

## Grade 5 (Digital Edition)

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**HealthSmart Grade 5 meets the following Common Core State Standards in English Language Arts.**

### Reading Informational Text

#### Standard 1

**Quote accurately from a text when explaining what the text says explicitly and when drawing inferences from the text.**

PFH, Lesson 3: Understanding Puberty  
PFH, Lesson 4: Caring for a Boy's Body  
PFH, Lesson 5: Caring for a Girl's Body  
PFH, Lesson 6: Communicating in Winning Ways  
SIP, Lesson 12: Media Violence & You  
SIP, Lesson 13: It's Casual, It's Cruel—It's Casual Cruelty  
SIP, Lesson 16: What Is Bullying?/Bullying & Feelings  
SIP, Lesson 18: Top 5 Reasons Kids Fight at School  
SIP, Lesson 21: When Friends or Classmates Are in Trouble  
NPA, Lesson 22: *HealthSmart* Guidelines for Healthy Eating  
NPA, Lesson 23: How Much Should I Eat?, Making Healthy Food Choices  
NPA, Lesson 24: From Where I Stand: You Are What You Eat  
NPA, Lesson 25: The Fast-Food Challenge, Celebrations & Holiday Foods  
NPA, Lesson 26: *HealthSmart* Guidelines for Physical Activity & Exercise  
NPA, Lesson 29: Eating & Exercising: Tracking Your Progress  
TAOD, Lesson 34: Alcohol & the Media  
TAOD, Lesson 35: A Closer Look at Me and Alcohol Connections  
TAOD, Lesson 38: When Others Drink

#### Standard 2

**Determine two or more main ideas of a text and explain how they are supported by key details; summarize the text.**

PFH, Lesson 3: Understanding Puberty  
PFH, Lesson 4: Caring for a Boy's Body  
PFH, Lesson 5: Caring for a Girl's Body  
PFH, Lesson 6: Communicating in Winning Ways  
SIP, Lesson 12: Media Violence & You  
SIP, Lesson 13: It's Casual, It's Cruel—It's Casual Cruelty  
SIP, Lesson 16: What Is Bullying?/Bullying & Feelings  
SIP, Lesson 18: Top 5 Reasons Kids Fight at School  
SIP, Lesson 21: When Friends or Classmates Are in Trouble  
NPA, Lesson 22: *HealthSmart* Guidelines for Healthy Eating  
NPA, Lesson 25: The Fast-Food Challenge, Celebrations & Holiday Foods  
NPA, Lesson 26: *HealthSmart* Guidelines for Physical Activity & Exercise  
NPA, Lesson 29: Eating & Exercising: Tracking Your Progress, Physical Activity and Exercise Tips  
TAOD, Lesson 34: Alcohol & the Media  
TAOD, Lesson 38: When Others Drink

### Standard 3

**Explain the relationships or interactions between two or more individuals, events, ideas or concepts in a historical, scientific or technical text based on specific information in the text.**

PFH, Lesson 3: Understanding Puberty  
PFH, Lesson 4: Caring for a Boy's Body  
PFH, Lesson 5: Caring for a Girl's Body  
PFH, Lesson 6: Communicating in Winning Ways  
SIP, Lesson 12: Media Violence & You  
SIP, Lesson 13: It's Casual, It's Cruel—It's Casual Cruelty  
SIP, Lesson 16: What Is Bullying?/Bullying & Feelings  
SIP, Lesson 18: Top 5 Reasons Kids Fight at School  
SIP, Lesson 21: When Friends or Classmates Are in Trouble  
NPA, Lesson 22: *HealthSmart* Guidelines for Healthy Eating  
NPA, Lesson 25: The Fast-Food Challenge, Celebrations & Holiday Foods  
NPA, Lesson 26: *HealthSmart* Guidelines for Physical Activity & Exercise  
NPA, Lesson 29: Eating & Exercising: Tracking Your Progress  
TAOD, Lesson 34: Alcohol & the Media  
TAOD, Lesson 38: When Others Drink

### Standard 4

**Determine the meaning of general academic and domain-specific words and phrases in a text relevant to a grade 5 topic or subject area.**

