

Glossary



- Affective Development** Arising from or influencing feelings or emotions. Well-planned physical activities in the early childhood education classroom should include consideration of this self-concept process/affective development in young children.
- Allergen** Any substance that causes an allergic reaction.
- Anaphylaxis** A sudden, severe allergic reaction that involves various areas of the body simultaneously or one that causes breathing difficulty with swelling of the throat and tongue. In extreme cases, it can cause death. This type of reaction is sometimes called a general reaction or allergic shock. See EPINEPHRINE.
- Anemia** A reduction in the size, number, or color of red blood cells that results in the reduced oxygen-carrying capacity of blood. Symptoms may include tiredness, fast heartbeat, shortness of breath, weakness and paleness. Anemia can be caused by not getting enough iron in the diet. See IRON.
- Antibacterial Cleaner** A product used to kill bacteria and clean surfaces.
- Antioxidant** An enzyme or other organic substance that counteracts the damaging effects of oxygen in tissues. Antioxidant vitamins such as vitamin C, vitamin E and carotenoids may help to prevent cell and tissue damage and may provide protection against certain diseases.
- Bacteria** Tiny, single-celled microorganisms found everywhere in the environment such as in the air, food, water, soil and other living creatures, including humans. Under the right conditions, bacteria will multiply rapidly in food. Some bacteria may cause food-borne illnesses. Helpful, or friendly, bacteria can be used to make yogurt, vinegar and some cheeses. See FOOD-BORNE ILLNESS, FOOD POISONING.
- Beneficial Insects** Many insects are helpful in maintaining a healthy garden. For example, Other insects, birds, and spiders eat and control problem garden insects; and bees and butterflies assist in pollination.
- Botulism** A severe, often fatal, food poisoning caused by a nerve toxin that is produced by the bacterium *Clostridium botulinum*. Indications of the presence of bacteria that cause botulism are bulging food cans, cracked jars and loose lids.
- Calcium** A key mineral for building bones and teeth and for maintaining bone strength. Calcium also helps regulate heartbeat and other muscle contractions, and aids in proper blood clotting. Calcium deficiency may result in osteoporosis, a bone-thinning disease. Food sources: dairy products (such as milk, yogurt, and cheese), dark green vegetables, dried beans, calcium-fortified juices and cereals, sardines and salmon bones, and tofu.
- Calorie** A unit of measure, such as an inch or a pound. Calories measure the amount of energy your body gets from food. You need energy to be physically active and for your body to grow and function. Eating too many calories relative to energy expended, may lead to an increase in weight. Eating too few calories relative to energy expended, may lead to weight loss. Carbohydrates, fat and protein provide the energy from food. See CARBOHYDRATE, FAT, PROTEIN.

- Carbohydrate** The body's most readily available source of energy. Each gram of carbohydrate provides four calories of energy. The main forms of carbohydrate are sugars, starches and most types of dietary fiber. Sugars are simple carbohydrates. Starches (such as breads, cereals, and pasta) are complex carbohydrates. Dietary fiber provides many health benefits, but no calories.
- Cholesterol** A fat-like substance produced by the body and consumed in the diet. Blood cholesterol levels vary between individuals and are influenced both by genetics and diet. Dietary cholesterol is only found in foods of animal origin. Some foods can be free of cholesterol and still be high in fat. Cholesterol is a vital constituent of cell membranes and nerves, and is also a building block for certain hormones. It is not an essential nutrient – our bodies manufacture most of the cholesterol that we need.
- Clean** Free from dirt, stain or impurities. To clean: to remove any visible soil, but not necessarily sanitize.
- Cooking** Preparing food by applying heat, boiling, steaming, simmering, frying, sautéing, roasting or baking. Allowing adequate time and applying sufficient heat to a given food to effect a change in food texture, aroma, and appearance. Proper cooking assures the destruction of food-borne pathogens inherent to a particular food.
- Cognitive Development** The process and progression of knowing, including both awareness and judgment. Good nutrition and regular physical activity may help young children during the learning process.
- Cooling** Reducing the temperature of properly cooked food to 40°F (5°C) or below, in order to reduce the risk of food-borne illness.
- Danger Zone** 40-140 degrees Fahrenheit. (2-40-140 rule). Food should not be left in the “danger zone” longer than two hours. Many bacteria grow rapidly in this zone. See TWO-HOUR RULE.
- Detergents** Cleansing substances, typically a mixture of soap and synthetic substitutes used with water to make it easier to break down and remove soil.
- Dietary Guidelines for Americans** The Dietary Guidelines for Americans, developed by the Department of Health and Human Services and the U.S. Department of Agriculture (USDA), represent the best, most current advice for healthy Americans ages two years and older. By following all of the guidelines, Americans may promote their health and reduce their risk for chronic diseases such as heart disease, certain types of cancer, and diabetes. The Dietary Guidelines are:

AIM FOR FITNESS

- Aim for a healthy weight
- Be physically active each day

BUILD A HEALTHY BASE

- Let the Pyramid guide your food choices
- Choose a variety of grains daily, especially whole grains
- Choose a variety of fruits and vegetables daily
- Keep food safety to eat.

