



## Nutrition and Physical Activity Glossary of Terms

**Commercial Broadcast TV/Movies** is any screen time shown primarily for entertainment purposes; this includes shows or movies without commercials but shown for entertainment purposes.

**Digital Devices include computers (desktop, laptop, tablets like iPads, etc.) cell phones, handheld game systems, iPods, and televisions.**

**Groups of children** are those that are formally designated by the program, i.e. groups that are determined by age, grade, gender etc. for activities. Questions that refer to "groups of children" do not refer to smaller, more informal groups of friends formed by the children themselves.

**Instructional Computer/Digital Device Use** is time on a digital device (usually a computer) for educational purposes. An instructor must be overseeing and guiding what students are doing on the computers, and educational computer use emphasizes academic enrichment and instruction. For example, this type of computer use could involve games that promote acquisition of math skills, or use of a word processing application to write a paper or story. In general, unsupervised time on the internet or playing computer games is considered *recreational* computer use, not instructional computer use.

**Moderate physical activity** is any activity requiring more movement than sitting or standing (including activities such as walking, stretching, running, or throwing).

**OST or Out of School Time programs can happen before school, after school, during vacation periods, or during the summer.**

**Outside drinks and food** are items that are brought in from home, outside restaurants or convenience stores, purchased from vending machines on site, or distributed by program partners during activities. This would include any food or drink that is not part of the afterschool snack program, including foods used in celebrations.

**Screen Time** includes time watching television and DVDs, using computers, and/or playing video games. This includes time on hand-held electronic devices like phones,

**Sugary drinks** are drinks with sugar added to them. They include soda, sweetened iced teas, fruit punches, fruit drinks (such as lemonade), sports drinks, sweetened water (e.g. Vitamin water), and any 100% juice greater than 4 ounces (a half a cup) in size.

**Trans fats** are in any food items that contain "partially hydrogenated vegetable oil" on the list of ingredients.



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**Vigorous physical activity** is any activity requiring more energy than walking (including activities such as playground free play, jogging, or swimming).

**Water served** refers to drinking water that is distributed as part of the program snack, either via pitchers, bottles, or a cooler or water jug in the snack area. This does NOT include water children drink from a water fountain or from coolers outside of the snack room and snack time.

**Whole grains** are foods that contain a whole grain as the first ingredient on the label. Examples of whole grains are whole wheat, whole corn, barley, oats, and rye.