

GLOSSARY

A Guide to Early Childhood Program Development: This 2007 CSDE document serves as a tool for developing high-quality early childhood programs. It provides guidance in developing curriculum, suggestions for appropriate and engaging content in key subject areas, ideas for successful teaching strategies, examples of appropriate contexts for learning, and suggested best practices. Examples in the guide are intended to make the performance standards found in Connecticut's Preschool Curriculum Framework come alive and help teachers plan with the standards in mind. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Early/early_childhood_guide.pdf

added sugars: Sugars and syrups added to foods in processing or preparation, as opposed to the naturally occurring sugars found in foods like fruits, some vegetables and milk. Names for added sugars include brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, sugar and syrup.

artificial sweeteners: Ingredients with little or no calories used as sugar substitutes to sweeten foods and beverages. Artificial sweeteners are hundreds of times sweeter than sugar. Common artificial sweeteners include acesulfame potassium (Acesulfame-K, Sunett, Sweet & Safe, Sweet One), aspartame (Nutrasweet, Equal), neotame, saccharin (Sweet and Low, Sweet Twin, Sweet 'N Low Brown, Necta Sweet), sucralose (Splenda) and tagatose. These nonnutritive sweeteners are calorie-free, except for aspartame, which is very low in calories. The Connecticut Child Care Nutrition Standards do not allow foods or beverages with these ingredients (see appendix C). For more information, see "nonnutritive sweeteners" in this section.

at-risk afterschool care centers: Child care centers that are located within the boundaries of eligible low-income school attendance areas. Eligible facilities include public and private schools, nonresidential child care centers and outside school-hours care centers that have a structured, supervised afterschool enrichment program. Eligible facilities receive cash assistance for snacks and suppers served at no charge to students (ages 18 and younger) in afterschool programs. Cash assistance is available for up to one snack a day for each student. All snacks must meet the requirements of the CACFP Meal Pattern for Children (see appendix A). http://www.fns.usda.gov/cnd/CARE/Regs-Policy/Snacks/Afterschool_Snacks_Suppers.htm

carbohydrates: A category of nutrients that includes sugars (simple carbohydrates) and starch and fiber (complex carbohydrates). Foods in the basic food groups that provide carbohydrates — fruits, vegetables, breads, cereals, grains, milk and dairy products — are important sources of many nutrients. However, foods containing large amounts of added sugars provide calories but few, if any, nutrients. Carbohydrates are easily converted by the body to energy (calories). The Dietary Guidelines for Americans recommend consuming 45 to 65 percent of total daily calories from carbohydrates, especially complex carbohydrates. For more information, see "added sugars," "simple carbohydrates" and "complex carbohydrates" in this section.

Child and Adult Care Food Program (CACFP): The U.S. Department of Agriculture's federally assisted meal program providing nutritious meals and snacks to children in child care centers, family day care homes and emergency shelters and snacks and suppers to children participating in eligible at-risk afterschool care programs. The program also provides meals and snacks to adults who receive care in nonresidential adult day care centers. <http://www.fns.usda.gov/cnd/care/>

Child and Adult Care Food Program (CACFP) facilities: Child care centers, family day care homes, emergency shelters and at-risk afterschool care centers that participate in the USDA Child and Adult Care Food Program.

Child and Adult Care Food Program (CACFP) Meal Pattern for Children: The required food components and minimum serving sizes that facilities participating in the CACFP must provide to children ages 1-12 to receive federal reimbursement for meals and snacks served to children. (Note: Emergency shelters can serve CACFP meals to residents ages 18 or younger and to children of any age who have disabilities. At-risk afterschool care centers can serve CACFP snacks and suppers to students ages 18 or younger.) For more information, see the CACFP Meal Pattern for Children (appendix A).

Child and Adult Care Food Program (CACFP) Infant Meal Pattern: The required food components and minimum serving sizes that facilities participating in the CACFP must provide to infants from birth through 11 months to receive federal reimbursement for meals and snacks served to infants. For more information, see the CACFP Infant Meal Pattern (appendix B).