CHOOSE SENSIBLY

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat
- Choose beverages and foods to moderate your intake of sugars
- Choose beverages and foods to moderate your intake of sugars
- If you drink alcoholic beverages, do so in moderation

Disinfectant A solution that destroys neutralizes or inhibits, the growth of harmful bacteria.

E. Coli A bacterium causing food-borne illness that is found in contaminated water, raw milk, raw or undercooked ground beef, un-pasteurized apple juice or cider, uncooked fruits and vegetables. E. Coli is odorless and invisible to the naked eye. When the bacterium is present in raw meat, thorough cooking is required to kill it. See FOOD-BORNE ILLNESS, FOOD POISONING.

Energy The capacity to do work against resistance.

Epinephrine Epinephrine is adrenaline, a hormone that prepares the body to react to stressful situations. It is the medicine of choice for controlling anaphylactic reactions. It is available by prescription as EpiPen® or Ana-Guard®. If an epinephrine kit is prescribed, it should be available for the child at all times. See ANAPYLAXIS.

Fat A substance in food that is a concentrated source of energy or calories. Each gram of fat provides nine calories of energy. Fat is a fundamental part of the body's structure and operation. It is also a necessary component of our diet. Fat is needed to carry and help absorb vitamins A, D, E, and K. In food, fat is characterized as saturated, monounsaturated, or polyunsaturated.

- Saturated Fats: Normally solid at room temperature, they include the fats found in most animal products (meats, dairy products, butter, and eggs) and certain vegetable oils (cocoa butter, coconut oil, palm, and palm kernel oil).
- Monounsaturated Fats: Liquid at room temperature, they get thicker when chilled. Canola, nut, avocado, and olive oil, are high in monounsaturated fats.
- Polyunsaturated Fats: Liquid at room temperature, they stay liquid when chilled. Most plant oils, such as corn, safflower, sesame, soybean, and sunflower, are high in polyunsaturated fats, as are fish, almonds, and peanuts (including peanut butter).

FATTOM Six conditions that need to be present for bacteria to grow: Food, Acid, Temperature, Time, Oxygen, and Moisture.

Fiber One of the three main types of carbohydrates. Fiber is only found in plants, such as fruits, vegetables, and grains. There are basically two types of fiber: water-soluble and insoluble. Water-soluble may help lower cholesterol levels. Insoluble fiber helps the digestive tract work. Recommended amounts for healthy Americans is 20-35 grams of fiber each day. See CARBOHYDRATE.

Fine Motor Skills Ability level to use and coordinate small muscles in the body.

Folate Also referred to as folic acid or folacin, this B vitamin is converted into enzymes that the body needs to make nucleic acids (RNA and DNA), amino acids, and to carry out other important metabolic functions. It is also involved in the formation of hemoglobin in red blood cells.

- Food Allergy** An adverse reaction to a food or food component that involves the body's immune system. A food allergen (usually a protein) is the part of the food that stimulates and causes a reaction of the immune system. Typical symptoms of food allergies are nausea, vomiting, diarrhea, skin rashes, or difficulty in breathing. In severe cases, fatal shock may occur.
- Food-borne Illness** Illness transmitted to human beings through food and water, caused either by a food-borne infection or by a poisonous substance. Commonly known as food poisoning. See FOOD POISONING.
- Food Guide Pyramid for Young Children** This Pyramid simplifies the educational messages and focus on young children's food preferences and nutritional requirements. The graphic shows foods that are commonly eaten by young children, drawn in a realistic style, and shown in single serving sizes when possible. The food group names have been shortened to simplify them, and the number of servings recommended is a single number rather than a range. The key message is that eating a variety of foods is healthful. The Pyramid is surrounded with illustrations of children engaged in active pursuits, to show the importance of physical activity.
- Food Intolerances** Food intolerances are different from food allergies. They may result from an enzyme deficiency or the inability to digest part of certain foods or a food component. An example is lactose intolerance. People with this condition cannot adequately digest lactose, or milk sugar. Food intolerances produce digestive symptoms, which are often mistaken for symptoms of food allergies.
- Food Poisoning** Illness caused by eating food contaminated by bacteria, characterized by vomiting, diarrhea, prostration, and sometimes shock. The bacteria that cause food poisoning are invisible. You cannot see, taste, or smell them. They cling to the skins of fruits and vegetables, attach them-selves to dust particles, linger on peoples' hands and in their noses, and reside in the intestines of animals. See FOOD-BORNE ILLNESS.
- Garden Planning** Creating a more successful and sustainable garden by using some of the basic principles of placement, construction, planning and care.
- Garden Safety** Ensuring that garden conditions are safe, particularly in the Early Childhood Education setting. Soils need to be lead-tested (for gardens in the ground), poisonous or allergenic plants avoided or removed, and pets discouraged from the garden to minimize disease risks.
- General Space** In structured physical activity programs, this represents the space shared by everyone during physical movement activities.
- Germ** A general term for microorganisms including bacteria and viruses.
- Gross Motor Skills** Ability level to use and coordinate major muscle groups.
- Habitat** The garden environment. Healthy, diverse habitats (or environments) make healthy plants, and healthy plants provide the best nutrition.
- Harvesting** Picking edible plants in the garden when they are ripe and ready to eat. In the early childhood education classroom garden, involve children in harvesting the foods that they have participated in growing.
- Hemoglobin** The pigment in red blood cells that carries oxygen.

