

Food & Drink



A healthy balanced diet contains protein, carbohydrates, fats, vitamins and minerals.



I can use the labels on food to work out the carbs.

Carbohydrate counting is when you work out the amount of carbohydrate in your food and drinks so you can give the correct dose of insulin.

There are different types of carbohydrate and they can be slow acting or fast acting.

Some examples of slow acting carbs:

- Whole fruit
- Brown Bread
- Baked Beans

Some examples of fast acting carbs:

- Biscuits
- Sugary Cereals
- Jam



There are different forms of food sweeteners and here are some of the names and brands.

These are all important things to know and it means that you feel more confident joining in and eating with your friends.