

Grade 3 (Print Edition)

HealthSmart Grade 3 meets the following Common Core State Standards in English Language Arts.

Key to Abbreviations

PFH = Personal & Family Health
SIP = Safety & Injury Prevention
NPA = Nutrition & Physical Activity
TAP = Tobacco & Alcohol Prevention

Reading Informational Text

Standard 1

Ask and answer such questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.

PFH, Lesson 2, Activity 1: My Lifestyle and My Future
PFH, Lesson 2, Activity 2: Heart Disease, Stroke, Cancers, Diabetes
SIP, Lesson 1, Activity 2: Safety Smart Facts

Standard 2

Identify the main idea of a text; recount the key details and explain how they support the main idea.

PFH, Lesson 2, Activity 2: Heart Disease, Stroke, Cancers, Diabetes
SIP, Lesson 1, Activity 2: Safety Smart Facts
SIP, Lesson 1, Activity 4: Safety Ambassador Certificate, Safe and Healthy! We've Got Ourselves Covered, We're Covered
NPA, Lesson 1, Activity 2: Did You Eat a Healthy Breakfast Banner Template
NPA, Lesson 2, Activity 2: My Healthy Menus
TAP, Lesson 1, Activity 3: Tobacco- and Alcohol-Free Movie Awards
TAP, Lesson 2, Activity 3: Pressure Off Badges

Standard 3

Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language that pertains to time, sequence and cause/effect.

PFH, Lesson 2, Activity 2: Heart Disease, Stroke, Cancers, Diabetes
SIP, Lesson 1, Activity 2: Safety Smart Facts

Standard 4

Determine the meaning of general academic and domain-specific words and phrases in a text relevant to a grade 3 topic or subject area.

PFH, Lesson 1, Activity 2: No Bullying Badges
PFH, Lesson 2, Activity 2: Heart Disease, Stroke, Cancers, Diabetes
SIP, Lesson 1, Activity 2: Safety Smart Facts

Standard 7

Use information gained from illustrations and the words in a text to demonstrate understanding of the text.

SIP, Lesson 1, Activity 2: Safety Smart Facts

Reading Literature

Standard 1

Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.

PFH, Lesson 1, Activity 1: Check It Out! Stories

Standard 2

Recount stories, including fables, folktales and myths from diverse cultures; determine the central message, lesson or moral, and explain how it is conveyed through key details in the text.

PFH, Lesson 1, Activity 1: Check It Out! Stories

Standard 3

Describe characters in a story and explain how their actions contribute to the sequence of events.

PFH, Lesson 1, Activity 1: Check It Out! Stories

Standard 4

Determine the meaning of words and phrases as they are used in a text, distinguishing literal from nonliteral language.

PFH, Lesson 1, Activity 1: Check It Out! Stories

Writing

Standard 1

Write opinion pieces on topics or texts, supporting a point of view with reasons.

PFH, Lesson 1, Activity 2: Take a Stand Badges

PFH, Lesson 2, Activity 1: My Lifestyle and My Future

SIP, Lesson 1, Activity 1: What Being Safe Means to Me

SIP, Lesson 1, Activity 2: Safety Smart Facts

SIP, Lesson 1, Activity 3: Setting Safety Smart Goals

NPA, Lesson 2, Activity 1: My All-Time Favorite Meal

NPA, Lesson 2, Activity 2: My Healthy Breakfast, My Healthy Lunch, My Healthy Dinner, My Healthy Snack

NPA, Lesson 2, Activity 3: My Food Diary

NPA, Lesson 3, Activity 2: My Move More Record

TAP, Lesson 1, Activity 2: My Choices to Be Tobacco and Alcohol Free

TPA, Lesson 1, Activity 3: Movie of My Life

Standard 2

Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

PFH, Lesson 1, Activity 1: Check It Out!