- Hives** Itchy red welts (like bumps caused by mosquito bites) that develop as a result of allergic reactions to foods and other provoking substances. They can appear anywhere on the body. If hives are accompanied by swelling of the throat and difficulty breathing, speaking or swallowing, seek immediate help – as it may signal anaphylaxis. See ANAPHYLAXIS.
- Iron** A mineral that is essential for the manufacture of hemoglobin, your blood's oxygen-carrying molecule. Iron also helps your body resist infection and use energy from food. Iron is found in animal foods, such as meats (especially red meats), poultry, fish, organ meats, and also in plant foods, such as green leafy vegetables (such as spinach, kale), beans, dried fruits, iron fortified cereals and some grains. Vitamin C improves the absorption of the plant iron. See ANEMIA, HEMOGLOBIN.
- Lactose Intolerance** A condition that results from the inability to digest the milk sugar lactose. Symptoms may include bloating, gas, abdominal discomfort, and diarrhea. See FOOD INTOLERANCES.
- Legumes** Any plant with pods that contain a number of seeds, such as beans, peas, alfalfa, lentils and chickpeas. Legumes are a good source of fiber, protein, iron, folic acid, and other B vitamins.
- Locomotor** The body's ability to move from place to place. Structured physical activity programs in the early childhood education classroom may help young children to practice and improve locomotor skills. Examples: walking, running, jumping, hopping side sliding and skipping.
- Manipulative Abilities** Skill level in moving various objects, designed to be moved or arranged, by hand as a means of developing motor skills in young children. Structured physical activity programs in the early childhood education classroom may include practice and development of manipulative skills.
- Minerals** Essential inorganic dietary elements, such as calcium, magnesium, iron, potassium, sodium, or zinc. They help maintain good health, promoting proper metabolism and other bodily functions in humans.
- Monounsaturated Fats** Liquid at room temperature, they get thicker when chilled. Food sources: canola, nut, avocado, and olive oils. See FAT.
- Non-locomotor Skills** Such as cognitive and affective skills, other than physical (locomotor) that may be developed and practiced in the early childhood education classroom.
- Nutrients** Used by the body to provide heat or energy; for tissue building or repair; and/or regulation. There are six different kinds of nutrients in food: Water, Carbohydrates, Protein, Fat, Vitamins and Minerals.
- Nutrition** The science of food, nutrients, and other substances food and how they act, interact, and are balanced in relation to health and disease.
- Obesity** Excess accumulation of body fat. Many health risks (such as heart disease and Type II diabetes) are associated with obesity.
- Perceptual Motor** With regards to physical activities in the early childhood education classroom, the ability of young children to perceive spatial relationships especially distances between objects, in three dimensions.
- Personal Space** The area around the body, as far as can be reached. May be incorporated into structured physical activities in the early childhood education classroom.