PFH, Lesson 3: Understanding Puberty  
PFH, Lesson 4: Caring for a Boy's Body  
PFH, Lesson 5: Caring for a Girl's Body  
PFH, Lesson 6: Communicating in Winning Ways  
SIP, Lesson 12: Media Violence & You  
SIP, Lesson 13: It's Casual, It's Cruel—It's Casual Cruelty  
SIP, Lesson 16: What Is Bullying?/Bullying & Feelings  
SIP, Lesson 18: Top 5 Reasons Kids Fight at School  
SIP, Lesson 21: When Friends or Classmates Are in Trouble  
NPA, Lesson 22: *HealthSmart* Guidelines for Healthy Eating  
NPA, Lesson 23: How Much Should I Eat?, Making Healthy Food Choices  
NPA, Lesson 24: From Where I Stand: You Are What You Eat  
NPA, Lesson 25: The Fast-Food Challenge, Celebrations & Holiday Foods  
NPA, Lesson 26: *HealthSmart* Guidelines for Physical Activity & Exercise  
NPA, Lesson 29: Eating & Exercising: Tracking Your Progress  
TAOD, Lesson 34: Alcohol & the Media  
TAOD, Lesson 38: When Others Drink

## Reading Literature

### Standard 1

**Quote accurately from a text when explaining what the text says explicitly and when drawing inferences from the text.**

PFH, Lesson 1: Kids Like You, Kids Like You: Journals  
PFH, Lesson 7: The Benefits of Abstinence  
PFH, Lesson 8: Getting Information and Support  
SIP, Lesson 15: Stories About Bullying, Why Kids Bully  
SIP, Lesson 17: Stories About Bullying, Bullying Story Endings  
SIP, Lesson 19: Fights & Feelings

*HealthSmart* Alignment to ELA Common Core State Standards Listed by Standard  
Grade 5, Digital Edition

SIP, Lesson 20: Simple Conflict or Serious Trouble?  
NPA, Lesson 26: *HealthSmart* Guidelines for Physical Activity & Exercise  
NPA, Lesson 29: Jamie & Niko's Goal Booklets  
TAOD, Lesson 31: Alcohol & Feelings  
TAOD, Lesson 32: Alcohol & Peers  
TAOD, Lesson 33: Alcohol, Personal Choices & Consequences  
TAOD, Lesson 37: Peer Power Post Office: Helping Friends Stay Alcohol Free  
TAOD, Lesson 38: When Others Drink, Real Stories: Getting Help When Others Drink

## **Standard 2**

**Determine a theme of a story, drama or poem from details in the text, including how characters in a story or drama respond to challenges or how the speaker in a poem reflects upon a topic; summarize the text.**

PFH, Lesson 1: Kids Like You, Kids Like You: Journals  
PFH, Lesson 7: The Benefits of Abstinence  
PFH, Lesson 8: Getting Information and Support  
SIP, Lesson 15: Stories About Bullying, Why Kids Bully  
SIP, Lesson 17: Stories About Bullying, Bullying Story Endings  
SIP, Lesson 19: Fights & Feelings  
SIP, Lesson 20: Simple Conflict or Serious Trouble?  
NPA, Lesson 26: *HealthSmart* Guidelines for Physical Activity & Exercise  
NPA, Lesson 29: Jamie & Niko's Goal Booklets  
TAOD, Lesson 31: Alcohol & Feelings  
TAOD, Lesson 32: Alcohol & Peers  
TAOD, Lesson 33: Alcohol, Personal Choices & Consequences  
TAOD, Lesson 37: Peer Power Post Office: Helping Friends Stay Alcohol Free  
TAOD, Lesson 38: When Others Drink, Real Stories: Getting Help When Others Drink

## **Standard 3**

**Compare and contrast two or more characters, settings or events in a story or drama, drawing on specific details in the text.**

PFH, Lesson 1: Kids Like You, Kids Like You: Journals  
PFH, Lesson 7: The Benefits of Abstinence  
PFH, Lesson 8: Getting Information and Support  
SIP, Lesson 15: Stories About Bullying, Why Kids Bully  
SIP, Lesson 17: Stories About Bullying, Bullying Story Endings  
SIP, Lesson 19: Fights & Feelings  
SIP, Lesson 20: Simple Conflict or Serious Trouble?  
NPA, Lesson 26: *HealthSmart* Guidelines for Physical Activity & Exercise  
NPA, Lesson 29: Jamie & Niko's Goal Booklets  
TAOD, Lesson 31: Alcohol & Feelings  
TAOD, Lesson 32: Alcohol & Peers  
TAOD, Lesson 33: Alcohol, Personal Choices & Consequences  
TAOD, Lesson 37: Peer Power Post Office: Helping Friends Stay Alcohol Free  
TAOD, Lesson 38: When Others Drink, Real Stories: Getting Help When Others Drink

## **Standard 4**

**Determine the meaning of words and phrases as they are used in a text, including figurative language such as metaphors and similes.**

PFH, Lesson 1: Kids Like You, Kids Like You: Journals  
PFH, Lesson 7: The Benefits of Abstinence