Child and Adult Care Food Program (CACFP) sponsor: A public or nonprofit private organization that is entirely responsible for the administration of the CACFP in one or more day care homes, child care centers, emergency shelters or at-risk afterschool care centers. For more information, see Section 226.2 Definitions in the *Code of Federal Regulations (CFR) for the Child and Adult Care Food Program (7 CFR 226)* at <http://www.fns.usda.gov/cnd/Care/Regs-Policy/policymemo/CFR226-2008.pdf>.

child care programs: All local and community-level child care programs, organizations and agencies that could be involved in developing policies, including CACFP participants (centers, family day care homes, at-risk afterschool centers and emergency shelters); local and community-level early care and education programs; afterschool programs; organizations and agencies, e.g., sponsoring agencies, community organizations, coordinating councils and municipalities; and other interested groups.

Child Development Associate (CDA) Credential: A national certification program for individuals working in early care and education, including centers, family day care homes and home visitors. <http://www.cdacouncil.org/default.htm>

Child Nutrition (CN) label: A statement that clearly identifies the contribution of a food product toward the meal pattern requirements, based on the USDA's evaluation of the product's formulation. Products eligible for CN labeling include main dish entrees that contribute to the meat/meat alternates component of the meal pattern requirements, bread items that contribute to the grains/breads component and juice and juice drink products that contain at least 50 percent full-strength juice by volume. (Note: Only 100 percent juice is creditable in Connecticut Child Nutrition Programs.) The CN label does *not* provide information or assurances regarding the nutrition content of the food. For more information, see "Child Nutrition (CN) Labeling Program" in *Nutrition Policies and Guidance: Crediting Foods — Introduction* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326>.

children: In the CACFP, children include ages 1 through 12 for centers and family day care homes. Emergency shelters can serve CACFP meals to residents ages 18 and younger and to children of any age who have disabilities. At-risk afterschool care centers can serve CACFP snacks and suppers to students ages 18 and younger.

chemically altered fat substitutes: Compounds made by chemically manipulating food products to mimic the texture and flavor of fat while providing fewer calories and less metabolizable fat. Examples include Olestra, Olean and Simplesse. Fat substitutes can have negative side effects. The Connecticut Child Care Nutrition Standards do not allow foods or beverages with these ingredients (see appendix C).

cholesterol: A fat-like substance that performs important functions in the body such as making cell membranes and some hormones. There are two different types of cholesterol. *Blood (serum) cholesterol* circulates in the body in lipoproteins, such as low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is known as "bad" cholesterol because high levels can clog arteries, causing atherosclerosis. A high level of serum cholesterol is a major risk factor for coronary heart disease, which leads to heart attack. HDL is known as "good" cholesterol because high levels seem to protect against heart attack. *Dietary cholesterol* does not contain any calories. It comes from foods of animal origin, including meat, fish, poultry, eggs and dairy products. Plant foods (including vegetable oils) do not contain cholesterol. There is no dietary requirement for cholesterol because the body can make all it needs.

complex carbohydrates (starch and fiber): Complex carbohydrates include starch and fiber, which are made from three or more simple sugars linked together. Starch is the storage form of energy in plants and provides calories. Fiber is the structural framework of plants and does not contain any calories. Food sources of complex carbohydrates include legumes, starchy vegetables (e.g., potatoes, corn, dry beans and green peas), whole-grain breads and cereals, and nuts and seeds. For more information, see "dietary fiber" in this section.

Connecticut Charts-A-Course (CCAC): Connecticut's statewide professional development, program improvement and registry system for early care and education. CCAC offers a variety of supports to assist both individuals and programs in obtaining quality standards. <http://www.ctcharts-a-course.org/>

