

Chandler Unified School District #80
Carbohydrate Counting Skills Checklist

Trainee Name:	School:		
Trainer Name:	Year:		
	Random Skills Check		
Explanation/Demonstration	Performed Skill: Initial/Date	Initial/Date	Initial/Date
1. Verify procedure is prescribed for student.			
2. Determine which food items will be/have been eaten.			
3. For each food item eaten, determine the carbohydrate count of each serving. * Parents are responsible for providing carbohydrate counts for items provided from home. Use school guidelines for items purchased at school.			
4. For each food item, assess the number of servings consumed/to be consumed.			
5. For each food item, multiply the number of servings consumed/to be consumed by the total number of carbohydrates in each serving.			
6. Add the total number of carbohydrates together for the meal/snack, to give the total carbohydrate count.			
Performed Tasks Appropriately (Yes or No, If No further evaluation required):			

**Initial and date in space beside each skill indicates procedure has been demonstrated in a competent manner.*

Trainee Signature

Trainer Signature