

Cook and Eat Quiz!



Name _____

Please answer the following questions about carbohydrate counting. If you do not know the answer move onto the next question.

1) What do you find most difficult about carbohydrate counting?

2) Which of these 8 foods contain carbohydrate?

circle any that do contain carbohydrate

Baked beans

Eggs

Pasta

Banana

Crisps

Rice

Cucumber

Turkey

3) How much carbohydrate is there in this apple?



Write your answer here _____g

4) Look at this label. How much carbohydrate is there in one pie?

Write your answer here _____g

NUTRITIONAL INFORMATION		
Typical values	per pie	per 100g
Energy	962kJ	1446kJ
	229kcal	344kcal
Protein	2.2g	3.3g
Carbohydrate	36.0g	54.1g
Of which sugars	19.4g	29.1g
Fat	8.5g	12.7g
Of which saturates	2.9g	4.4g
Fibre	1.0g	1.5g
Sodium	0.09g	0.14g
Equivalent as salt	0.23g	0.35g
·Based on sodium from salt/other sources		

5) If a food has 60g carbohydrate in 100g how much would there be in 250g of the food?

Please show your workings

6) What would you like to cook in future Cook and Eat sessions?

7) Who does the carbohydrate counting at home? Please tick one

Mum or Dad

Both you & parents

You

We don't carbohydrate count

8) Is there anything else you would like to learn about diabetes?

You can now return the Quiz to Maria