Connecticut Child Care Nutrition Standards (CCCNS): The CSDE's guidelines for the nutritional content of all foods and beverages served throughout the child care environment, including CACFP meals and snacks, celebrations and any other activities where foods and beverages are provided by the child care program or families. The CCCNS reflects current nutrition science and national health recommendations and promotes whole or minimally processed, nutrient-rich foods that are low in fat, added sugars and sodium. The CCCNS eliminates foods and beverages that do not contribute to the CACFP meal patterns, e.g., potato chips, ice cream, frozen novelties, pudding, gelatin, candy, bacon, soda, lemonade and fruit-flavored drinks. Foods that are creditable in the CACFP meal patterns but contain little nutritional value are also eliminated, such as sweetened grain-based desserts (e.g., cakes, cookies, doughnuts and brownies), grain-based snack chips (e.g., tortilla chips, corn chips and multigrain chips), fried or baked pre-fried vegetables (e.g., french fries and potato puffs) and fried, baked pre-fried or high-fat meats and meat alternates (e.g., chicken nuggets, fish sticks, processed luncheon meats, full-fat cheese and process cheese foods. For more information, see appendix C.

Connecticut Preschool Assessment Framework: This 2008 CSDE document is a curriculum-embedded tool for assessing 3- and 4-year-old children in their preschool classrooms. It was developed as a companion to the *Connecticut Preschool Curriculum Framework* and articulates comprehensive performance standards or learning outcomes. These curriculum and assessment frameworks provide a system for using standards in both planning curriculum and assessing children's progress. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Early/Preschool_Assessment_Framework.pdf

Connecticut Preschool Curriculum Framework: This 2006 CSDE document provides preschool content standards and performance indicators for four domains of development: personal and social development; physical development; cognitive development; and creative expression/aesthetic development. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Early/Preschool_framework.pdf

coordinated school health: A coordinated approach to school health that provides the framework for families, community-based partners and schools to work together to improve student achievement. It incorporates eight components: physical education; nutrition; school-family-community partnerships; health services; mental health services; healthy physical and emotional school environment; staff wellness; and comprehensive health education. A coordinated approach to school health reduces fragmentation, duplication of services and provides a streamlined system for service delivery that is cost effective. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&cq=320726&csdePNavCtr=|45534|#45556>

creditable food: A food or beverage that can be counted toward meeting the meal pattern requirements for a reimbursable meal or snack in the USDA Child Nutrition Programs.

cycle menu: A series of menus planned for a specific period of time, such as four weeks. The menus are different for each day and the menus repeat at the end of the time period. Cycle menus help to provide varied and balanced meals. They allow child care programs to take advantage of seasonal variety, save time and labor and reduce food cost.

daily value: A number on the Nutrition Facts panel of food labels that provides recommendations for daily intake of nutrients based on daily caloric intakes of 2,000 and 2,500 calories. The Nutrition Facts panel also includes "% Daily Value," which shows how a serving of the food fits into an overall daily diet of 2,000 calories. For more information, see appendix D.

developmentally appropriate: Refers to the suitability of the activity, equipment or instruction for the child's performance or ability level. For more information regarding developmentally appropriate policy recommendations, see *Use Applicable Recommendations and Strategies* in section 1.

Dietary Guidelines for Americans: A federal document that provides science-based advice for Americans ages 2 and older to promote health and to reduce risk for chronic diseases through diet and physical activity. The Dietary Guidelines are published jointly every five years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture and form the basis of federal food, nutrition education and information programs. <http://www.healthierus.gov/dietaryguidelines/>

dietary fiber: Nondigestible carbohydrates and lignin (a noncarbohydrate substance bound to fiber) that are naturally occurring in plants, e.g., gums, cellulose, fiber in oats and wheat bran. Fiber improves gastrointestinal health and reduces risk of several chronic diseases, such as heart disease, obesity, diabetes and colon cancer. There are two types of dietary fiber, insoluble and soluble. *Insoluble fibers* aid in digestion by adding bulk and softness to stools to promote regularity and prevent constipation. Insoluble fibers decrease the amount of “transit time” for food waste in the intestine. Insoluble fibers include whole-wheat products, wheat and corn bran, many vegetables (e.g., cauliflower, beans and potatoes) and the skins of fruits and root vegetables. *Soluble fibers* (e.g., gums, mucilages and pectin) bind to fatty substances in the body to promote their excretion as waste. They help lower blood cholesterol levels and also help regulate the body’s use of sugars. Soluble fibers are found in dry beans and peas; oats; oatmeal; barley; psyllium seed husk; and many fruits and vegetables, such as apples, carrots, citrus fruits, strawberries, prunes, dry beans and other legumes.