## HealthSmart Alignment to ELA Common Core State Standards Listed by Standard Grade 5, Digital Edition

PFH, Lesson 8: Getting Information and Support  
SIP, Lesson 15: Stories About Bullying, Why Kids Bully  
SIP, Lesson 17: Stories About Bullying, Bullying Story Endings  
SIP, Lesson 19: Fights & Feelings  
SIP, Lesson 20: Simple Conflict or Serious Trouble?  
NPA, Lesson 26: *HealthSmart* Guidelines for Physical Activity & Exercise  
NPA, Lesson 29: Jamie & Niko's Goal Booklets  
TAOD, Lesson 31: Alcohol & Feelings  
TAOD, Lesson 32: Alcohol & Peers  
TAOD, Lesson 33: Alcohol, Personal Choices & Consequences  
TAOD, Lesson 37: Peer Power Post Office: Helping Friends Stay Alcohol Free  
TAOD, Lesson 38: When Others Drink, Real Stories: Getting Help When Others Drink

### Writing

#### Standard 1

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

PFH, Lesson 1: Puberty and My Feelings, Seasonal Journal Pages  
PFH, Lesson 2: Instant Bulletin Board: Old Me, New Me  
SIP, Lesson 9: My Safe School  
SIP, Lesson 10: In the Grapevine: Rights, Responsibilities and Actions for Being Safe at School  
SIP, Lesson 12: In the Grapevine: Does Media Violence Affect Kids?  
SIP, Lesson 13: Casual Cruelty on TV  
SIP, Lesson 14: Bookmark Campaign  
SIP, Lesson 15: Speed Write: What Bullying Means to Me  
SIP, Lesson 17: Bullying Story Endings  
SIP, Lesson 18: In the Grapevine: School Fights  
NPA, Lesson 29: What I Learned This Week  
TAOD, Lesson 30: Alcohol and the Body  
TAOD, Lesson 33: Graduation Party Story Ending  
TAOD, Lesson 37: Peer Power Post Office: Helping Friends Stay Alcohol Free

#### Standard 2

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

PFH, Lesson 1: Puberty and My Feelings, Seasonal Journal Pages  
PFH, Lesson 8: Getting Information and Support  
SIP, Lesson 9: My Safe School  
SIP, Lesson 10: In the Grapevine: Rights, Responsibilities and Actions for Being Safe at School  
SIP, Lesson 12: In the Grapevine: Does Media Violence Affect Kids?  
SIP, Lesson 13: Casual Cruelty on TV  
SIP, Lesson 15: Speed Write: What Bullying Means to Me  
SIP, Lesson 17: Bullying Story Endings  
SIP, Lesson 18: School Fights: Pieces of the Puzzle, In the Grapevine: School Fights  
NPA, Lesson 23: Making Healthy Food Choices  
NPA, Lesson 24: From Where I Stand: You Are What You Eat  
NPA, Lesson 25: How Can I Make Fast-Food Meals Healthier?  
NPA, Lesson 28: Healthy Eating and Exercise: Getting Started  
NPA, Lesson 29: Tracking My Progress, What I Learned This Week, My Eating and Exercise Booklet, "Do-licious" Cookbook  
TAOD, Lesson 30: Alcohol and the Body  
TAOD, Lesson 33: Graduation Party Story Ending  
TAOD, Lesson 35: A Closer Look at Me and Alcohol Connection  
TAOD, Lesson 36: Our Alcohol-Free Proclamation  
TAOD, Lesson 37: Peer Power Post Office: Helping Friends Stay Alcohol Free

### **Standard 3**

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

PFH, Lesson 1: Seasonal Journal Pages

SIP, Lesson 9: My Safe School

SIP, Lesson 10: In the Grapevine: Rights, Responsibilities and Actions for Being Safe at School

SIP, Lesson 12: In the Grapevine: Does Media Violence Affect Kids?

SIP, Lesson 13: Casual Cruelty on TV

SIP, Lesson 18: In the Grapevine: School Fights

TAOD, Lesson 33: Graduation Party Story Ending

TAOD, Lesson 37: Peer Power Post Office: Helping Friends Stay Alcohol Free

### **Standard 4**

**Produce clear and coherent writing in which the development and organization are appropriate to task, purpose and audience.**

SIP, Lesson 9: My Safe School

SIP, Lesson 10: In the Grapevine: Rights, Responsibilities and Actions for Being Safe at School

SIP, Lesson 12: In the Grapevine: Does Media Violence Affect Kids?