Physical and Motor Competence	Physical and motor ability and skill level. This should be considered for each child individually when planning a structured physical activity program in the early childhood education classroom,
Phytochemical	A naturally occurring compound found in plant foods that work with nutrients found in fruits, vegetables, and nuts and dietary fiber to protect against disease. Colorful fruits contain hundreds of Phytochemicals
Plant Nutrition	Key elements that plants need to stay healthy – food (especially nitrogen, phosphorous, potassium and some trace minerals such as calcium, iron and zinc); water; air; and sunshine.
Polyunsaturated Fats	Liquid at room temperature, they stay liquid when chilled. Food sources: corn, safflower, sesame, soybean, and sunflower oils; fish; almonds; peanuts and peanut butter. See FAT.
Protein	A major component of all body tissue. Protein is needed for body growth and repair, and as a component of hormones, enzymes, and hemoglobin. Your body can use protein for energy, but that is one of its least important functions.
Refrigeration	Preserving foods by cooling or chilling. Keeping food at a temperature above freezing, but below 40°F.
Repetition and Reinforcement	In structured physical activity programs in the early childhood education classroom, allowing development and practice of physical and motor skills by incorporating them in many activities.
Rotation	A method of controlling plant diseases in the garden by changing (or rotating) where we plant different kinds of plants.
Salmonella	Bacterium found in raw or undercooked animal foods, such as eggs, poultry, and meat; raw milk and dairy products; and seafood. It is the most common bacteria, responsible for about half of all food poisoning. Young children are particularly susceptible. See FOOD-BORNE ILLNESS, FOOD POISONING.
Sanitation	Removal of harmful levels of disease-causing microorganisms and other potentially harmful contaminants. It is the formulation and application of measures designed to protect public health.
Saturated Fats	Normally solid at room temperature. Food sources: fats found in most animal products (meats, dairy products, butter, and eggs) and certain vegetable oils (cocoa butter, coconut oil, palm, and palm kernel oil). See FAT.
Snacking	Foods consumed between (i.e. before, and/or after) the traditional three main meals (breakfast, lunch and dinner). Particularly for young children, snacks may provide additional nutrients and energy to supplement meals.
Soil Health	In gardening, the best kind of soil has plenty of organic matter, a mix of clay, silt, and sand, and a lot of tiny spaces to allow for air and water to get to the roots of plants easily.
Stability	In the structured physical activities in the early childhood education classroom, the ability of the body to maintain equilibrium or resume its original, upright position after displacement.
Starch	A complex carbohydrate that is the principal storage molecule of plants. The major source of carbohydrate and energy in our diet. A starch molecule is made of long chains of sugar molecules and by plants to store sugar for future energy needs.

- Storing** Ensuring that perishable foods are not left out for more than 2 hours and placing them in refrigeration below 40 degrees Fahrenheit or in the freezer below 0 degrees Fahrenheit.
- Two-Hour Rule** Perishable foods should be promptly refrigerated. They should not be kept in the “danger zone” for longer than two hours. See DANGER ZONE.
- Type II Diabetes** A condition, also known as non-insulin dependent diabetes mellitus (NIDDM) where there are abnormally high levels of sugar (glucose) in the blood. It may often be controlled simply by weight loss. Type II diabetes occurs more commonly than Type I diabetes.
- Variety** As it applies to food and nutrition, variety (as well as balance and moderation) in the diet is recommended to ensure adequate nutrient intake and optimal health. A nutrient that helps cells grow, helps maintain mucous membranes and helps eyes adapt to changes in light. Vitamin A is also known as retinol. Some plant foods contain darkly colored pigments called provitamin A, carotenoids that can be converted to vitamin A in the body. Food sources: animal foods, such as whole milk and dairy, egg yolk, liver, fish liver oils, and also fortified breakfasts. Carotenoids are found in dark-green vegetables and deep-yellow fruits and vegetables, such as carrots, dark leafy greens, broccoli, yellow squash, sweet potatoes, apricots, papaya and peaches.
- Vitamin C** Also known as ascorbic acid. Vitamin C is water-soluble and is an antioxidant -- it floats around in the watery inner part of the cells and takes care of free radicals in the area. It also helps form connective tissue—the tissue that holds your body cells together and helps in wound healing. Food sources: citrus fruits, broccoli, tomatoes, and peppers, dark green leafy vegetables and potatoes. See ANTIOXIDANT.
- Vitamin D** A nutrient that helps your body use calcium. Your body makes Vitamin D when you go out in the sun. Food sources: fortified milk and cereals.
- Vitamin E** A nutrient that is fat-soluble. It stays within the fat containing membranes that surround the cells. Also is an antioxidant. Food sources: vegetable oils, wheat germ, green leafy vegetables, liver, fish liver oils, whole-grain bread and cereal products. See ANTIOXIDANT.
- Vitamin K** A nutrient that helps your blood clot properly. Food sources: green leafy vegetables, broccoli, peas, eggs and cheese.
- Water** Although it contains no calories, humans cannot live without water. It takes only a few days without water to lead to death. Water accounts for about two-thirds of the body’s makeup. For instance, water makes up about three-fourths of the brain and muscles, and more than one fifth of bone. It transports nutrients and oxygen to all parts of the body through the blood and lymphatic systems. It also plays an important role in maintaining body temperature, removing metabolic waste by way of urine and sweat, lubricating joints, and giving form to cells. See NUTRIENTS.
- Watering** In gardening, ensuring that plants received the proper amount of water. Water deeply (to the tips of the roots) and slowly enough that the water is absorbed in the soil and doesn’t run off.
- Weeds** Plants that grow fast and produce a lot of tiny seeds that are spread easily by wind or water. These plants become a problem when they use nutrients, water and sun that the desirable plants we are growing need.