

**California Adopted Textbook Alignment  
to *Healthy Choices, Healthy Me!***

**Subject:** Language Arts

**Grade:** 1

**Textbook:** *SRA/Open Court Reading, Level 1*

**Publisher:** SRA/McGraw-Hill

Each of the Grade 1 *Healthy Choices, Healthy Me!* program lessons is aligned to the core objectives and skills of *SRA/Open Court Reading, Level 1*, which includes ten books titled *Units*. Alignments include completion of student workbook lessons, classroom activities and classroom discussions.

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES</b>	<b>Activity 1: Milk &amp; Milk Products</b>	<b>Activity 2: Fruits</b>	<b>Activity 3: Vegetables</b>	<b>Activity 4: Grains, Breads &amp; Cereals</b>	<b>Activity 5: Meat, Beans &amp; Nuts</b>	<b>Activity 6: Extra Foods</b>	<b>Activity 7: Mixed Foods</b>	<b>Activity 8: Build Your Breakfast</b>	<b>Activity 9: Choosing Food Group Snacks</b>	<b>Activity 10: Playing Hard, Feeling Great</b>
<b><i>SRA/Open Court Reading—Unit 1: Let's Read!</i></b> Copyright © 2002, SRA/McGraw-Hill										
<b>Phonics</b> • Develop phonics/decoding skills to discriminate sounds in order to read words and sentences	•	•	•	•	•	•	•	•	•	•
<b>Print and Book Awareness</b> • Identify book covers and titles • Understand left-to-right directionality of print • Connect oral and printed words • Recognize illustration-text relationships	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> • Ask questions • Monitor and clarify • Compare and contrast	•	•	•	•	•	•	•	•	•	•
<b>Writing Strategies</b> • Write words and sentences • Penmanship: use capital letters for names; use periods to end a sentence	•	•	•	•	•	•				•
<b>Listening/Speaking/Viewing</b> • Speak clearly	•	•	•	•	•	•	•	•	•	•
<b><i>SRA/Open Court Reading—Unit 2: Animals</i></b> Copyright © 2002, SRA/McGraw-Hill										
<b>Phonics</b> • Develop phonics/decoding skills to discriminate sounds in order to read words and sentences	•	•	•	•	•	•	•	•	•	•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES</b>	<b>Activity 1: Milk &amp; Milk Products</b>	<b>Activity 2: Fruits</b>	<b>Activity 3: Vegetables</b>	<b>Activity 4: Grains, Breads &amp; Cereals</b>	<b>Activity 5: Meat, Beans &amp; Nuts</b>	<b>Activity 6: Extra Foods</b>	<b>Activity 7: Mixed Foods</b>	<b>Activity 8: Build Your Breakfast</b>	<b>Activity 9: Choosing Food Group Snacks</b>	<b>Activity 10: Playing Hard, Feeling Great</b>
<b>Print and Book Awareness</b> <ul style="list-style-type: none"> <li>Recognize a variety of letters and words</li> <li>Recognize capitalization</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> <ul style="list-style-type: none"> <li>Ask questions</li> <li>Monitor and clarify</li> <li>Compare and contrast</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Writing Strategies</b> <ul style="list-style-type: none"> <li>Penmanship: know that letters are lines</li> <li>Check spelling</li> <li>Write a description</li> </ul>	•	•	•	•	•	•				•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>Understand pictures</li> <li>Interact with others</li> <li>Ask questions</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>SRA/Open Court Reading—Unit 3: Things That Go</b> Copyright © 2002, SRA/McGraw-Hill										
<b>Phonics</b> <ul style="list-style-type: none"> <li>Develop phonics/decoding skills to discriminate sounds in order to read words and sentences</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Print and Book Awareness</b> <ul style="list-style-type: none"> <li>Identify sentences</li> <li>Recognize capitalization</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> <ul style="list-style-type: none"> <li>Ask questions</li> <li>Monitor and clarify</li> <li>Compare and contrast</li> <li>Classify and categorize</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Writing Strategies</b> <ul style="list-style-type: none"> <li>Write words that name or describe something</li> <li>Make a list</li> </ul>	•	•	•	•	•	•				•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>Speak clearly</li> <li>Learn from pictures</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>SRA/Open Court Reading—Unit 4: Our Neighborhood at Work</b> Copyright © 2002, SRA/McGraw-Hill										
<b>Phonics</b> <ul style="list-style-type: none"> <li>Develop phonics/decoding skills to discriminate sounds in order to read words and sentences</li> </ul>	•	•	•	•	•	•	•	•	•	•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES</b>	<b>Activity 1: Milk &amp; Milk Products</b>	<b>Activity 2: Fruits</b>	<b>Activity 3: Vegetables</b>	<b>Activity 4: Grains, Breads &amp; Cereals</b>	<b>Activity 5: Meat, Beans &amp; Nuts</b>	<b>Activity 6: Extra Foods</b>	<b>Activity 7: Mixed Foods</b>	<b>Activity 8: Build Your Breakfast</b>	<b>Activity 9: Choosing Food Group Snacks</b>	<b>Activity 10: Playing Hard, Feeling Great</b>
<b>Print and Book Awareness</b> • Identify word sounds • Recognize capitalization and punctuation marks	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> • Ask questions • Monitor and clarify • Classify and categorize	•	•	•	•	•	•	•	•	•	•
