

## Grade 5 (Digital Edition)

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The student materials in *HealthSmart* Grade 5 address the following Common Core State Standards in English Language Arts.

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### Personal & Family Health

#### Lesson 1

Kids Like You RL.5.1,2,3,4; SL.5.1  
Puberty and My Feelings W.5.1,2; L.5.6  
Kids like You: Journals RL.5.1,2,3,4; SL.5.1  
Seasonal Journal Pages W.5.1,2,3; SL.5.1; L.5.6

#### Lesson 2

Instant Bulletin Board: Old Me, New Me W.5.1; SL.5.1,2,6

#### Lesson 3

Understanding Puberty RI.5.1,2,3,4; L.5.4,6  
Got a Minute? Talking About Puberty SL.5.1

#### Lesson 4

Caring for a Boy's Body RI.5.1,2,3,4; L.5.4,6

#### Lesson 5

Caring for a Girl's Body RI.5.1,2,3,4; L.5.4,6

#### Lesson 6

Communicating in Winning Ways RI.5.1,2,3,4; SL.5.1

#### Lesson 7

The Benefits of Abstinence RL.5.1,2,3,4; SL.5.1  
Got a Minute? Talking About Personal Reputation SL.5.1

#### Lesson 8

Getting Information and Support RL.5.1,2,3,4; W.5.2

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### Safety & Injury Prevention

#### Lesson 9

My Safe School W.5.1,2,3,4,5,6,8,9; SL.5.1,4,6

#### Lesson 10

In the Grapevine: Rights, Responsibilities and Actions for Being Safe at School W.5.1,2,3,4,7;  
SL.5.1,3,6

#### Lesson 12

Media Violence & You RI.5.1,2,3,4; SL.5.1  
In the Grapevine: Does Media Violence Affect Kids? W.5.1,2,3,4,7; SL.5.1,3,6

#### Lesson 13

It's Casual, It's Cruel—It's Casual Cruelty RI.5.1,2,3,4; SL.5.1; L.5.6  
Casual Cruelty on TV W.5.1,2,3,4,7; SL.5.3

#### Lesson 14

Bookmark Campaign W.5.1; L.5.4,6

#### 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.5.2,4 = Writing, Grade 5, Standards 2 and 4.

**Lesson 15**

Speed Write: What Bullying Means to Me W.5.1,2,6; SL.5.1; L.5.4,6  
Stories About Bullying RL.5.1,2,3,4; SL.5.1  
Why Kids Bully RL.5.1,2,3,4; SL.5.1

**Lesson 16**

What Is Bullying?/Bullying & Feelings RI.5.1,2,3,4; SL.5.1; L.5.6

**Lesson 17**

Stories About Bullying RL.5.1,2,3,4; SL.5.1  
Bullying Story Endings RL.5.1,2,3,4; W.5.1,2,8; SL.5.1,4,6  
Table Talk: Bullying SL.5.1

**Lesson 18**

School Fights: Pieces of the Puzzle W.5.2; SL.5.1,6  
Top 5 Reasons Kids Fight at School RI.5.1,2,3,4; SL.5.1; L.5.6  
In the Grapevine: School Fights W.5.1,2,3,4,7; SL.5.1,3,6

**Lesson 19**

Fights & Feelings RL.5.1,2,3,4; SL.5.1; L.5.6

**Lesson 20**

Simple Conflict or Serious Trouble? RL.5.1,2,3,4; SL.5.1; L.5.6

**Lesson 21**

When Friends or Classmates Are in Trouble RI.5.1,2,3,4; SL.5.1; L.5.6  
Got a Minute? Helping Friends Who Are in Trouble SL.5.1

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## **Nutrition & Physical Activity**

**Lesson 22**

HealthSmart Guidelines for Healthy Eating RI.5.1,2,3,4; SL.5.1; L.5.6  
MyPlate L.5.6

**Lesson 23**

How Much Should I Eat? RI.5.1,4  
Making Healthy Food Choices RI.5.1,4; W.5.2; SL.5.1

**Lesson 24**

From Where I Stand: You Are What You Eat RI.5.1,4; W.5.2  
Table Talk: Our Family Choices for Healthy Eating SL.5.1

**Lesson 25**

How Can I Make Fast-Food Meals Healthier? W.5.2; SL.5.1,2,6  
The Fast-Food Challenge RI.5.1,2,3,4; SL.5.1; L.5.6  
Celebrations & Holiday Foods RI.5.1,2,3,4; SL.5.1; L.5.6

**Lesson 26**

HealthSmart Guidelines for Physical Activity & Exercise RI.5.1,2,3,4; RI.5.1,2,3,4; SL.5.1; L.5.6

**Lesson 27**

Adding Up My Physical Activity and Exercise SL.5.1,2,6  
Table Talk: Our Active Family SL.5.1

**Lesson 28**

Healthy Eating and Exercise: Getting Started W.5.2; SL.5.3

**Lesson 29**

Eating & Exercising: Tracking Your Progress RI.5.1,2,3,4; SL.5.1; L.5.6

Jamie & Niko’s Goal Booklets RI.5.1,2,3,4; SL.5.1; L.5.6

Tracking My Progress W.5.2

What I Learned This Week W.5.1,2

My Eating and Exercise Booklet W.5.2

Physical Activity and Exercise Tips RI.5.2; SL.5.1

“Do-licious” Cookbook W.5.2; SL.5.1

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**Tobacco, Alcohol & Other Drug Prevention**

**Lesson 30**

Alcohol and the Body W.5.1,2,8; SL.5.1,2,3,6

**Lesson 31**

Alcohol & Feelings RI.5.1,2,3,4; SL.5.1; L.5.6

**Lesson 32**

Alcohol & Peers RI.5.1,2,3,4; SL.5.1; L.5.6

**Lesson 33**

Alcohol, Personal Choices & Consequences RI.5.1,2,3,4; L.5.6

Graduation Party Story Ending W.5.1,2,3,8; SL.5.1,3,6

Table Talk: Alcohol-Free Kids SL.5.1

**Lesson 34**

Alcohol & the Media RI.5.1,2,3,4; SL.5.1; L.5.6

**Lesson 35**

A Closer Look at Me and Alcohol Connections RI.5.1 W.5.2; SL.5.6

**Lesson 36**

Our Alcohol-Free Proclamation W.5.2

**Lesson 37**

Peer Power Post Office: Helping Friends Stay Alcohol Free RI.5.1,2,3,4; W.5.1,2,3;  
SL.5.1,2,6

**Lesson 38**

When Others Drink RI.5.1,2,3,4; RI.5.1,2,3,4; SL.5.1; L.5.6

Real Stories: Getting Help When Others Drink RI.5.1,2,3,4; SL.5.1,2,4; L.5.3,6

Got a Minute? When Adults and Others Use Alcohol SL.5.1