



Quality Assurance
Educator Assessment Form
Diabetes at Diagnosis, Key stage 2 (2nd edition)
Section 8: Carbohydrate counting

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|------------------|
| Educator name: |
| Assessment date: |

| | |
|--|---|
| <p style="text-align: center;">Assessor</p> <p>Name:</p> <p>Professional role:</p> <p>Place of work:</p> | <p>Specific areas the educator would like to be reviewed by assessor:</p> |
|--|---|

Session content standards:

| | As outlined in the curriculum, did the educator: | Yes | No | Examples: |
|----|---|------------|-----------|------------------|
| 1. | Recap on which foods contain carbohydrate and which do not | | | |
| 2. | Enable the child or family to identify which statements about carbohydrate counting are true | | | |
| 2. | Enable the family to understand the impact of varying amounts of carbohydrate, using the storyboard, as outlined in the curriculum | | | |
| 3. | Explain how to use a food label to obtain the carbohydrate value | | | |
| 4. | Provide the family with SEREN food labels and enable them to complete the activities in the workbook | | | |
| 5. | Enable the family to calculate the carbohydrate values of "loose foods" using the resources listed in the curriculum | | | |
| 6. | Explain how to use handy measures for their foods and drinks | | | |
| 7. | Enable the family to use the 'Carbs and Cals' book or app to calculate the carbohydrate content of the foods they ate on a previous day | | | |
| 8. | Explain to the family how to use their diary to record carbohydrate values of their child's food over the next week | | | |



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Session structure standards:

| | As outlined in the curriculum, did the educator: | Yes | No | Comments |
|----|---|------------|-----------|-----------------|
| 1. | Review the traffic light self-assessment from the previous session and identify whether any areas need revisiting | | | |
| 2. | Ensure that all activities within this section of the workbook were completed | | | |

Educator engagement standards:

| | Did the educator: | Yes | No | Comments |
|----|--|------------|-----------|-----------------|
| 1. | Encourage the family to ask questions and talk about their worries and concerns | | | |
| 2. | Regularly check the child and family's understanding of the information presented to them | | | |
| 3. | Listen and respond to the child and family's comments and questions | | | |
| 4. | Encourage the family to come up with their own ideas of how to live with diabetes | | | |
| 5. | Deliver the session at a pace that supported effective learning for the child and their family | | | |
| 6. | Include the child in the education as appropriate | | | |

Overall assessment:

| | | Yes | No |
|----|--|------------|-----------|
| 1. | At least 50% of the standards were met | | |
| 2. | If less than 50% of the standards were met, a realistic action plan has been developed to address this | | |

Assessor signature

Educator signature