<b>Listening/Speaking/Viewing</b> • Share personal information • Learn from pictures	•	•	•	•	•	•	•	•	•	•
<b>SRA/Open Court Reading—Unit 5: Weather</b> Copyright © 2002, SRA/McGraw-Hill										
<b>Phonics</b> • Develop phonics/decoding skills to discriminate sounds in order to read words and sentences	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> • Ask questions • Make connections • Monitor and clarify • Compare and contrast • Classify and categorize • Identify main idea and details	•	•	•	•	•	•	•	•	•	•
<b>Vocabulary/Word Analysis</b> • Learn concept words	•	•	•	•	•	•	•	•	•	•
<b>Listening/Speaking/Viewing</b> • Speak clearly	•	•	•	•	•	•	•	•	•	•
<b>SRA/Open Court Reading—Unit 6: Journeys</b> Copyright © 2002, SRA/McGraw-Hill										
<b>Phonics</b> • Develop phonics/decoding skills to discriminate sounds in order to read words and sentences	•	•	•	•	•	•	•	•	•	•
<b>Print and Book Awareness</b> • Recognize capital letters and end punctuation • Read numbers written as words	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> • Ask questions • Make connections • Monitor and clarify • Compare and contrast • Classify and categorize • Identify main idea and details	•	•	•	•	•	•	•	•	•	•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES</b>	<b>Activity 1: Milk &amp; Milk Products</b>	<b>Activity 2: Fruits</b>	<b>Activity 3: Vegetables</b>	<b>Activity 4: Grains, Breads &amp; Cereals</b>	<b>Activity 5: Meat, Beans &amp; Nuts</b>	<b>Activity 6: Extra Foods</b>	<b>Activity 7: Mixed Foods</b>	<b>Activity 8: Build Your Breakfast</b>	<b>Activity 9: Choosing Food Group Snacks</b>	<b>Activity 10: Playing Hard, Feeling Great</b>
<b>Listening/Speaking/Viewing</b> • Interact with others • Ask questions	•	•	•	•	•	•	•	•	•	•
<b>SRA/Open Court Reading—Unit 7: Keep Trying</b> Copyright © 2002, SRA/McGraw-Hill										
<b>Phonics</b> • Develop phonics/decoding skills to discriminate sounds in order to read words and sentences	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> • Ask questions • Make connections • Monitor and clarify • Compare and contrast • Identify main idea and details	•	•	•	•	•	•	•	•	•	•
<b>Listening/Speaking/Viewing</b> • Speak clearly • Stay on topic • Understand pictures	•	•	•	•	•	•	•	•	•	•
<b>SRA/Open Court Reading—Unit 8: Games</b> Copyright © 2002, SRA/McGraw-Hill										
<b>Phonics</b> • Develop phonics/decoding skills to discriminate sounds in order to read words and sentences	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> • Ask questions • Make connections • Monitor and clarify • Compare and contrast	•	•	•	•	•	•	•	•	•	•
<b>Writing Strategies</b> • Write a description of a person and/or an event										•
<b>Listening/Speaking/Viewing</b> • Understand pictures • Describe ideas orally • Talk in groups	•	•	•	•	•	•	•	•	•	•
<b>SRA/Open Court Reading—Unit 9: Being Afraid</b> Copyright © 2002, SRA/McGraw-Hill										
<b>Phonics</b> • Develop phonics/decoding skills to discriminate sounds in order to read words and sentences	•	•	•	•	•	•	•	•	•	•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES</b>	<b>Activity 1: Milk &amp; Milk Products</b>	<b>Activity 2: Fruits</b>	<b>Activity 3: Vegetables</b>	<b>Activity 4: Grains, Breads &amp; Cereals</b>	<b>Activity 5: Meat, Beans &amp; Nuts</b>	<b>Activity 6: Extra Foods</b>	<b>Activity 7: Mixed Foods</b>	<b>Activity 8: Build Your Breakfast</b>	<b>Activity 9: Choosing Food Group Snacks</b>	<b>Activity 10: Playing Hard, Feeling Great</b>
<b>Comprehension</b> <ul style="list-style-type: none"> <li>• Ask questions</li> <li>• Make connections</li> <li>• Classify and categorize</li> <li>• Monitor and clarify</li> <li>• Compare and contrast</li> <li>• Identify main ideas and details</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>• Participate in group conversations</li> <li>• Speak clearly</li> <li>• Find the main idea from viewing pictures and words</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>SRA/Open Court Reading—Unit 10: Home</b> Copyright © 2002, SRA/McGraw-Hill										
<b>Phonics</b> <ul style="list-style-type: none"> <li>• Develop phonics/decoding skills to discriminate sounds in order to read words and sentences</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> <ul style="list-style-type: none"> <li>• Ask questions</li> <li>• Make connections</li> <li>• Classify and categorize</li> <li>• Monitor and clarify</li> <li>• Compare and contrast</li> <li>• Identify main ideas and details</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>• Speak clearly</li> <li>• Listen to and follow directions</li> <li>• Express ideas through pictures and words</li> </ul>	•	•	•	•	•	•	•	•	•	•

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to *Healthy Choices, Healthy Me!***

**Subject:** Language Arts

**Grade:** 1

**Textbook:** *Houghton Mifflin Reading*

**Publisher:** Houghton Mifflin

Each of the Grade 1 *Healthy Choices, Healthy Me!* program lessons is aligned to the core objectives and skills of *Houghton Mifflin Reading*, which includes ten books titled *Themes*. Alignments include completion of student workbook lessons, classroom activities and classroom discussions.

