

Hot Coals + Firecrackers Research

Instructions:

- Make a list of 12 Carbohydrate foods that you eat regularly.
- Look up the Glycemic Index (GI) rating for the foods on your list on the internet.
- Use the ratings scale below to work out if the food burns fast like a firecracker or slow like hot coals – or somewhere in between (medium).


**55
or less**

**Low GI =
Hot Coal**



56-69

**Medium GI =
Campfire**



**70
or more**

**High GI =
Firecracker**



Name: _____ **Date:** _____

Carbohydrate foods that I eat regularly:

NAME OF FOOD	GI VALUE	LOW, MID OR HIGH?		

