

**California Adopted Textbook Alignment
to *Building a Healthy Me***

Subject: Language Arts
Grade: K
Textbook: *Houghton Mifflin Reading*
Publisher: Houghton Mifflin

Each of the *Building a 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.

BUILDING A HEALTHY ME STUDENT ACTIVITIES	Lesson 1: Piecing the Pyramid	Lesson 2: All Foods Fit	Lesson 3: Off to a Good Start	Lesson 4: Professor Clue ... In Search of Combination Foods	Lesson 5: Kinder Cooks	Lesson 6: Smart Shoppers
Houghton Mifflin Reading—Theme 1: Look at Us! Copyright © 2003, Houghton Mifflin Company						
Section 1: Welcome To Kindergarten						
Listening and Speaking • Learn rhymes • Listen to stories, rhymes, songs	•	•	•	•	•	•
Reading Strategies • Recognize environmental print (labels, signs) in the classroom	•	•	•	•	•	•
Writing • Use phonetic spelling (beginning sounds)			•			
Section 2: Look At Us						
Phonemic Awareness • Learn rhyming words • Hear beginning sounds	•	•	•	•	•	•
Reading Strategies • Learn letter names				•		
Vocabulary • Use concept words; naming words; describing words	•	•	•	•	•	•
Writing • Copy words • Draw and label	•	•	•	•	•	•
Listening/Speaking/Viewing • Activities to support vocabulary expansion and writing	•	•	•	•	•	•
Houghton Mifflin Reading—Theme 2: Colors All Around Copyright © 2003, Houghton Mifflin Company						
Phonemic Awareness • Beginning sounds • Words in oral sentences	•	•	•	•	•	•

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Reading Strategies • Recognize and use high-frequency (sight) words	•	•	•	•	•	•
Vocabulary • Use describing words; exact naming words	•	•	•	•	•	•
Writing • Write a description			•			
Listening/Speaking/Viewing • Activities to support vocabulary expansion and writing	•	•	•	•	•	•
Houghton Mifflin Reading—Theme 3: We're a Family Copyright © 2003, Houghton Mifflin Company						
Phonemic Awareness • Blend and segment onset and rime				•		
Reading Strategies • Recognize and use high-frequency (sight) words • Use phonics and decoding	•	•	•	•	•	•
Vocabulary • Use naming words; movement words; family words; action words	•	•	•	•	•	•
Writing • Record an observation			•			
Listening/Speaking/Viewing • Activities to support vocabulary expansion and writing	•	•	•	•	•	•
Houghton Mifflin Reading—Theme 4: Friends Together Copyright © 2003, Houghton Mifflin Company						
Phonemic Awareness • Blend and segment onset and rime • Blend phonemes				•		
Reading Strategies • Recognize and use high-frequency (sight) words • Use phonics/decoding	•	•	•	•	•	•
Listening/Speaking/Viewing • Activities to support vocabulary expansion and writing	•	•	•	•	•	•
Houghton Mifflin Reading—Theme 5: Let's Count Copyright © 2003, Houghton Mifflin Company						
Phonemic Awareness • Blend phonemes				•		
Reading Strategies • Recognize and use high-frequency (sight) words • Use phonics/decoding	•	•	•	•	•	•
Vocabulary • Use naming words; rhyming words; number words	•	•	•	•	•	•
Writing • List things			•			•