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES</b>	<b>Activity 1: Milk &amp; Milk Products</b>	<b>Activity 2: Fruits</b>	<b>Activity 3: Vegetables</b>	<b>Activity 4: Grains, Breads &amp; Cereals</b>	<b>Activity 5: Meat, Beans &amp; Nuts</b>	<b>Activity 6: Extra Foods</b>	<b>Activity 7: Mixed Foods</b>	<b>Activity 8: Build Your Breakfast</b>	<b>Activity 9: Choosing Food Group Snacks</b>	<b>Activity 10: Playing Hard, Feeling Great</b>
<b>Houghton Mifflin Reading—Theme 1: All Together Now</b> Copyright © 2003, Houghton Mifflin Company										
<b>Section 1: Back to School</b>										
<b>Review of Reading Strategies</b> • Use phonics/decoding	•	•	•	•	•	•	•	•	•	•
<b>Writing</b> • Demonstrate how to print capital and lowercase letters	•	•	•	•	•	•				•
<b>Section 2: All Together Now</b>										
<b>Reading Strategies</b> • Use phonics/decoding • Summarize • Evaluate	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> • Compare and contrast	•	•	•	•	•	•	•	•	•	•
<b>Vocabulary</b> • Learn and use feeling words										•
<b>Writing</b> • Write using standard spelling and punctuation conventions • Use capital and lowercase letters • Begin sentences with capital letters	•	•	•	•	•	•				•
<b>Listening/Speaking/Viewing</b> • Listen to understand • Compare and contrast information • Recognize and use nonverbal cues	•	•	•	•	•	•	•	•	•	•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES</b>	<b>Activity 1: Milk &amp; Milk Products</b>	<b>Activity 2: Fruits</b>	<b>Activity 3: Vegetables</b>	<b>Activity 4: Grains, Breads &amp; Cereals</b>	<b>Activity 5: Meat, Beans &amp; Nuts</b>	<b>Activity 6: Extra Foods</b>	<b>Activity 7: Mixed Foods</b>	<b>Activity 8: Build Your Breakfast</b>	<b>Activity 9: Choosing Food Group Snacks</b>	<b>Activity 10: Playing Hard, Feeling Great</b>
<b>Houghton Mifflin Reading—Theme 2: Surprise!</b> Copyright © 2003, Houghton Mifflin Company										
<b>Reading Strategies</b> • Recognize and use high-frequency (sight) words • Use phonics/decoding • Monitor/clarify • Summarize	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> • Note details	•	•	•	•	•	•	•	•	•	•
<b>Vocabulary</b> • Learn and use food words • Learn and use words that describe fun things • Learn and use the days of the week	•	•	•	•	•	•	•	•	•	•
<b>Writing</b> • Write using standard spelling and punctuation conventions • Write naming words; action words	•	•	•	•	•	•				•
<b>Listening/Speaking/Viewing</b> • Share information with peers • Compare and contrast information • Retell and summarize new information	•	•	•	•	•	•	•	•	•	•
<b>Information and Study Skills</b> • Follow instructions	•	•	•	•	•	•	•	•	•	•
<b>Houghton Mifflin Reading—Theme 3: Let's Look Around!</b> Copyright © 2003, Houghton Mifflin Company										
<b>Reading Strategies</b> • Recognize and use high-frequency (sight) words • Use phonics/decoding • Question and evaluate	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> • Identify main idea and details • Categorize and classify information	•	•	•	•	•	•	•	•	•	•
<b>Writing</b> • Write favorite foods • Write using standard spelling and punctuation conventions	•	•	•	•	•	•				
<b>Listening/Speaking/Viewing</b> • Listen to/gather information • Recognize and use nonverbal cues	•	•	•	•	•	•	•	•	•	•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES</b>	<b>Activity 1: Milk &amp; Milk Products</b>	<b>Activity 2: Fruits</b>	<b>Activity 3: Vegetables</b>	<b>Activity 4: Grains, Breads &amp; Cereals</b>	<b>Activity 5: Meat, Beans &amp; Nuts</b>	<b>Activity 6: Extra Foods</b>	<b>Activity 7: Mixed Foods</b>	<b>Activity 8: Build Your Breakfast</b>	<b>Activity 9: Choosing Food Group Snacks</b>	<b>Activity 10: Playing Hard, Feeling Great</b>
<b>Houghton Mifflin Reading—Theme 4: Family and Friends</b> Copyright © 2003, Houghton Mifflin Company										
<b>Reading Strategies</b> <ul style="list-style-type: none"> <li>Recognize and use high-frequency (sight) words</li> <li>Use phonics/decoding</li> <li>Monitor/clarify</li> <li>Summarize and evaluate</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> <ul style="list-style-type: none"> <li>Draw conclusions</li> <li>Compare and contrast information</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Vocabulary</b> <ul style="list-style-type: none"> <li>Learn and use family words; sensory words</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Writing</b> <ul style="list-style-type: none"> <li>Write words and/or sentences on a specific topic</li> <li>Write using standard spelling and punctuation conventions</li> </ul>	•	•	•	•	•	•				•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>Compare and contrast information</li> <li>Have a conversation</li> <li>Retell and summarize new information</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Houghton Mifflin Reading—Theme 5: Home Sweet Home</b> Copyright © 2003, Houghton Mifflin Company										