Dietary Reference Intakes (DRIs): A set of nutrient-based reference values that expand upon and replace the former Recommended Dietary Allowances (RDAs) in the United States and the Recommended Nutrient Intakes (RNIs) in Canada. The DRIs include four reference values: Estimated Average Requirements (EARs), RDAs, Adequate Intakes (AIs) and Tolerable Upper Intake Levels (ULs).

discretionary calories: The daily calorie recommendations of MyPyramid include a small amount of “extra” or discretionary calories after basic nutrient needs are met. Many people overspend their daily discretionary calorie allowance by eating too many foods with fats and added sugars. For more information, see *Rationale for Healthy Foods and Beverages in Child Care* in section 4. <http://www.mypyramid.gov/index.html>

early childhood education consultant: As defined by the Connecticut Department of Public Health licensing regulations for child care centers, an individual who is a credentialed early childhood specialist with an Associate, Bachelors, Masters or Doctoral degree in early childhood education, child development or human development or a four-year degree in a related field with at least 12 credits in child development or early childhood education from an accredited college or university, who has two or more years experience administering a licensed child day care center that meets standards comparable to those in Connecticut. http://www.ct.gov/dph/lib/dph/daycare/pdf/Statutes_and_Regulations_Centers.pdf

enrichment: Adding back nutrients (usually vitamins or minerals) originally present in a food that were lost during processing. For example, white flour is enriched with thiamin, riboflavin, niacin and iron, which are lost when wheat is refined. Enriched refined grain products that conform to standards of identity are required by law to be fortified with folic acid, as well. Enrichment nutrients are added back in approximately the same levels as were originally present in the food. Regulations for the USDA Child Nutrition Programs require that all bread and grain products must be enriched if they are not whole grain.

family-style meal service: A method of meal service that allows children to serve themselves from common platters of food with assistance from supervising adults, while sitting together around a table.

fiber: A general term for the indigestible carbohydrates (e.g., pectin, cellulose, and other substances) that make up the framework of plants. Dietary fiber is the total amount of these materials that are not digested by humans. For more information, see “dietary fiber” in this section.

food components: The four food groups that compose the reimbursable CACFP meal, including meat/meat alternates, vegetables/fruits, grains/breads and milk. For more information on the individual food components, see *Nutrition Policies and Guidance for the Child and Adult Care Food Program: Crediting Foods* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326>.

food item: In the CACFP Meal Pattern for Children, a food item is one of the three required foods for breakfast, one of the five required foods for lunch and supper, or one of the two required foods for snack.

fortification: Adding nutrients (usually vitamins or minerals) that were not originally present in a food or beverage or adding nutrients at levels that are higher than originally present. Fortification is used both for naturally nutrient-rich products based on scientifically documented health needs (e.g., fortifying milk with vitamin D to increase the body’s absorption of calcium), and to enhance the perceived nutritional value of products with little or no natural nutritional value (e.g., fortifying “energy” bars made from processed flour with multiple vitamins and minerals). Fortification nutrients are added to products in varying amounts, from small percentages up to amounts greater than recommended intakes.

health advisory team: An advisory group of individuals representing the child care program, families and the community whose role is to provide advice and support for the child care program's health services component. The health advisory team can serve many purposes, such as developing policy language; developing guidance to clarify, support and promote policy implementation; program planning; monitoring implementation; evaluating progress; and revising policy as necessary.

health consultant: As defined by the Connecticut Department of Public Health licensing regulations for child care centers, a physician, physician assistant, advanced practice registered nurse or registered nurse holding a current and valid license in Connecticut or another state. http://www.ct.gov/dph/lib/dph/daycare/pdf/Statutes_and_Regulations_Centers.pdf

