

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

Subject: Science

Grade: 1

Textbook: *Harcourt Science*

Publisher: Harcourt

Each of the Grade 1 *Healthy Choices, Healthy Me!* program lessons is aligned to the core objectives and skills of *Harcourt Science*. Alignments include completion of student workbook lessons, classroom activities and classroom discussions.

HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES		Activity 1: Milk & Milk Products	Activity 2: Fruits	Activity 3: Vegetables	Activity 4: Grains, Breads & Cereals	Activity 5: Meat, Beans & Nuts	Activity 6: Extra Foods	Activity 7: Mixed Foods	Activity 8: Build Your Breakfast	Activity 9: Choosing Food Group Snacks	Activity 10: Playing Hard, Feeling Great
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Unit 1: About Living Things	Chapter 1: Living and Nonliving Things [Lesson 1] • Understand and/or experience the senses we use when we eat food	•	•	•	•	•					
	[Health Link] • Learn that we can listen to heartbeats • Learn that hearts beat faster when we exercise										•
	Chapter 2: All About Plants [Lesson 1] • Learn that we can eat parts of plants, including roots, like carrots or beets • Learn about fruits, vegetables, grains and other plant parts that are used in cooking in many cultures		•	•	•				•	•	•

HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES		Activity 1: Milk & Milk Products	Activity 2: Fruits	Activity 3: Vegetables	Activity 4: Grains, Breads & Cereals	Activity 5: Meat, Beans & Nuts	Activity 6: Extra Foods	Activity 7: Mixed Foods	Activity 8: Build Your Breakfast	Activity 9: Choosing Food Group Snacks	Activity 10: Playing Hard, Feeling Great
	Chapter 3: All About Animals [Lesson 1] <ul style="list-style-type: none"> Understand that all animals, including people, need food, water, air and a place to live 	•	•	•	•	•	•	•	•	•	
	Chapter 4: Plants and Animals Need One Another [Lesson 3] <ul style="list-style-type: none"> Understand that people depend on plants and animals for their basic needs, including food Understand that we get eggs from chickens and milk from cows 	•	•	•	•	•	•	•	•	•	
	[Math Link] <ul style="list-style-type: none"> Identify healthful snacks and measure/mix plant products to make trail mix for a snack 									•	
	[Health Link] <ul style="list-style-type: none"> Learn about the Food Guide Pyramid* Plan a healthy meal 	•	•	•	•	•	•	•	•	•	

HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES		Activity 1: Milk & Milk Products	Activity 2: Fruits	Activity 3: Vegetables	Activity 4: Grains, Breads & Cereals	Activity 5: Meat, Beans & Nuts	Activity 6: Extra Foods	Activity 7: Mixed Foods	Activity 8: Build Your Breakfast	Activity 9: Choosing Food Group Snacks	Activity 10: Playing Hard, Feeling Great
All Units and All Chapters: Skills for Lifelong Learning	Develop science process (inquiry) skills: <ul style="list-style-type: none"> Observe and compare Classify and order Predict and infer Recognize cause and effect Draw logical conclusions Use numbers to quantify data Gather, record, display or interpret data in charts, tables, graphs or other graphic organizers 	•	•	•	•	•	•	•	•	•	•
	Integrate reading, writing and math skills: <ul style="list-style-type: none"> Provide opportunities to integrate meaningful reading, writing and math activities and strategies into science content 	•	•	•	•	•	•	•	•	•	•
Extension Chapters	Chapter 1: Pushes and Pulls <ul style="list-style-type: none"> Learn that during physical activity, people sometimes use the forces of push and pull 										•
Health Handbook: Pupil Edition	Caring For Your Body <ul style="list-style-type: none"> Learn that being healthy means learning about and taking care of eyes and ears, skeletal, digestive, circulatory, respiratory, muscular and nervous systems 	•	•	•	•	•	•	•	•	•	•

HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES		Activity 1: Milk & Milk Products	Activity 2: Fruits	Activity 3: Vegetables	Activity 4: Grains, Breads & Cereals	Activity 5: Meat, Beans & Nuts	Activity 6: Extra Foods	Activity 7: Mixed Foods	Activity 8: Build Your Breakfast	Activity 9: Choosing Food Group Snacks	Activity 10: Playing Hard, Feeling Great
	Bike Safety [Aligns to "Before You Begin: Pre-Assessment"] <ul style="list-style-type: none"> Learn about riding a bike safely, including why it's important to wear a helmet 	•									

* In 2005, the U.S. Dept. of Agriculture (USDA) replaced the Food Guide Pyramid with a new food guidance system, called MyPyramid, which is based on the same food grouping system that has been the foundation of nutrition education since the turn of the century.