<b>Reading Strategies</b> <ul style="list-style-type: none"> <li>Recognize and use high-frequency (sight) words</li> <li>Use phonics/decoding</li> <li>Monitor/clarify</li> <li>Summarize and question</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> <ul style="list-style-type: none"> <li>Compare and contrast information</li> <li>Make generalizations</li> <li>Recognize cause and effect</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Writing</b> <ul style="list-style-type: none"> <li>Write complete sentences, using / or <i>me</i></li> <li>Write using standard spelling and punctuation conventions</li> </ul>										•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES</b>	<b>Activity 1: Milk &amp; Milk Products</b>	<b>Activity 2: Fruits</b>	<b>Activity 3: Vegetables</b>	<b>Activity 4: Grains, Breads &amp; Cereals</b>	<b>Activity 5: Meat, Beans &amp; Nuts</b>	<b>Activity 6: Extra Foods</b>	<b>Activity 7: Mixed Foods</b>	<b>Activity 8: Build Your Breakfast</b>	<b>Activity 9: Choosing Food Group Snacks</b>	<b>Activity 10: Playing Hard, Feeling Great</b>
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>Participate in group discussion and conversations</li> <li>Gather and synthesize new information</li> <li>Compare and contrast information</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Houghton Mifflin Reading—Theme 6: Animal Adventures</b> Copyright © 2003, Houghton Mifflin Company										
<b>Reading Strategies</b> <ul style="list-style-type: none"> <li>Recognize and use high-frequency (sight) words</li> <li>Use phonics/decoding</li> <li>Summarize and question</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> <ul style="list-style-type: none"> <li>Note details</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Vocabulary</b> <ul style="list-style-type: none"> <li>Learn the names of some fruits and vegetables</li> <li>Learn the names of some parts of the body</li> </ul>		•	•				•	•	•	•
<b>Writing</b> <ul style="list-style-type: none"> <li>Write a summary or description that uses naming words for people, things or places</li> <li>Write using standard spelling and punctuation conventions</li> </ul>										•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>Listen for information</li> <li>Listen for enjoyment</li> <li>Compare and contrast information</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Houghton Mifflin Reading—Theme 7: We Can Work It Out</b> Copyright © 2003, Houghton Mifflin Company										
<b>Reading Strategies</b> <ul style="list-style-type: none"> <li>Recognize and use high-frequency (sight) words</li> <li>Use phonics/decoding</li> <li>Monitor/clarify</li> <li>Summarize and question</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Writing</b> <ul style="list-style-type: none"> <li>Write clearly with naming words</li> <li>Write using standard spelling and punctuation conventions</li> </ul>	•	•	•	•	•	•				•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>Participate in group discussions</li> <li>Listen in order to retell</li> </ul>	•	•	•	•	•	•	•	•	•	•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES</b>	<b>Activity 1: Milk &amp; Milk Products</b>	<b>Activity 2: Fruits</b>	<b>Activity 3: Vegetables</b>	<b>Activity 4: Grains, Breads &amp; Cereals</b>	<b>Activity 5: Meat, Beans &amp; Nuts</b>	<b>Activity 6: Extra Foods</b>	<b>Activity 7: Mixed Foods</b>	<b>Activity 8: Build Your Breakfast</b>	<b>Activity 9: Choosing Food Group Snacks</b>	<b>Activity 10: Playing Hard, Feeling Great</b>
<ul style="list-style-type: none"> <li>Have a conversation</li> </ul>										
<b>Houghton Mifflin Reading—Theme 8: Our Earth</b>										
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<b>Reading Strategies</b>										
<ul style="list-style-type: none"> <li>Recognize and use high-frequency (sight) words</li> <li>Use phonics/decoding</li> <li>Summarize and evaluate</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b>										
<ul style="list-style-type: none"> <li>Categorize and classify information</li> <li>Identify main idea and details</li> <li>Draw conclusions</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Vocabulary</b>										
<ul style="list-style-type: none"> <li>Learn and use science words; color words</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Writing</b>										
<ul style="list-style-type: none"> <li>Write with action words</li> <li>Write using standard spelling and punctuation conventions</li> </ul>										•
<b>Listening/Speaking/Viewing</b>										
<ul style="list-style-type: none"> <li>Assess and evaluate information</li> <li>Retell and summarize</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Information and Study Skills</b>										
<ul style="list-style-type: none"> <li>Organize information</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Houghton Mifflin Reading—Theme 9: Special Friends</b>										
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<b>Reading Strategies</b>										
<ul style="list-style-type: none"> <li>Recognize and use high-frequency (sight) words</li> <li>Use phonics/decoding</li> <li>Monitor/clarify</li> <li>Evaluate and question</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b>										
<ul style="list-style-type: none"> <li>Note details</li> <li>Compare and contrast information</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Vocabulary</b>										
<ul style="list-style-type: none"> <li>Learn and use sensory words; family activity words; feeling words</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Writing</b>										
<ul style="list-style-type: none"> <li>Write complete sentences</li> <li>Write using standard spelling and punctuation conventions</li> </ul>										•
<b>Listening/Speaking/Viewing</b>										
<ul style="list-style-type: none"> <li>Have a conversation with peers</li> </ul>	•	•	•	•	•	•	•	•	•	•