Healthy and Balanced Living Curriculum Framework: This 2006 CSDE document provides guidance for prekindergarten-Grade 12 curriculum development in comprehensive school health education (including nutrition) and physical education and shows connections between these two content areas. The purpose of the curriculum framework is to set high-level content standards and performance indicators that guide the development of curricula that challenge and motivate students and contribute to student learning and achievement. The standards are based on the *National Health Education Standards and Moving into the Future: The National Standards for Physical Education, 2nd edition*. <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/Healthy&BalancedLiving.pdf>

hydrogenated oils: Oils that have undergone hydrogenation, a chemical process that adds hydrogen and changes the structure of unsaturated fatty acids to increase shelf life and flavor stability. Hydrogenation turns oils that are liquid at room temperature into solids, e.g., shortening and margarine. Oils can be either completely or partially hydrogenated. Partial hydrogenation results in the formation of trans fats, a type of fat that increases the risk for cardiovascular disease. Fully hydrogenated oil does not contain trans fat, e.g., fully hydrogenated palm oil. However, if the label lists "hydrogenated" vegetable oil, it could mean the oil contains some trans fat. When foods contain hydrogenated oils, they will be listed in the ingredients, e.g., hydrogenated cottonseed and soybean oil. For more information, see "trans fats" in this section.

Individualized Education Program (IEP): A written statement for a child with a disability that is developed, reviewed and revised in accordance with the Individuals with Disabilities Education Act (IDEA) and its implementing regulations. The IEP is the foundation of the student's educational program. It contains the program of special education and related services to be provided to the child with a disability covered by the IDEA.

infants: In the CACFP, infants include children from birth through 11 months.

iron-fortified infant formula: A formula that meets the Food and Drug Administration's definition under 21 CFR 107.10(b)(4) (i) that it "contains 1 milligram or more of iron in a quantity of product that supplies 100 kilocalories when prepared in accordance with label directions for infant consumption." The formula label must state "with iron" or "iron fortified." For more information, see *Nutrition Policies and Guidance for the Child and Adult Care Food Program: Feeding Infants* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326>.

meal pattern components: See "food components" in this section.

meals: See "reimbursable meals" in this section.

medical authority: See "recognized medical authority" in this section.

menu item: Any planned main dish, vegetable, fruit, bread, grain or milk that is part of a CACFP reimbursable meal. Menu items consist of food items.

moderate-intensity physical activity: Activity (exercise, play or movement) that is easily maintained and performed at an intensity that increases heart and breathing rates, e.g., brisk walking or bicycling.

monosaturated fats: A type of unsaturated fat that is found in nuts, seeds, avocados and liquid vegetable oils, such as canola oil, olive oil, high oleic safflower and sunflower oils. Monosaturated fats may help lower blood cholesterol when used as part of an overall diet that is moderate in fat.

MyPyramid: The USDA's food guidance system to translate the recommendations of the Dietary Guidelines for Americans into a healthy eating plan. MyPyramid focuses on recommendations for daily servings of the food groups, as well as daily physical activity. <http://www.mypyramid.gov/>

MyPyramid for Preschoolers: The USDA's food guidance system for children ages 2 to 5. <http://www.mypyramid.gov/preschoolers/index.html>

natural cheese: Cheese that is produced directly from milk, such as cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss, feta and brie. Natural cheese also includes pasteurized blended cheese that is made by blending one or more different kinds of natural cheese. Natural cheeses do not include pasteurized process cheese (e.g., American), pasteurized process cheese food, pasteurized process cheese spread or pasteurized process cheese products.

noncreditable food: A food or beverage that does not count toward any meal pattern component (meat/meat alternates, vegetables/fruits, grains/breads and milk) in the USDA Child Nutrition Programs. For more information, see “Noncreditable or ‘Other’ Foods” in *Nutrition Policies and Guidance: Crediting Foods—Introduction* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326>.

nonnutritive sweeteners: Ingredients with no calories used as sugar substitutes to sweeten foods and beverages. Nonnutritive sweeteners are hundreds of times sweeter than sugar. Nonnutritive sweeteners include artificial sweeteners such as acesulfame potassium, neotame, saccharin and sucralose and natural sweeteners such as stevia (e.g., Rebiana, Truvia, PureVia and SweetLeaf). For a list of artificial sweeteners, see definition for “artificial sweeteners” in this section. The Connecticut Child Care Nutrition Standards do not allow foods or beverages with these ingredients (see appendix C).

