

Let's Go!

# DEFINITIONS

**UNHEALTHY CHOICES** include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.

**HEALTHY CHOICES** include water, fruits, vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish, and poultry, and healthy fats such as nuts, seeds, and avocados.

**SUGARY DRINKS** include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

**PHYSICAL ACTIVITY** is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

**SCREENS** include TVs, computers, video games, tablets, and smartphones.

**RECREATIONAL SCREEN TIME** is screen time used for non-educational purposes.

**CELEBRATIONS** honor a special day or event.

**A FOOD REWARD** is a food used to encourage good behavior.

speaking the language