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<ul style="list-style-type: none"> <li>Communicate personal information to others</li> </ul>										
<b>Houghton Mifflin Reading—Theme 10: We Can Do It!</b> Copyright © 2003, Houghton Mifflin Company										
<b>Reading Strategies</b> <ul style="list-style-type: none"> <li>Recognize and use high-frequency (sight) words</li> <li>Use phonics/decoding</li> <li>Monitor/clarify</li> <li>Summarize</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Vocabulary</b> <ul style="list-style-type: none"> <li>Learn and use content area words; comparisons</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Writing</b> <ul style="list-style-type: none"> <li>Write clearly with naming or describing words</li> <li>Describe what we taste, smell or feel</li> <li>Write using standard spelling and punctuation conventions</li> </ul>	•	•	•	•	•	•				•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>Compare and contrast information and personal stories</li> <li>Listen in order to retell</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Information and Study Skills</b> <ul style="list-style-type: none"> <li>Read a chart, table or graph</li> </ul>									•	

**California Adopted Textbook Alignment  
to *Healthy Choices, Healthy Me!***

**Subject:** Language Arts

**Grade:** 2

**Textbook:** *SRA/Open Court Reading, Level 2*

**Publisher:** SRA/McGraw-Hill

Each of the Grade 2 *Healthy Choices, Healthy Me!* program lessons is aligned to the core objectives and skills of *SRA/Open Court Reading, Level 2*, which includes six books titled *Units*. Alignments include completion of student workbook lessons, classroom activities and classroom discussions.

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES</b>	<b>Activity 1: Fruits &amp; Vegetables</b>	<b>Activity 2: Meat, Beans &amp; Nuts and Grains, Breads &amp; Cereals</b>	<b>Activity 3: Milk &amp; Milk Products and Extra Foods</b>	<b>Activity 4: Mixed Foods</b>	<b>Activity 5: What's For Breakfast ?</b>	<b>Activity 6: Snack Time</b>	<b>Activity 7: Moving Around</b>	<b>Activity 8: What's Missing?</b>	<b>Activity 9: Balance It</b>	<b>Activity 10: My Balanced Meal</b>
<b>SRA/Open Court Reading—Unit 1: Sharing Stories</b> Copyright © 2002, SRA/McGraw-Hill										
<b>Phonics and Fluency</b> • Use phonics/decoding skills to discriminate sounds and use blending techniques while reading silently and aloud	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> • Make connections • Compare and contrast • Make predictions • Draw conclusions • Make inferences • Monitor and adjust reading speed	•	•	•	•	•	•	•	•	•	•
<b>Literary Elements</b> • Learn about setting • Identify main and supporting characters in a story	•	•	•	•	•	•	•	•	•	•
<b>Inquiry Skills</b> • Ask questions	•	•	•	•	•	•	•	•	•	•
<b>Writing Strategies</b> • Stay on topic • Edit and proofread writing • Penmanship: practice manuscript letters	•	•	•		•	•	•			•
<b>Listening/Speaking/Viewing</b> • Ask pertinent questions	•	•	•	•	•	•	•	•	•	•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES</b>	<b>Activity 1: Fruits &amp; Vegetables</b>	<b>Activity 2: Meat, Beans &amp; Nuts and Grains, Breads &amp; Cereals</b>	<b>Activity 3: Milk &amp; Milk Products and Extra Foods</b>	<b>Activity 4: Mixed Foods</b>	<b>Activity 5: What's For Breakfast ?</b>	<b>Activity 6: Snack Time</b>	<b>Activity 7: Moving Around</b>	<b>Activity 8: What's Missing?</b>	<b>Activity 9: Balance It</b>	<b>Activity 10: My Balanced Meal</b>
<ul style="list-style-type: none"> <li>Use pictures to answer questions</li> </ul>										
<b>SRA/Open Court Reading—Unit 2: Kindness</b> Copyright © 2002, SRA/McGraw-Hill										
<b>Phonics and Fluency</b> <ul style="list-style-type: none"> <li>Use phonics/decoding skills to discriminate sounds and use blending techniques while reading silently and aloud</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> <ul style="list-style-type: none"> <li>Make connections</li> <li>Compare and contrast</li> <li>Make predictions</li> <li>Draw conclusions</li> <li>Monitor and adjust reading speed</li> <li>Understand cause and effect</li> <li>Follow a sequence</li> <li>Identify main idea and details</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Literary Elements</b> <ul style="list-style-type: none"> <li>Learn about setting and plot</li> <li>Recognize characters' dialogue</li> <li>Identify surprise or suspense</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Inquiry Skills</b> <ul style="list-style-type: none"> <li>Follow directions</li> <li>Interpret diagrams</li> <li>Use a glossary</li> <li>Summarize and organize information</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Writing Strategies</b> <ul style="list-style-type: none"> <li>Personal writing</li> <li>Use sensory details</li> <li>Penmanship: practice manuscript letters</li> </ul>					•	•	•			•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>Speak clearly when talking with others</li> <li>Listen for information</li> </ul>	•	•	•	•	•	•	•	•	•	•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES</b>	<b>Activity 1: Fruits &amp; Vegetables</b>	<b>Activity 2: Meat, Beans &amp; Nuts and Grains, Breads &amp; Cereals</b>	<b>Activity 3: Milk &amp; Milk Products and Extra Foods</b>	<b>Activity 4: Mixed Foods</b>	<b>Activity 5: What's For Breakfast ?</b>	<b>Activity 6: Snack Time</b>	<b>Activity 7: Moving Around</b>	<b>Activity 8: What's Missing?</b>	<b>Activity 9: Balance It</b>	<b>Activity 10: My Balanced Meal</b>
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**SRA/Open Court Reading—Unit 3: Look Again**  
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<b>Phonics and Fluency</b> <ul style="list-style-type: none"> <li>Use phonics/decoding skills to discriminate sounds and use blending techniques while reading silently and aloud</li> <li>Recognize contractions, compound words and plurals in reading materials</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> <ul style="list-style-type: none"> <li>Make connections</li> <li>Compare and contrast</li> <li>Make predictions</li> <li>Make inferences</li> <li>Draw conclusions</li> <li>Monitor and adjust reading speed</li> <li>Understand cause and effect</li> <li>Follow a sequence</li> <li>Identify main idea and details</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Literary Elements</b> <ul style="list-style-type: none"> <li>Learn about setting</li> <li>Recognize repetition in a story</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>Speak clearly when talking with others</li> <li>Derive meaning from pictures</li> </ul>	•	•	•	•	•	•	•	•	•	•