nutrient-rich foods or nutrient-dense foods: Foods that provide substantial amounts of naturally occurring vitamins, minerals and other nutrients with relatively few calories. Nutrient-rich foods include lean sources of protein and complex carbohydrates that are low in total fat and saturated fats. Examples include fruits, vegetables, whole grains, low-fat or nonfat dairy products, lean meat, skinless poultry, fish, eggs and legumes. Foods and beverages that are not nutrient dense supply calories (from fat, added sugars and processed carbohydrates) but relatively small amounts of nutrients (and sometimes none at all), unless fortified. For more information, see “fortification” in this section. <http://nutrientrichfoods.org/>

nutrition standards: Guidelines for the nutritional content of foods and beverages that provide objective criteria for determining what can and cannot be offered, based on current nutrition science and national health recommendations. Nutrition standards help programs to increase healthy options and limit less healthy choices wherever foods and beverages are available. For more information, see “Connecticut Child Care Nutrition Standards” in this section.

partially hydrogenated oils: Oils that have been through partial hydrogenation to change their consistency from a liquid to a semi-solid, e.g., margarine. This process results in the formation of trans fats, a type of fat that increases the risk for cardiovascular disease. When products contain partially hydrogenated oils, they will be listed in the ingredients, e.g., partially hydrogenated cottonseed and soybean oil. For more information, see “hydrogenated oils” and “trans fats” in this section.

planned, ongoing and systematic program of instruction: At a minimum, for a program to be planned, it should have written goals and written learning objectives for the grades in which the program is taught. To be ongoing, the learning objectives should evolve from grade level to grade level. For a program to be systematic, it should be implemented equitably across each specific grade or course. For example, all kindergarten students should receive instruction in the same agreed-upon learning objectives across each kindergarten classroom. This does not mean that each kindergarten teacher must use the same materials or activities.

play: The means by which infants and young children explore their environment physically and increase their language, imagination and creative thinking. Play can be vigorous, but it does not always involve movements that result in meaningful energy expenditure.

physical activity: Bodily movement of any type, including recreational, fitness and sport activities, such as jumping rope, playing soccer and lifting weights; movement that occurs during daily routines and play; as well as daily activities such as walking to the store, taking the stairs or raking leaves. Physical activity includes structured and unstructured physical activity. For more information, see “structured physical activity” and “unstructured physical activity” in this section.

physical education: The phase of the general education program that contributes to the total growth and development of each child, primarily through movement experiences. Systematic and properly taught physical education includes the major content standards, including movement competence, maintaining physical fitness, learning personal health and wellness skills, applying movement concepts and skill mechanics, developing lifetime activity skills, and demonstrating positive social skills.

phytonutrients or photochemicals: Health-enhancing compounds found naturally in plant-based foods, such as legumes, vegetables, fruits, whole grains, nuts and seeds. Phytonutrients work together with nutrients and fiber to promote health by reducing the risk for many chronic diseases, such as heart disease and certain cancers. There are hundreds of different categories of phytonutrients, such as carotenoids; flavonoids (polyphenols), including isoflavones (phytoestrogens); inositol phosphates (phytates); lignans (phytoestrogens); isothiocyanates and indoles; phenols and cyclic compounds; saponins; sulfides and thiols; and terpenes. Plant-based foods contain different kinds and amounts of phytonutrients.

policy: An official written statement that provides guidance to all staff members and families regarding the child care program's vision and operating practices. Policy communicates the program's intent, objectives, requirements, responsibilities and standards. It guides the actions of staff members, families and children in the child care program.

polyunsaturated fats: A type of unsaturated fat that is found in fatty cold-water fish (e.g., salmon, mackerel and herring), nuts, seeds and liquid vegetable oils, such as safflower, sesame, soy, corn and sunflower. Polyunsaturated fats may help lower blood cholesterol when used as part of an overall diet that is moderate in fat.

practices: The habitual or customary actions or ways of doing something; for example, the ways of performing daily tasks either with the children or throughout the child care environment. Practices can either support or undermine the child care program's nutrition and physical activity policies.

preschooler: A child who is age 3 to 5.

recognized medical authority: A professional recognized by the Connecticut Department of Public Health who is a physician, physician assistant, doctor of osteopathy or advanced practice registered nurse (APRN). This includes nurse practitioners, clinical nurse specialists and certified nurse anesthetists who are licensed as APRNs.