PFH, Lesson 2, Activity 1: My Lifestyle and My Future

PFH, Lesson 2, Activity 2: Heart Disease, Stroke, Cancers, Diabetes

SIP, Lesson 1, Activity 1: What Being Safe Means to Me

SIP, Lesson 1, Activity 2: Safety Smart Facts, My Safety Smart Rules

SIP, Lesson 1, Activity 3: Setting Safety Smart Goals

NPA, Lesson 2, Activity 2: My Healthy Breakfast, My Healthy Lunch, My Healthy Dinner, My Healthy Snack

NPA, Lesson 2, Activity 3: My Food Diary

NPA, Lesson 3, Activity 2: My Move More Record

HealthSmart Alignment to ELA Common Core State Standards Listed by Standard
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TAP, Lesson 1, Activity 2: My Choice to Be Tobacco and Alcohol Free
TPA, Lesson 1, Activity 3: Movie of My Life
TPA, Lesson 2, Activity 1: Pressure Cooker

Standard 3

Write narratives to develop real or imagined experiences or events using effective technique, descriptive details and clear event sequences.

SIP, Lesson 1, Activity 2: Safety Smart Facts
TPA, Lesson 1, Activity 3: Movie of My Life

Standard 4

With guidance and support from adults, produce writing in which the development and organization are appropriate to task and purpose.

SIP, Lesson 1, Activity 2: Safety Smart Facts
TPA, Lesson 1, Activity 3: Movie of My Life

Standard 5

With guidance and support from peers and adults, develop and strengthen writing as needed by planning, revising and editing.

TPA, Lesson 1, Activity 3: Movie of My Life

Standard 6

With guidance and support from adults, use technology to produce and publish writing, as well as to interact and collaborate with others.

TPA, Lesson 1, Activity 3: Movie of My Life

Standard 7

Conduct short research projects that build knowledge about a topic.

NPA, Lesson 2, Activity 3: My Food Diary
NPA, Lesson 3, Activity 2: My Move More Record

Standard 8

Recall information from experiences or gather information from print or digital sources; take brief notes on sources and sort evidence into provided categories.

PFH, Lesson 2, Activity 1: My Lifestyle and My Future
SIP, Lesson 1, Activity 1: What Being Safe Means to Me
NPA, Lesson 2, Activity 2: My Healthy Breakfast, My Healthy Lunch, My Healthy Dinner, My Healthy Snack
NPA, Lesson 2, Activity 3: My Food Diary
NPA, Lesson 3, Activity 2: My Move More Record
TAP, Lesson 1, Activity 2: My Choice to Be Tobacco and Alcohol Free

Speaking and Listening

Standard 1

Engage effectively in a range of collaborative discussions with diverse partners on grade 3 topics and texts; building on others' ideas and expressing their own clearly.

PFH, Lesson 1, Activity 1: Check It Out!, Check It Out! Stories
PFH, Lesson 1, Activity 2: Got a Minute? Talking About Bullying
PFH, Keep the Learning Alive (1): We Don't Bully!

HealthSmart Alignment to ELA Common Core State Standards Listed by Standard
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PFH, Lesson 2, Activity 2: Heart Disease, Stroke, Cancers, Diabetes
PFH, Keep the Learning Alive (2): I Act in Ways to Protect My Future!
SIP, Lesson 1, Activity 1: Got a Minute? Talking About Acting in Safe Ways
SIP, Lesson 1, Activity 2: Safety Smart Facts
SIP, Keep the Learning Alive: I Help Others Be Safe!
NPA, Lesson 1, Activity 3: Table Talk: Our Healthy 5-a-Day Goal
NPA, Lesson 2, Activity 1: My All-Time Favorite Meal
NPA, Keep the Learning Alive (1): I Eat Healthy Favorites!
NPA, Lesson 3, Activity 2: Move More, Sit Less Badges, Table Talk: A New Way to Exercise
NPA, Keep the Learning Alive (2): I Move More and Sit Less!
TPA, Lesson 2, Activity 3: Got a Minute? Talking About Staying Away from Tobacco and Alcohol
TPA, Keep the Learning Alive: I Turn Off Tobacco and Alcohol Pressure!