**SRA/Open Court Reading—Unit 4: Fossils**  
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<b>Word Knowledge</b> <ul style="list-style-type: none"> <li>Recognize compound words and prefixes in reading materials</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> <ul style="list-style-type: none"> <li>Make connections</li> <li>Compare and contrast</li> <li>Make predictions</li> <li>Draw conclusions</li> <li>Monitor and adjust reading speed</li> <li>Understand cause and effect</li> <li>Follow a sequence</li> <li>Identify the main idea and details</li> </ul>	•	•	•	•	•	•	•	•	•	•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES</b>	<b>Activity 1: Fruits &amp; Vegetables</b>	<b>Activity 2: Meat, Beans &amp; Nuts and Grains, Breads &amp; Cereals</b>	<b>Activity 3: Milk &amp; Milk Products and Extra Foods</b>	<b>Activity 4: Mixed Foods</b>	<b>Activity 5: What's For Breakfast ?</b>	<b>Activity 6: Snack Time</b>	<b>Activity 7: Moving Around</b>	<b>Activity 8: What's Missing?</b>	<b>Activity 9: Balance It</b>	<b>Activity 10: My Balanced Meal</b>
<ul style="list-style-type: none"> <li>• Make predictions</li> <li>• Draw conclusions</li> <li>• Monitor and adjust reading speed</li> <li>• Understand cause and effect</li> <li>• Follow a sequence</li> <li>• Identify the main idea and details</li> </ul>										
<b>Literary Elements</b> <ul style="list-style-type: none"> <li>• Gather information from illustrations</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Inquiry Skills</b> <ul style="list-style-type: none"> <li>• Ask questions</li> <li>• Gather data</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Writing Strategies</b> <ul style="list-style-type: none"> <li>• Write a description</li> <li>• Penmanship: practice manuscript letters</li> </ul>	•	•	•		•	•	•			•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>• Participate in group discussions</li> <li>• Listen to others</li> <li>• Listen to make content connections</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>SRA/Open Court Reading—Unit 5: Courage</b>										
Copyright © 2002, SRA/McGraw-Hill										
<b>Word Knowledge</b> <ul style="list-style-type: none"> <li>• Recognize compound words, prefixes/suffixes and contractions in reading materials</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> <ul style="list-style-type: none"> <li>• Make connections</li> <li>• Compare and contrast</li> <li>• Make predictions</li> <li>• Make inferences</li> <li>• Draw conclusions</li> <li>• Monitor and adjust reading speed</li> <li>• Understand cause and effect</li> <li>• Follow a sequence</li> <li>• Identify the main idea and details</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Literary Elements</b> <ul style="list-style-type: none"> <li>• Learn about setting</li> <li>• Recognize characters' dialogue</li> <li>• Follow a problem and solution</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Inquiry Skills</b> <ul style="list-style-type: none"> <li>• Use a glossary</li> </ul>	•	•	•	•	•	•	•	•	•	•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES</b>	<b>Activity 1: Fruits &amp; Vegetables</b>	<b>Activity 2: Meat, Beans &amp; Nuts and Grains, Breads &amp; Cereals</b>	<b>Activity 3: Milk &amp; Milk Products and Extra Foods</b>	<b>Activity 4: Mixed Foods</b>	<b>Activity 5: What's For Breakfast ?</b>	<b>Activity 6: Snack Time</b>	<b>Activity 7: Moving Around</b>	<b>Activity 8: What's Missing?</b>	<b>Activity 9: Balance It</b>	<b>Activity 10: My Balanced Meal</b>
<ul style="list-style-type: none"> <li>Share ideas aloud</li> </ul>										