Recommended Dietary Allowance (RDA): The average daily dietary intake level that is sufficient to meet the nutrient requirement of most healthy individuals in a particular life stage and gender group. The RDA is one of four reference values that comprise the Dietary Reference Intakes (DRIs). For more information, see "Dietary Reference Intakes" in this section.

reimbursable meals: Meals that meet the requirements of the U.S. Department of Agriculture's Child and Adult Care Food Program. CACFP meals for children must follow the CACFP Meal Pattern for Children (appendix A). CACFP meals for infants must follow the CACFP Infant Meal Pattern (appendix B).

registered dietitian consultant: As defined by the Connecticut Department of Public Health licensing regulations for child care centers, a person certified as a dietitian-nutritionist in Connecticut or another state. http://www.ct.gov/dph/lib/dph/daycare/pdf/Statutes_and_Regulations_Centers.pdf

saturated fats: A type of fat that can raise blood cholesterol, which is a risk factor for cardiovascular disease. Major sources of saturated fats include animal products (e.g., cheese, beef, milk, snack foods, butter and lard) and tropical vegetable oils (palm, palm kernel and coconut).

screen time: The amount of time spent watching television or DVDs and using the computer or other media. Screen time increases sedentary activity.

sedentary activity: Activity that does not involve much physical movement, such as reading, sitting at a computer, drawing or playing a board game. Sedentary activity provides little physical activity.

simple carbohydrates (sugars): Carbohydrates consisting of one (e.g., fructose and galactose) or two (e.g., lactose, maltose, sucrose) sugars. Sugars can be naturally present in foods (such as the fructose in fruit or the lactose in milk) or added to foods (such as sucrose or table sugar). Foods that naturally contain simple carbohydrates — such as fruits, milk and milk products and some vegetables — also contain vitamins and minerals. Foods that contain large amounts of added sugars — such as cookies, candy, pastries, sweetened baked goods, regular soft drinks and other sweetened drinks — provide calories with few, if any, nutrients. For more information, see “added sugars” in this section.

School Readiness Council: A council appointed by the chief elected official of the town or, in the case of a regional school district, the chief elected officials of the towns in the school district and the superintendent of schools for the school district. The council is composed of the chief elected official, or the official’s designee; the superintendent of schools, or a management level staff person as the superintendent’s designee; parents; representatives from local programs such as Head Start, family resource centers, nonprofit and for-profit child day care centers, group day care homes, prekindergarten and nursery schools, and family day care home providers; a representative from a health care provider in the community; and other representatives from the community who provide services to children. http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/readiness/SR/GP_09_02.pdf

snacks: Snacks that meet the requirements of the U.S. Department of Agriculture’s Child and Adult Care Food Program. CACFP snacks for children must follow the CACFP Meal Pattern for Children (appendix A). CACFP snacks for infants must follow the CACFP Infant Meal Pattern (appendix B).

sodium: Sodium is an essential nutrient, but very little is needed in the diet. Most Americans consume more than twice the limit recommended by the Dietary Guidelines. A high sodium intake increases the risk of high blood pressure in individuals who are sodium sensitive. High blood pressure increases the risk of coronary heart disease, stroke, congestive heart failure and kidney disease. Most sodium (77 percent) comes from salt added to foods by manufacturers. Table salt contains 40 percent sodium by weight. Sodium is used extensively in processed foods as a flavor and color enhancer, binder, preservative and stabilizer. Foods that are high in added sodium include descriptions such as broth, cured, pickled and smoked or ingredients listing salt, soda or sodium. Ingredients containing sodium include baking soda (sodium bicarbonate), baking powder, brine (salt and water), disodium phosphate, salt (sodium chloride), sodium caseinate, sodium citrate, sodium nitrate, sodium propionate and sodium sulfate.

standardized recipe: A recipe that a given food service operation has tested and adapted for use. This recipe produces the same good results and yield every time when the exact procedures are used with the same type of equipment, and the same quantity and quality of ingredients. Standardized recipes include specific information such as ingredients, weights and measures, preparation directions, serving directions, yield and portion size.