SIP, Lesson 13: Casual Cruelty on TV

SIP, Lesson 18: In the Grapevine: School Fights

### **Standard 5**

**With guidance and support from peers and adults, develop and strengthen writing as needed by planning, revising, editing, rewriting or trying a new approach.**

SIP, Lesson 9: My Safe School

### **Standard 6**

**With some guidance and support from adults, use technology, including the Internet, to produce and publish writing, as well as to interact and collaborate with others; demonstrate sufficient command of keyboarding skills to type a minimum of two pages in a single sitting.**

SIP, Lesson 9: My Safe School

SIP, Lesson 15: Speed Write: What Bullying Means to Me

### **Standard 7**

**Conduct short research projects that use several sources to build knowledge through investigation of different aspects of a topic.**

SIP, Lesson 10: In the Grapevine: Rights, Responsibilities and Actions for Being Safe at School

SIP, Lesson 12: In the Grapevine: Does Media Violence Affect Kids?

SIP, Lesson 13: Casual Cruelty on TV

SIP, Lesson 18: In the Grapevine: School Fights

### **Standard 8**

**Recall relevant information from experiences or gather relevant information from print and digital sources; summarize or paraphrase information in notes and finished work, and provide a list of sources.**

SIP, Lesson 9: My Safe School

SIP, Lesson 17: Bullying Story Endings

TAOD, Lesson 30: Alcohol and the Body

TAOD, Lesson 33: Graduation Party Story Ending

## Standard 9

**Draw evidence from literary or informational texts to support analysis, reflection and research.**

SIP, Lesson 9: My Safe School

## Speaking and Listening

### Standard 1

**Engage effectively in a range of collaborative discussions with diverse partners on grade 5 topics and texts; building on others' ideas and expressing their own clearly.**

PFH, Lesson 1: Kids Like You, Kids Like You: Journals, Seasonal Journal Pages

PFH, Lesson 2: Instant Bulletin Board: Old Me, New Me

PFH, Lesson 3: Got a Minute? Talking About Puberty

PFH, Lesson 6: Communicating in Winning Ways

PFH, Lesson 7: The Benefits of Abstinence, Got a Minute? Talking About Personal Reputation

SIP, Lesson 9: My Safe School

SIP, Lesson 10: In the Grapevine: Rights, Responsibilities and Actions for Being Safe at School

SIP, Lesson 12: Media Violence & You, In the Grapevine: Does Media Violence Affect Kids?

SIP, Lesson 13: It's Casual, It's Cruel—It's Casual Cruelty

SIP, Lesson 15: Speed Write: What Bullying Means to Me, Stories About Bullying, Why Kids Bully

SIP, Lesson 16: What Is Bullying?/Bullying & Feelings

SIP, Lesson 17: Stories About Bullying, Bullying Story Endings, Table Talk: Bullying

SIP, Lesson 18: School Fights Pieces of the Puzzle, Top 5 Reasons Kids Fight at School, In the Grapevine: School Fights

SIP, Lesson 19: Fights & Feelings

SIP, Lesson 20: Simple Conflict or Serious Trouble?

SIP, Lesson 21: When Friends or Classmates Are in Trouble, Got a Minute? Helping Friends Who Are in Trouble

NPA, Lesson 22: *HealthSmart* Guidelines for Healthy Eating

NPA, Lesson 23: Making Healthy Food Choices

NPA, Lesson 24: Table Talk: Our Family Choices for Healthy Eating

NPA, Lesson 25: How Can I Make Fast-Food Meals Healthier?, The Fast-Food Challenge, Celebrations & Holiday Foods

NPA, Lesson 26: *HealthSmart* Guidelines for Physical Activity & Exercise

NPA, Lesson 27: Adding Up My Physical Activity and Exercise, Table Talk: Our Active Family

NPA, Lesson 29: Eating & Exercising: Tracking Your Progress, Jamie & Niko's Goal Booklets, Physical Activity and Exercise Tips, "Do-licious" Cookbook

TAOD, Lesson 30: Alcohol and the Body

TAOD, Lesson 31: Alcohol & Feelings

TAOD, Lesson 32: Alcohol & Peers

TAOD, Lesson 33: Graduation Party Story Ending, Table Talk: Alcohol-Free Kids

TAOD, Lesson 34: Alcohol & the Media

TAOD, Lesson 37: Peer Power Post Office: Helping Friends Stay Alcohol Free

TAOD, Lesson 38: When Others Drink, Real Stories: Getting Help When Others Drink, Got a Minute? When Adults and Others Use Alcohol

### Standard 2

**Summarize a written text read aloud or information presented in diverse media and formats, including visually, quantitatively and orally.**

PFH, Lesson 2: Instant Bulletin Board: Old Me, New Me

NPA, Lesson 25: How Can I Make Fast-Food Meals Healthier?