<b>SRA/Open Court Reading—Unit 6: Our Country and Its People</b> Copyright © 2002, SRA/McGraw-Hill										
<b>Word Knowledge</b> <ul style="list-style-type: none"> <li>Recognize compound words, prefixes/suffixes, contractions and passage-of-time indicators in reading materials</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> <ul style="list-style-type: none"> <li>Make connections</li> <li>Compare and contrast</li> <li>Make predictions</li> <li>Make inferences</li> <li>Draw conclusions</li> <li>Monitor and adjust reading speed</li> <li>Understand cause and effect</li> <li>Follow a sequence</li> <li>Identify the main idea and details</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Literary Elements</b> <ul style="list-style-type: none"> <li>Recognize characters' dialogue</li> <li>Identify a story's plot</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>Participate in group discussions</li> </ul>	•	•	•	•	•	•	•	•	•	•

**California Adopted Textbook Alignment  
to *Healthy Choices, Healthy Me!***

**Subject:** Language Arts

**Grade:** 2

**Textbook:** *Houghton Mifflin Reading* (6 book series)

**Publisher:** Houghton Mifflin

Each of the Grade 2 *Healthy Choices, Healthy Me!* program lessons is aligned to the core objectives and skills of *Houghton Mifflin Reading*, which includes six books titled *Themes*. Alignments include completion of student workbook lessons, classroom activities and classroom discussions.

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES</b>	<b>Activity 1: Fruits &amp; Vegetables</b>	<b>Activity 2: Meat, Beans &amp; Nuts and Grains, Breads &amp; Cereals</b>	<b>Activity 3: Milk &amp; Milk Products and Extra Foods</b>	<b>Activity 4: Mixed Foods</b>	<b>Activity 5: What's For Breakfast ?</b>	<b>Activity 6: Snack Time</b>	<b>Activity 7: Moving Around</b>	<b>Activity 8: What's Missing?</b>	<b>Activity 9: Balance It</b>	<b>Activity 10: My Balanced Meal</b>
<b>Houghton Mifflin Reading—Theme 1: Silly Stories</b> Copyright © 2003, Houghton Mifflin Company										
<b>Section 1: Back to School</b>										
<b>Review of Reading Strategies</b> • Use phonics/decoding • Make inferences • Monitor/clarify • Question, evaluate, summarize	•	•	•	•	•	•	•	•	•	•
<b>Section 2: Silly Stories</b>										
<b>Reading Strategies</b> • Use phonics/decoding • Make inferences • Monitor/clarify • Question, evaluate, summarize	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> • Identify story structure • Predict outcomes	•	•	•	•	•	•	•	•	•	•
<b>Writing</b> • Response writing • Write using standard spelling and punctuation conventions	•	•	•		•	•	•		•	•
<b>Listening/Speaking/Viewing</b> • Story retelling • Group discussion • Conversation	•	•	•	•	•	•	•	•	•	•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES</b>	<b>Activity 1: Fruits &amp; Vegetables</b>	<b>Activity 2: Meat, Beans &amp; Nuts and Grains, Breads &amp; Cereals</b>	<b>Activity 3: Milk &amp; Milk Products and Extra Foods</b>	<b>Activity 4: Mixed Foods</b>	<b>Activity 5: What's For Breakfast ?</b>	<b>Activity 6: Snack Time</b>	<b>Activity 7: Moving Around</b>	<b>Activity 8: What's Missing?</b>	<b>Activity 9: Balance It</b>	<b>Activity 10: My Balanced Meal</b>
<b>Houghton Mifflin Reading—Theme 2: Nature Walk</b> Copyright © 2003, Houghton Mifflin Company										
<b>Reading Strategies</b> • Recognize and use high-frequency (sight) words • Use phonics/decoding • Make inferences • Monitor/clarify • Question, evaluate, summarize	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> • Compare and contrast • Categorize and classify	•	•	•	•	•	•	•	•	•	•
<b>Vocabulary</b> • Learn and use food words and number words • Learn and use words that describe fun things	•	•	•	•	•	•	•	•	•	•
<b>Writing</b> • Write short answers to questions • Add words to make complete sentences • Write using standard spelling and punctuation conventions	•	•	•		•	•	•			•
<b>Listening/Speaking/Viewing</b> • View and discuss details in an illustration	•	•	•	•	•	•	•	•	•	•
<b>Information and Study Skills</b> • Read and use a graph				•						
<b>Houghton Mifflin Reading—Theme 3: Around Town</b> Copyright © 2003, Houghton Mifflin Company										
<b>Reading Strategies</b> • Recognize and use high-frequency (sight) words • Use phonics/decoding • Make inferences • Monitor/clarify • Question, evaluate, summarize	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> • Make judgments • Problem solve • Make inferences	•	•	•	•	•	•	•	•	•	•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES</b>	<b>Activity 1: Fruits &amp; Vegetables</b>	<b>Activity 2: Meat, Beans &amp; Nuts and Grains, Breads &amp; Cereals</b>	<b>Activity 3: Milk &amp; Milk Products and Extra Foods</b>	<b>Activity 4: Mixed Foods</b>	<b>Activity 5: What's For Breakfast ?</b>	<b>Activity 6: Snack Time</b>	<b>Activity 7: Moving Around</b>	<b>Activity 8: What's Missing?</b>	<b>Activity 9: Balance It</b>	<b>Activity 10: My Balanced Meal</b>
<ul style="list-style-type: none"> <li>Identify main idea and details</li> </ul>										
<b>Vocabulary</b> <ul style="list-style-type: none"> <li>Use context clues</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Writing</b> <ul style="list-style-type: none"> <li>Choose and write what's important</li> <li>Write using naming words</li> <li>Write using standard spelling and punctuation conventions</li> </ul>	•	•	•		•	•	•		•	•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>Share personal information</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Houghton Mifflin Reading—Theme 4: Amazing Animals</b>										
Copyright © 2003, Houghton Mifflin Company										
<b>Reading Strategies</b> <ul style="list-style-type: none"> <li>Recognize and use high-frequency (sight) words</li> <li>Use phonics/decoding</li> <li>Make inferences</li> <li>Monitor/clarify</li> <li>Question, evaluate, summarize</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> <ul style="list-style-type: none"> <li>Draw conclusions</li> <li>Recognize story organization</li> <li>Identify cause and effect</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Vocabulary</b> <ul style="list-style-type: none"> <li>Use a glossary</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Writing</b> <ul style="list-style-type: none"> <li>Personal writing: use <i>I</i> and <i>me</i> and add details</li> <li>Write using standard spelling and punctuation conventions</li> </ul>					•	•	•			•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>Participate in group discussions</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Information and Study Skills</b> <ul style="list-style-type: none"> <li>Use a glossary</li> <li>Follow directions</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Houghton Mifflin Reading—Theme 5: Family Time</b>										
Copyright © 2003, Houghton Mifflin Company										
<b>Reading Strategies</b> <ul style="list-style-type: none"> <li>Recognize and use high-frequency (sight) words</li> <li>Use phonics/decoding</li> </ul>	•	•	•	•	•	•	•	•	•	•

