

Grade 1 (Digital Edition)

The student materials in *HealthSmart* Grade 1 address the following Common Core State Standards in English Language Arts.

Personal & Family Health

Lesson 1

I Belong! W.1.1,8; SL.1.4,6

Lesson 2

My Family Storybook W.1.2,8; SL.1.4,6
Table Talk: Family Stories SL.1.1

Lesson 3

My Healthy Friend W.1.1,8; SL.1.1,2,6

Lesson 5

I Share My Feelings! SL.1.1,2,6

Lesson 6

Handwashing SL.1.1,2,6

Lesson 7

I Protect Myself from the Sun! SL.1.1,2,6

Lesson 8

Getting Enough Sleep W.1.7
Table Talk: Do We Get Plenty of Sleep? SL.1.1

Safety & Injury Prevention

Lesson 9

I Can Be Safe! W.1.1,8; SL.1.4,6; L.1.6

Lesson 10

I Have Help to Be Safe! W.1.1,8; SL.1.4,6; L.1.6

Lesson 11

Street Smart W.1.2; L.1.6

Lesson 12

Got a Minute? Talking About Safe Routes and Havens SL.1.1

Lesson 13

Car Smart W.1.2; L.1.6
I Buckle Up and Sit in the Back! SL.1.1,2,6

Lesson 14

Got a Minute? Talking About Fire Safety at Home SL.1.1

Lesson 16

Fire Smart W.1.2; L.1.6

Lesson 18

I'm Safety Smart W.1.1,2,8

Key to Common Core Abbreviations

Language Forms:

RL = Reading Literature
RI = Reading Informational Text
W = Writing
SL = Speaking & Listening
L = Language

The grade level follows the language form.

The specific standards addressed follow the grade level, separated by commas.

For example: W.1.2,4 = Writing, Grade 1, Standards 2 and 4.

Nutrition & Physical Activity

Lesson 19

Water for Me, Please! W.1.2

Lesson 20

My Breakfast Pledge W.1.2

Got a Minute? Talking About Eating a Healthy Breakfast SL.1.1

I Eat Breakfast Every Day! SL.1.1,2,6

Lesson 21

My Growing Body W.1.1,2,8; SL.1.1,2,6; L.1.6

I Grow Every Day! SL.1.1,2,6

Lesson 22

More or Less? My Pledge to Be Active W.1.2

Table Talk: Where is the Exercise in Our Day? SL.1.1

Tobacco & Alcohol Prevention

Lesson 23

Smoke Clouds W.1.1,2,8; L.1.4,6

Lesson 25

Tobacco Free...Ask Me! Wristbands SL.1.1,2,6; L.1.4,6

Lesson 26

Got a Minute? Talking About Tobacco SL.1.1

No Tobacco for Me! SL.1.1,2,6