Standard 2

Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively and orally.

PFH, Lesson 1, Activity 1: Check It Out!
PFH, Keep the Learning Alive (1): We Don't Bully!
PFH, Lesson 2, Activity 2: Heart Disease, Stroke, Cancers, Diabetes
PFH, Keep the Learning Alive (2): I Act in Ways to Protect My Future!
SIP, Lesson 1, Activity 2: Safety Smart Facts
SIP, Keep the Learning Alive: I Help Others Be Safe!
NPA, Lesson 2, Activity 1: My All-Time Favorite Meal
NPA, Keep the Learning Alive (1): I Eat Healthy Favorites!
NPA, Lesson 3, Activity 2: Move More, Sit Less Badges
NPA, Keep the Learning Alive (2): I Move More and Sit Less!

Standard 3

Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.

PFH, Lesson 1, Activity 1: Check It Out!
SIP, Lesson 1, Activity 2: My Safety Smart Rules
SIP, Lesson 1, Activity 3: Setting Safety Smart Goals

Standard 6

Speak in complete sentences when appropriate to task and situation in order to provide requested detail or clarification.

PFH, Lesson 1, Activity 1: Check It Out!, Check It Out! Stories
PFH, Keep the Learning Alive (1): We Don't Bully!
PFH, Lesson 2, Activity 2: Heart Disease, Stroke, Cancers, Diabetes
PFH, Keep the Learning Alive (2): I Act in Ways to Protect My Future!
SIP, Lesson 1, Activity 1: What Being Safe Means to Me
SIP, Lesson 1, Activity 2: Safety Smart Facts
SIP, Keep the Learning Alive: I Help Others Be Safe!
NPA, Lesson 2, Activity 1: My All-Time Favorite Meal
NPA, Keep the Learning Alive (1): I Eat Healthy Favorites!
NPA, Lesson 3, Activity 2: Move More, Sit Less Badges
NPA, Keep the Learning Alive (2): I Move More and Sit Less!

Language

Standard 2

Demonstrate command of the conventions of standard English capitalization, punctuation and spelling when writing.

SIP, Lesson 1, Activity 1: What Being Safe Means to Me
SIP, Lesson 1, Activity 2: Safety Smart Facts
TAP, Lesson 1, Activity 2: My Choice to Be Tobacco and Alcohol Free
TAP, Lesson 1, Activity 3: Movie of My Life
TAP, Lesson 2, Activity 1: Pressure Cooker

Standard 4

Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grade 3 reading and content, choosing flexibly from an array of strategies.

PFH, Lesson 2, Activity 2: Heart Disease, Stroke, Cancers, Diabetes
SIP, Lesson 1, Activity 1: What Being Safe Means to Me
SIP, Lesson 1, Activity 2: Safety Smart Facts
TAP, Lesson 1, Activity 2: My Choice to Be Tobacco and Alcohol Free
TAP, Lesson 1, Activity 3: Movie of My Life
TAP, Lesson 2, Activity 1: Pressure Cooker

Standard 6

Acquire and use accurately grade-appropriate conversational, general academic and domain-specific words and phrases, including those that signal spatial and temporal relationships.

PFH, Lesson 1, Activity 1: Check It Out! Stories
PFH, Lesson 1, Activity 2: Take a Stand Badges, No Bullying Badges
PFH, Lesson 2, Activity 1: My Lifestyle and My Future
SIP, Lesson 1, Activity 1: What Being Safe Means to Me
SIP, Lesson 1, Activity 2: Safety Smart Facts
SIP, Lesson 1, Activity 3: Setting Safety Smart Goals
TAP, Lesson 1, Activity 2: My Choice to Be Tobacco and Alcohol Free
TAP, Lesson 1, Activity 3: Movie of My Life
TAP, Lesson 2, Activity 1: Pressure Cooker