<b>HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES</b>	<b>Activity 1: Fruits &amp; Vegetables</b>	<b>Activity 2: Meat, Beans &amp; Nuts and Grains, Breads &amp; Cereals</b>	<b>Activity 3: Milk &amp; Milk Products and Extra Foods</b>	<b>Activity 4: Mixed Foods</b>	<b>Activity 5: What's For Breakfast ?</b>	<b>Activity 6: Snack Time</b>	<b>Activity 7: Moving Around</b>	<b>Activity 8: What's Missing?</b>	<b>Activity 9: Balance It</b>	<b>Activity 10: My Balanced Meal</b>
<ul style="list-style-type: none"> <li>• Make inferences</li> <li>• Monitor/clarify</li> <li>• Question, evaluate, summarize</li> </ul>										
<b>Comprehension</b> <ul style="list-style-type: none"> <li>• Make generalizations</li> <li>• Make judgments</li> <li>• Follow a sequence</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Writing</b> <ul style="list-style-type: none"> <li>• Use verbs that tell about now and the past</li> <li>• Write using standard spelling and punctuation conventions</li> </ul>	•	•	•		•	•	•			•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>• Describe a picture</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Houghton Mifflin Reading—Theme 6: Talent Show</b> Copyright © 2003, Houghton Mifflin Company										
<b>Reading Strategies</b> <ul style="list-style-type: none"> <li>• Recognize and use high-frequency (sight) words</li> <li>• Use phonics/decoding</li> <li>• Make inferences</li> <li>• Monitor/clarify</li> <li>• Question, evaluate, summarize</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Comprehension</b> <ul style="list-style-type: none"> <li>• Note details</li> <li>• Problem solve</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Vocabulary</b> <ul style="list-style-type: none"> <li>• Use context clues</li> </ul>	•	•	•	•	•	•	•	•	•	•
<b>Writing</b> <ul style="list-style-type: none"> <li>• Write a paragraph that explains; give specific examples</li> <li>• Write using standard spelling and punctuation conventions</li> </ul>	•	•	•		•	•	•			•
<b>Listening/Speaking/Viewing</b> <ul style="list-style-type: none"> <li>• Compare and contrast illustrations</li> <li>• Recognize and use nonverbal cues</li> </ul>	•	•	•	•	•	•	•	•	•	•