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

Subject: Science

Grade: 1

Textbook: *Houghton Mifflin Science Discovery Works, Units A-D*

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 Science Discovery Works, Units A-D*. Alignments include completion of student workbook lessons, classroom activities and classroom discussions.

HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES	Activity 1: Milk & Milk Products	Activity 2: Fruits	Activity 3: Vegetables	Activity 4: Grains, Breads & Cereals	Activity 5: Meat, Beans & Nuts	Activity 6: Extra Foods	Activity 7: Mixed Foods	Activity 8: Build Your Breakfast	Activity 9: Choosing Food Group Snacks	Activity 10: Playing Hard, Feeling Great
Houghton Mifflin Science Discovery Works—Unit D: Keeping Fit and Healthy Copyright © 2000, Houghton Mifflin Company										
Lesson 1: What Kinds of Food Does Your Body Need? <ul style="list-style-type: none"> • Categorize foods according to the food groups in which they belong • Use the Food Guide Pyramid* to classify foods • Learn that the Food Guide Pyramid* helps people to choose a variety of foods to eat each day that will help keep them healthy • Learn about the foods which should be eaten most often and which should be eaten sparingly 	•	•	•	•	•	•	•	•	•	
Lesson 2: What Is a Balanced Meal? <ul style="list-style-type: none"> • Learn that to maintain good health it is important to eat balanced meals • Learn what a balanced meal includes • Cut out or draw pictures of foods to design a balanced meal 								•		
Lesson 3: What Foods Make Healthful Snacks? <ul style="list-style-type: none"> • Learn the foods that make healthy snacks • Plan a healthy after-school snack • Learn why it's important to eat snacks 									•	

HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES	Activity 1: Milk & Milk Products	Activity 2: Fruits	Activity 3: Vegetables	Activity 4: Grains, Breads & Cereals	Activity 5: Meat, Beans & Nuts	Activity 6: Extra Foods	Activity 7: Mixed Foods	Activity 8: Build Your Breakfast	Activity 9: Choosing Food Group Snacks	Activity 10: Playing Hard, Feeling Great
Lesson 4: How Does Exercise Help Your Body? <ul style="list-style-type: none"> Learn how regular exercise helps keep the body healthy by strengthening various body parts, such as bones and muscles 										•
Lesson 6: Why Do You Need Sleep? [Aligns to “Before You Begin: Pre-Assessment”] <ul style="list-style-type: none"> Learn that getting the proper amount of rest and sleep is important to good health 	•									
Lesson 7: What Are Good Health Habits? [Aligns to “Before You Begin: Pre-Assessment”] <ul style="list-style-type: none"> Learn that keeping the body clean is important for maintaining good health Identify everyday good health and hygiene habits 	•									
Lesson 8: How Can You Keep Teeth Healthy? [Aligns to “Before You Begin: Pre-Assessment”] <ul style="list-style-type: none"> Learn that brushing and flossing teeth will help keep them strong and healthy Identify activities that promote good oral hygiene 	•									
All Units/All Lessons: Science Literacy Skills <ul style="list-style-type: none"> Observe Classify Measure/Use Numbers Communicate Predict and make inferences Collect, record and interpret data Develop critical thinking skills 	•	•	•	•	•	•	•	•	•	•

HEALTHY CHOICES, HEALTHY ME! GRADE 1 STUDENT ACTIVITIES	Activity 1: Milk & Milk Products	Activity 2: Fruits	Activity 3: Vegetables	Activity 4: Grains, Breads & Cereals	Activity 5: Meat, Beans & Nuts	Activity 6: Extra Foods	Activity 7: Mixed Foods	Activity 8: Build Your Breakfast	Activity 9: Choosing Food Group Snacks	Activity 10: Playing Hard, Feeling Great
All Units/All Lessons: Curriculum Integration <ul style="list-style-type: none"> Provide opportunities to integrate science into other school subjects, including literature, math, writing, social studies and the arts 	•	•	•	•	•	•	•	•	•	•

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

Subject: Science
Grade: 2
Textbook: *Harcourt Science*
Publisher: Harcourt

Each of the Grade 2 *Healthy Choices, Healthy Me!* program lessons is aligned to the core objectives and skills of *Harcourt Science*. Alignments include completion of student workbook lessons, classroom activities and classroom discussions.

HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES		Activity 1: Fruits & Vegetables	Activity 2: Meat, Beans & Nuts and Grains, Breads & Cereals	Activity 3: Milk & Milk Products and Extra Foods	Activity 4: Mixed Foods	Activity 5: What's For Breakfast ?	Activity 6: Snack Time	Activity 7: Moving Around	Activity 8: What's Missing?	Activity 9: Balance It	Activity 10: My Balanced Meal
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Unit A: Living Things Grow and Change	Chapter 1: Plants Grow and Change [Lesson 1] <ul style="list-style-type: none"> Understand that living things grow and need food, water and air, nonliving things do not 	•	•	•	•	•	•	•	•	•	•

HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES	Activity 1: Fruits & Vegetables	Activity 2: Meat, Beans & Nuts and Grains, Breads & Cereals	Activity 3: Milk & Milk Products and Extra Foods	Activity 4: Mixed Foods	Activity 5: What's For Breakfast ?	Activity 6: Snack Time	Activity 7: Moving Around	Activity 8: What's Missing?	Activity 9: Balance It	Activity 10: My Balanced Meal
<p>Chapter 3: People Grow and Change [Lessons 2-3]</p> <ul style="list-style-type: none"> • Understand that bones and muscles work together to move the body • Understand the importance of exercise and healthy foods to keep bones and muscles healthy • Understand that drinking milk and exercising helps to keep bones and muscles strong and healthy • Understand that exercise makes the heart and lungs stronger and healthier 			•				•			
<p>[Lesson 4]</p> <ul style="list-style-type: none"> • Understand the importance of eating a balanced, healthful diet • Understand that eating just one kind of food will not provide the body with everything it needs • Learn that the Food Guide Pyramid* can help people choose healthy foods • Learn about the foods contained in each food group 	•	•	•	•	•	•	•	•	•	•

HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES		Activity 1: Fruits & Vegetables	Activity 2: Meat, Beans & Nuts and Grains, Breads & Cereals	Activity 3: Milk & Milk Products and Extra Foods	Activity 4: Mixed Foods	Activity 5: What's For Breakfast ?	Activity 6: Snack Time	Activity 7: Moving Around	Activity 8: What's Missing?	Activity 9: Balance It	Activity 10: My Balanced Meal
	<p>[Performance Assessment AG17: Growing Healthy and Strong]</p> <ul style="list-style-type: none"> The student draws a picture that shows him/her doing a healthy activity, writes why it is healthy and explains the picture to classmates 							•			
Unit B: Exploring Earth's Surface	<p>Chapter 1: Earth's Resources [Lesson 3]</p> <ul style="list-style-type: none"> Understand that people use plants for food Learn that people eat fruits and vegetables and use other plant parts to make foods (e.g., bread and pasta) 	•	•								
Unit C: Matter and Motion	<p>Chapter 1: What Happens When You Mix Matter? [Lesson 1]</p> <ul style="list-style-type: none"> Mix foods and observe the difference between mixtures (mixed foods) and compounds Learn the kinds of matter used to make a fruit salad and a taco 				•						
	<p>Chapter 3: Forces and Motion [Lesson 1]</p> <ul style="list-style-type: none"> Learn that some forms of physical activity require that something be pushed, such as in tennis, soccer and football 							•			

HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES		Activity 1: Fruits & Vegetables	Activity 2: Meat, Beans & Nuts and Grains, Breads & Cereals	Activity 3: Milk & Milk Products and Extra Foods	Activity 4: Mixed Foods	Activity 5: What's For Breakfast ?	Activity 6: Snack Time	Activity 7: Moving Around	Activity 8: What's Missing?	Activity 9: Balance It	Activity 10: My Balanced Meal
	[Lesson 2] <ul style="list-style-type: none"> Participate in a distance jumping activity to learn how bodies move and how much force is needed to jump the farthest 							•			
	[Health Link] <ul style="list-style-type: none"> Brainstorm familiar exercises to determine if they require pushing or pulling 							•			
All Units and All Chapters: Skills for Lifelong Learning	Develop science process (inquiry) skills: <ul style="list-style-type: none"> Observe and compare Classify and order Predict and infer Recognize cause and effect Draw logical conclusions Use numbers to quantify data Gather, record, display or interpret data in charts, tables, graphs or other graphic organizers 	•	•	•	•	•	•	•	•	•	•
	Integrate reading, writing and math skills: <ul style="list-style-type: none"> Provide opportunities to integrate meaningful reading, writing and math activities and strategies into science content 	•	•	•	•	•	•	•	•	•	•

HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES		Activity 1: Fruits & Vegetables	Activity 2: Meat, Beans & Nuts and Grains, Breads & Cereals	Activity 3: Milk & Milk Products and Extra Foods	Activity 4: Mixed Foods	Activity 5: What's For Breakfast ?	Activity 6: Snack Time	Activity 7: Moving Around	Activity 8: What's Missing?	Activity 9: Balance It	Activity 10: My Balanced Meal
Health Handbook : Pupil Edition	Getting Exercise <ul style="list-style-type: none"> • Learn warm-up and cool-down stretches • Learn tips for stretching • Learn some ways that exercise makes us feel better 							•			

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

Subject: Science

Grade: 2

Textbook: *Houghton Mifflin Science Discovery Works, Units A-D*

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 Science Discovery Works, Units A-D*. Alignments include completion of student workbook lessons, classroom activities and classroom discussions.

HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES	Activity 1: Fruits & Vegetables	Activity 2: Meat, Beans & Nuts and Grains, Breads & Cereals	Activity 3: Milk & Milk Products and Extra Foods	Activity 4: Mixed Foods	Activity 5: What's For Breakfast ?	Activity 6: Snack Time	Activity 7: Moving Around	Activity 8: What's Missing?	Activity 9: Balance It	Activity 10: My Balanced Meal
Houghton Mifflin Science Discovery Works—Unit A: Life Cycles Copyright © 2000, Houghton Mifflin Company										
Lesson 5: What Are the Stages in a Plant's Life Cycle? • Understand that all living things need food and water to live	•	•	•	•	•	•	•	•	•	•
Lesson 9: How Are Living Things of One Kind Different? • Observe and compare fruits and vegetables	•									
Lesson 10: What Things Can Affect a Life Cycle? • Complete a bar graph with collected data				•						
Houghton Mifflin Science Discovery Works—Unit C: Earth's Materials Copyright © 2000, Houghton Mifflin Company										
Lesson 1: What Kinds of Soil Cover the Earth's Land? • Learn that plants need soil, sunlight and water to grow	•	•	•	•	•	•	•	•	•	•
Lesson 4: How Do We Use Soil, Plants and Water? • Learn how people use plants and water	•	•	•	•	•	•	•	•	•	•
Lesson 10: How Do We Use Rocks and Minerals? • Complete a bar graph with collected data				•						

HEALTHY CHOICES, HEALTHY ME! GRADE 2 STUDENT ACTIVITIES	Activity 1: Fruits & Vegetables	Activity 2: Meat, Beans & Nuts and Grains, Breads & Cereals	Activity 3: Milk & Milk Products and Extra Foods	Activity 4: Mixed Foods	Activity 5: What's For Breakfast ?	Activity 6: Snack Time	Activity 7: Moving Around	Activity 8: What's Missing?	Activity 9: Balance It	Activity 10: My Balanced Meal
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Houghton Mifflin Science Discovery Works—Unit D: What Makes Me Sick
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Lesson 7: How Can You Stay Healthy? <ul style="list-style-type: none"> Learn that eating healthful foods and exercising keeps us healthy Describe, discuss and illustrate healthful activities Understand that healthy eating and exercise makes muscles and bones stronger Understand that it's okay for most people to eat cookies, candy (and other Extra foods) in moderation, but eating too many Extra foods is not a healthy thing to do Classify healthy foods 	•	•	•	•	•	•	•	•	•	•
All Units/All Lessons: Skills for Science Literacy <ul style="list-style-type: none"> Observe Classify Measure/Use Numbers Communicate Predict and make inferences Collect, record and interpret data Develop critical thinking skills 	•	•	•	•	•	•	•	•	•	•
All Units/All Lessons: Curriculum Integration <ul style="list-style-type: none"> Provide opportunities to integrate science into other school subjects, including literature, math, writing, social studies and the arts 	•	•	•	•	•	•	•	•	•	•