



Nutrition and Physical Activity Glossary of Terms

Television/movies includes any screen time intended for entertainment purposes, distributed through various platforms including traditional TV broadcast, cable networks, streaming services, and on-demand content, with or without commercials.

Groups of children are groups that are formally designated by the program, such as sites that break children into groups by age, grade, gender, etc., for activities. Questions that refer to groups of children do NOT mean smaller, more informal friend groups, etc.

Instructional computer/digital device use is time on a digital device (usually a computer or tablet) 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, using personal tablets or cellphones, or playing computer/video games is considered recreational computer use, not instructional computer use.

OST or out-of-school time (or afterschool) programs can happen before school, after school, during vacation periods, or during the summer.

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

Physical activity is any activity more than sitting or standing (includes activities such as walking, stretching, running, throwing, etc.).

Recreational computer/digital device use is time on the computer, tablet, or cellphone primarily for entertainment purposes. In contrast, educational use is use of computers or tablets that emphasizes academics and formal instruction, such as games that promote acquisition of math skills or use of a word processing application to write a paper or story.

Screen time includes time watching television and movies, using computers or tablets, and playing video games.

Sugary drinks include soda, sweetened ice teas, fruit punches, fruit drinks, sports drinks, sweetened water (e.g., vitamin water), and any 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.

Vigorous physical activity is any activity more than a walk (includes activities such as playground free play, jogging, swimming, etc.).

Water served refers to water that is distributed as part of the program snack, either via pitchers, a cooler/Cambro in the snack area, or in bottles. This does NOT include water children drink from a water fountains or from coolers outside of the snack room/period.

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