

Lesson 1A	
Sugar-sweetened beverages (SSBs)	Includes all sodas, fruit drinks, sport drinks, low-calorie drinks and other beverages that contain added caloric sweeteners, such as sweetened tea, rice drinks, bean beverages, sugar cane beverages, horchata, and many types of energy and coffee drinks as well as nonalcoholic wines and malt beverages.
Added sugars	Sugars and syrups that are added to foods or beverages during processing or preparation.
Natural sugars	Sugars that naturally occur in milk and fruits.
<i>Dietary Guidelines for Americans, 2010</i>	Nutritional guidance from the federal government provided to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.
Lesson 1B	
Nutrition Facts label	The section of a food label that shows the Serving Size, Calories, and key nutrients by % Daily Value in one measured amount of food.
Ingredient List	The listing of each ingredient in descending order of predominance.
Serving Size	A term that indicates a fixed amount of food, such as 1 cup or 1 ounce, shown on Nutrition Facts label. It is useful in determining how much of that food you eat and what amount of nutrients you are getting, and making comparisons among foods.

Sugars	Sugars are the simple form of carbohydrates that usually taste sweet and are quickly absorbed. There are many forms of sugars; their names often end in “ose,” as in sucrose (table sugar), lactose (milk sugar), and fructose (fruit sugar).
Daily Value (DV)	DVs are the recommended amounts of key nutrients, based on 2,000 calories a day. The amounts shown for the DV nutrient levels for 2,000 and 2,500 calories are provided on many Nutrition Facts labels.
% Daily Value (% DV)	Shows the specific amounts of nutrients for each food. The % DVs make it easier to compare the amount of nutrients in a food to the amount of nutrients people need each day. Between 10 and 20 percent is considered a good source and 20 percent or more is considered an excellent source.
Lesson 2A	
External influences	Influences that come from others or external environment.
Internal influences	Influences that come from within you.
Lesson 2B	
Decision-making	The process of making choices or reaching conclusions. The process involves: stating the situation, listing the options, weighing possible consequences, considering values, acting on the decision, and evaluating the decision.
Values	Strongly held beliefs about what is valuable, important, or acceptable.
Lesson 3A	
MyPlate	The food guidance system developed by the U.S. Department of Agriculture to guide healthful eating and active living. It gives the amounts and kinds of foods we need daily from the five food groups, plus a category for oils, and guidance on physical activity levels.
Whole grain	Term used for products that contain the entire grain kernel: the bran, germ, and endosperm. Examples include foods like cereals, breads, pasta, or foods that contain the following: whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.

Calcium	A mineral that works with phosphorous to build strong bones and teeth. Calcium also helps keep a healthy blood pressure, helps keep nerves healthy, and helps muscles move. Calcium-rich foods include: almonds, calcium-fortified orange juice and tofu, canned salmon, dark leafy green vegetables, dried beans, lowfat dairy foods, and cactus leaves (nopales).
Portions	The amount of food an individual eats at any one time, which may be more or less than a serving.
Physical activity	Any action that uses your muscles to move your body and uses up energy.
Lesson 3B	
Goal	Something you are trying to do or achieve.
Goal setting	The process of deciding on something you want, making a plan, and working towards the decided goal. The process involves: setting a realistic goal, making a plan, preparing for challenges, asking for help, evaluating and reflecting on the goal, and celebrating your successes.
Lesson 3C	
Food Safety	The conditions and practices that preserve the quality of food to prevent contamination and food-borne illnesses.