NPA, Lesson 27: Adding Up My Physical Activity and Exercise

TAOD, Lesson 30: Alcohol and the Body

TAOD, Lesson 37: Peer Power Post Office: Helping Friends Stay Alcohol Free

TAOD, Lesson 38: Real Stories: Getting Help When Others Drink

### **Standard 3**

**Summarize the points a speaker makes and explain how each claim is supported by reasons and evidence.**

SIP, Lesson 10: In the Grapevine: Rights, Responsibilities and Actions for Being Safe at School

SIP, Lesson 12: In the Grapevine: Does Media Violence Affect Kids?

SIP, Lesson 13: Casual Cruelty on TV

SIP, Lesson 18: In the Grapevine: School Fights

NPA, Lesson 28: Healthy Eating and Exercise: Getting Started

TAOD, Lesson 30: Alcohol and the Body

TAOD, Lesson 33: Graduation Party Story Ending

### **Standard 4**

**Report on a topic or text or present an opinion, sequencing ideas logically and using appropriate facts and relevant, descriptive details to support main ideas or themes; speak clearly at an understandable pace.**

SIP, Lesson 9: My Safe School

SIP, Lesson 17: Bullying Story Endings

TAOD, Lesson 38: Real Stories: Getting Help When Others Drink

### **Standard 6**

**Adapt speech to a variety of contexts and tasks, using formal English when appropriate to task and situation.**

PFH, Lesson 2: Instant Bulletin Board: Old Me, New Me

SIP, Lesson 9: My Safe School

SIP, Lesson 10: In the Grapevine: Rights, Responsibilities and Actions for Being Safe at School

SIP, Lesson 12: In the Grapevine: Does Media Violence Affect Kids?

SIP, Lesson 17: Bullying Story Endings

SIP, Lesson 18: School Fights Pieces of the Puzzle, In the Grapevine: School Fights

NPA, Lesson 25: How Can I Make Fast-Food Meals Healthier?

NPA, Lesson 27: Adding Up My Physical Activity and Exercise

TAOD, Lesson 30: Alcohol and the Body

TAOD, Lesson 33: Graduation Party Story Ending

TAOD, Lesson 35: A Closer Look at Me and Alcohol Connections

TAOD, Lesson 37: Peer Power Post Office: Helping Friends Stay Alcohol Free

## **Language**

### **Standard 3**

**Use knowledge of language and its conventions when writing, speaking, reading or listening.**

TAOD, Lesson 38: Real Stories: Getting Help When Others Drink

### **Standard 4**

**Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grade 5 reading and content, choosing flexibly from an array of strategies.**

PFH, Lesson 3: Understanding Puberty

PFH, Lesson 4: Caring for a Boy's Body

PFH, Lesson 5: Caring for a Girl's Body

SIP, Lesson 14: Bookmark Campaign

SIP, Lesson 15: Speed Write: What Bullying Means to Me

## **Standard 6**

**Acquire and use accurately grade-appropriate conversational, general academic and domain-specific words and phrases, including those that signal contrast, addition and other logical relationships.**

PFH, Lesson 1: Puberty and My Feelings, Seasonal Journal Pages

PFH, Lesson 3: Understanding Puberty

PFH, Lesson 4: Caring for a Boy's Body

PFH, Lesson 5: Caring for a Girl's Body

SIP, Lesson 13: It's Casual, It's Cruel—It's Casual Cruelty

SIP, Lesson 14: Bookmark Campaign

SIP, Lesson 15: Speed Write: What Bullying Means to Me, What Is Bullying?

SIP, Lesson 16: Bullying & Feelings

SIP, Lesson 18: Top 5 Reasons Kids Fight at School

SIP, Lesson 19: Fights & Feelings

SIP, Lesson 20: Simple Conflict or Serious Trouble?

SIP, Lesson 21: When Friends or Classmates Are in Trouble

NPA, Lesson 22: *HealthSmart* Guidelines for Healthy Eating, MyPlate

NPA, Lesson 25: The Fast-Food Challenge, Celebrations & Holiday Foods

NPA, Lesson 26: *HealthSmart* Guidelines for Physical Activity & Exercise

NPA, Lesson 29: Eating & Exercise: Tracking Your Progress, Jamie & Niko's Goal Booklets

TAOD, Lesson 31: Alcohol & Feelings

TAOD, Lesson 32: Alcohol & Peers

TAOD, Lesson 33: Alcohol, Personal Choices & Consequences

TAOD, Lesson 34: Alcohol & the Media

TAOD, Lesson 38: When Others Drink, Real Stories: Getting Help When Others Drink