

STANDARDS FOR  
HEALTHY EATING, PHYSICAL ACTIVITY,  
SEDENTARY BEHAVIOUR AND SLEEP  
IN EARLY CHILDHOOD EDUCATION  
AND CARE SETTINGS: **A TOOLKIT**



*Active*



World Health  
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## GLOSSARY

<b>Active play</b>	Involves physical activity as part of play (see definitions of Physical Activity and Play).
<b>Director/service leader</b>	Person who oversees the day-to-day operations of an early childhood education and care setting, including the budget, policies, programmes, and staff.
<b>Early childhood</b>	Defined, for the purpose of these global standards, as the period from birth to the age of 5 years. (Early childhood can also be defined as the period from birth to the age of 8 years as per the Nurturing Care Framework)
<b>Early childhood education and care (ECEC) settings</b>	Also referred to as child development centres, child care, crèche, nursery, pre-kindergarten, kindergarten, long day care, family day care or child care, or pre-school.
<b>Fine motor skills</b>	Movement skills that involve small muscle groups that control the hand, fingers and thumb. For example, drawing, cutting with scissors, playing with puzzles and buttoning a shirt.
<b>Food security</b>	Access to a sufficient quantity of affordable, nutritious food.
<b>Gross motor skills</b>	Movement skills that involve large muscle groups and are generally categorized as locomotor, stability and object-control skills, e.g. running, jumping, hopping, kicking, throwing, galloping, balancing, catching and striking. They reflect the status of motor development at a specific age.
<b>Healthy eating</b>	A definition has not been provided for this term, as each country or region follows different dietary guidelines in relation to eating the right amounts and kinds of foods and drinks needed for health and well-being. Where relevant, the term “healthy eating” encompasses breastfeeding or feeding with expressed breast milk.
<b>Information technology</b>	Devices and other technology through which information can be created, gathered, processed, stored, presented and disseminated (e.g. via electronic tablets, iPads, computers, smartphones).
<b>Organized learning programme</b>	The curriculum or framework of an ECEC setting, including the environment, daily interactions between children, staff and pedagogy.
<b>Naptime</b>	Time periods during the ECEC setting’s day where children sleep in accordance with their

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