting Educational Assessment Tool (CC-EAT)

Year 6

Aim

Be able to identify different sources of carbohydrate such as sucrose, lactose, fructose, glucose and starch.

Be able to count carbohydrates by using simple food labels or visual carbohydrate counting resources.

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.

Assessment

- Following on from an education session
- Explain about the assessment
- If child is happy then proceed with Year 6 test
- Following the test ask the child to design a menu for a party which can be added to their food profile.

Evaluation

Scoring – one point for a correct answer

Different types of Carbohydrates

6 correct – Secure good knowledge

4 – 5 correct – Sufficient knowledge

2 – 3 correct – Developing understanding of different types of carbohydrates but needs more support

0 - 1 correct – Requires further support

Reading food labels

2 correct – Secure good knowledge

0 - 1 correct – Requires further help

Guess the amount of carbohydrates

Scoring - 1 point for each answer in the given range of carbohydrates

Egg mayo sandwich – 30-40g

Slice of pizza – 15-25g

Banana – 15-30g

Jacket potato – 45-60g

- 4 correct – Secure good knowledge
- 2-3 correct – Sufficient knowledge
- 1 correct – Developing understanding of amounts of carbohydrates in foods but needs more support
- 0 correct – Requires further support

How many carbohydrates using Carbs and Cals book or app

Due to different editions of Carbs and Cals books, the size of the portion changes so use the answers in your book edition

Scoring - 1 point for each correct answer

Lasagne

Baked beans on toast

Chocolate chip cookie

Sausage/vegetarian roll

Chocolate milkshake

White Roll

Overall score

16 -18 correct - Secure good knowledge

11-15 correct - Sufficient knowledge

6 -10 correct - Developing knowledge and understanding regarding type of carbohydrates, reading food labels and count carbohydrates but needs more support

0-5 correct – Needs further support and education

Below 10 correct - need to be reassessed after further education. May need other pictures

Materials

Year 6 test form

Carbs and Cals book and/or app

Pen and paper

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

