


Carbohydrate Counting Educational Assessment Tool (CC-EAT)


Year 1

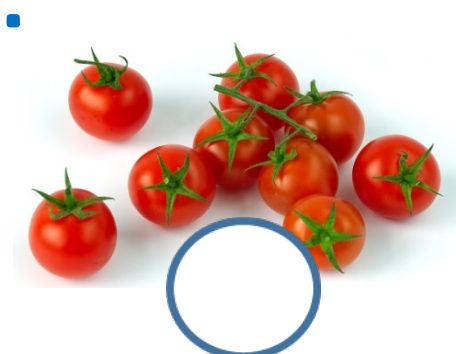
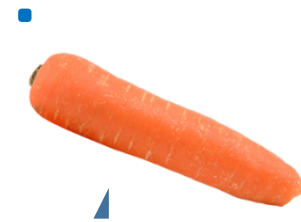
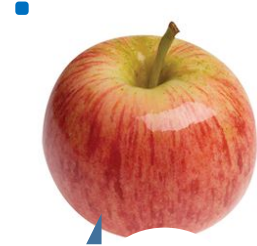
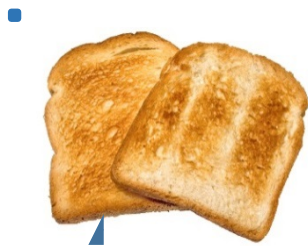
Learning Outcome –

I can identify which foods contain carbohydrates and which foods don't.

Which foods contain carbohydrates?

 Put a tick if it contains carbohydrates

 Put a cross if it has no carbohydrates



Year 1 Food Profile

Draw your favourite food.