structured physical activity: Physical activity that is intentionally planned based on the child care program’s physical activity goals and learning standards. It is scheduled and planned time for children to engage in adult-led or adult-supervised physical activities, e.g., going for a walk with adults or older children, playing simple games that are developmentally appropriate and inclusive, planned exercises, dancing, tumbling, swimming and climbing on play structures. Structured physical activity helps children learn to move and play in a variety of ways and learn social skills that help them to value and enjoy physical activity. For more information, see “physical activity” in this section.

sugar alcohols (polyols): A type of carbohydrate used as sugar substitutes to sweeten foods and beverages. Sugar alcohols are incompletely absorbed and metabolized by the body and contribute fewer calories than most sugars. They also perform other functions such as adding bulk and texture to foods. Common sugar alcohols include sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates (HSH). Products with sugar alcohols are often labeled “sugar free.” Large amounts of sugar alcohols may cause bloating, gas or diarrhea. The Connecticut Child Care Nutrition Standards do not allow foods or beverages with these ingredients (see appendix C).

sugars: See “added sugars” and “simple carbohydrates” in this section.

supplements: See “snacks” in this section.

toddler: A child who is 12 months to 3 years old.

trans fats: Trans fats include naturally occurring and artificial sources. Trans fats occur naturally in low amounts in some foods of animal origin, e.g., dairy products, beef and lamb. Most trans fats are artificially made as the result of “hydrogenation,” a process where vegetable oils are made into a more solid (saturated) fat. Trans fats are used in food products to increase shelf life and enhance texture. The majority of trans fats in the American diet (80 percent) come from processed foods made with partially hydrogenated oils, such as cakes, cookies, crackers, snack chips, fried foods and margarine. Trans fats are worse than saturated fats in increasing blood cholesterol levels. They raise “bad” low-density lipoproteins (LDL) blood cholesterol and decrease “good” high-density lipoproteins (HDL) blood cholesterol, which are significant risk factors for cardiovascular disease. For more information, see “hydrogenated oils” and “partially hydrogenated oils” in this section.

unstructured physical activity: Physical activity or free play that is initiated by children as they explore their environment, e.g., playing on playground structures, playing outside with friends, inventing a new game, digging in the sandbox and running to catch a ball. Free play helps develop children’s imagination, creativity, body awareness and sense of space and dimension. Children learn about the world by moving around in it and exploring its wonder, self-directing their activity in response to their own interests. For more information, see “physical activity” in this section.

vigorous-intensity physical activity: Activity (exercise, play or movement) that produces fatigue in a short period of time and is performed at an intensity in which heart rate and breathing are elevated to levels higher than those observed for moderate physical activity, e.g., running, jumping rope, lap swimming or aerobic dancing.

whole foods: Foods that are unprocessed or minimally processed and do not contain added ingredients, such as fat, sugars or sodium.

whole fruits and vegetables: Whole fruits and vegetables include fresh, frozen, canned and dried fruits and vegetables that are unprocessed or minimally processed and do not contain added ingredients, such as fat, sugars or sodium.

whole grains: Grains that consist of the entire kernel, including the starchy endosperm, the fiber-rich bran and the germ. All grains start out as whole grains, but many are processed to remove the bran and germ, which also removes many of the nutrients. Whole grains are nutrient rich, containing vitamins, minerals, fiber, and antioxidants and health-enhancing phytonutrients, such as lignans and flavonoids. Examples include whole wheat, whole oats/oatmeal, whole grain cornmeal, brown rice, whole rye, whole-grain barley, wild rice, buckwheat, triticale, bulgur (cracked wheat), millet, quinoa and sorghum. Whole grains and fiber both provide health benefits but they are not the same thing. Fiber content is not a good indicator of whether a food is whole grain because the fiber content and serving size of different categories of grains (e.g., cereal and bread) vary. Grain foods that are good sources of fiber, such as bran cereal, may contain bran or other added fiber without much or any whole grain. <http://www.wholegrainscouncil.org>

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