BUILDING A HEALTHY ME STUDENT ACTIVITIES	Lesson 1: Piecing the Pyramid	Lesson 2: All Foods Fit	Lesson 3: Off to a Good Start	Lesson 4: Professor Clue ... In Search of Combination Foods	Lesson 5: Kinder Cooks	Lesson 6: Smart Shoppers
<ul style="list-style-type: none"> Write describing words 						
Listening/Speaking/Viewing						
<ul style="list-style-type: none"> Activities to support vocabulary expansion and writing 	•	•	•	•	•	•
Houghton Mifflin Reading—Theme 6: Sunshine and Raindrops Copyright © 2003, Houghton Mifflin Company						
Phonemic Awareness						
<ul style="list-style-type: none"> Blend and segment phonemes 				•		
Reading Strategies						
<ul style="list-style-type: none"> Recognize and use high-frequency (sight) words Use phonics/decoding 	•	•	•	•	•	•
Vocabulary						
<ul style="list-style-type: none"> Use describing words 	•	•	•	•	•	•
Writing						
<ul style="list-style-type: none"> Write a description 			•			
Listening/Speaking/Viewing						
<ul style="list-style-type: none"> Activities to support vocabulary expansion and writing 	•	•	•	•	•	•
Houghton Mifflin Reading—Theme 7: Wheels Go Around Copyright © 2003, Houghton Mifflin Company						
Phonemic Awareness						
<ul style="list-style-type: none"> Blend and segment phonemes 				•		
Reading Strategies						
<ul style="list-style-type: none"> Recognize and use high-frequency (sight) words Use phonics/decoding 	•	•	•	•	•	•
Vocabulary						
<ul style="list-style-type: none"> Use naming words 	•	•	•	•	•	•
Listening/Speaking/Viewing						
<ul style="list-style-type: none"> Activities to support vocabulary expansion and writing 	•	•	•	•	•	•
Houghton Mifflin Reading—Theme 8: Down on the Farm Copyright © 2003, Houghton Mifflin Company						
Phonemic Awareness						
<ul style="list-style-type: none"> Blend and segment phonemes Phoneme substitution (initial) 				•		
Reading Strategies						
<ul style="list-style-type: none"> Recognize and use high-frequency (sight) words Use phonics/decoding 	•	•	•	•	•	•
Vocabulary						
<ul style="list-style-type: none"> Use naming words; rhyming words Use words that compare things 	•	•	•	•	•	•
Writing						
<ul style="list-style-type: none"> Write naming words 			•			
Listening/Speaking/Viewing						
<ul style="list-style-type: none"> Activities to support vocabulary expansion and writing 	•	•	•	•	•	•

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Houghton Mifflin Reading—Theme 9: Spring Is Here Copyright © 2003, Houghton Mifflin Company						
Phonemic Awareness • Identify syllables in spoken words • Phoneme substitution (final)				•		
Reading Strategies • Recognize and use high-frequency (sight) words • Use phonics/decoding	•	•	•	•	•	•
Vocabulary • Use action words; rhyming words; order words	•	•	•	•	•	•
Listening/Speaking/Viewing • Activities to support vocabulary expansion and writing	•	•	•	•	•	•
Houghton Mifflin Reading—Theme 10: A World of Animals Copyright © 2003, Houghton Mifflin Company						
Phonemic Awareness • Phoneme substitution (initial and final)				•		
Reading Strategies • Recognize and use high-frequency (sight) words • Use phonics/decoding	•	•	•	•	•	•
Vocabulary • Use naming words; comparing words; rhyming words; order words	•	•	•	•	•	•
Listening/Speaking/Viewing • Activities to support vocabulary expansion and writing	•	•	•	•	•	•

**California Adopted Textbook Alignment
to *Building a Healthy Me***

Subject: Language Arts

Grade: K

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

Publisher: SRA/McGraw-Hill

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

<i>BUILDING A HEALTHY ME</i> STUDENT ACTIVITIES	Lesson 1: Piecing the Pyramid	Lesson 2: All Foods Fit	Lesson 3: Off to a Good Start	Lesson 4: Professor Clue ... In Search of Combination Foods	Lesson 5: Kinder Cooks	Lesson 6: Smart Shoppers
<i>SRA/Open Court Reading—Unit 1: School</i> Copyright © 2002, SRA/McGraw-Hill						
Phonological and Phonemic Awareness <ul style="list-style-type: none"> Discriminate the sounds that make up words Listen for sounds and rhythm Repeat or make a rhyme Listen to and follow directions 	•	•	•	•	•	•
Letter Recognition and Print Awareness <ul style="list-style-type: none"> Learn number and color words Recognize print directionality Recognize and make meaning of picture-to-text relationships 	•	•	•	•	•	•
Writing Strategies <ul style="list-style-type: none"> Develop writing readiness traits Write or copy words or labels Spell some words phonetically 	•	•	•	•	•	•
Vocabulary/Word Analysis <ul style="list-style-type: none"> Learn sensory words Learn rhyming words Learn classification words 	•	•	•	•	•	•
<i>SRA/Open Court Reading—Unit 3: Finding Friends</i> Copyright © 2002, SRA/McGraw-Hill						
Phonological and Phonemic Awareness <ul style="list-style-type: none"> Oral blending and segmentation: word parts Onsets and rimes 				•		
Letter Recognition and Print Awareness <ul style="list-style-type: none"> Recognize and make meaning of picture-to-text relationships Recognize high-frequency (sight) words Recognize print directionality 	•	•	•	•	•	•

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Writing • Make a list			•			
Listening/Speaking/Viewing • Listen for details • Listen for fun • Interact with peers	•	•	•	•	•	•
Vocabulary/Word Analysis • Use classification words	•	•	•	•	•	•
SRA/Open Court Reading—Unit 4: The Wind Copyright © 2002, SRA/McGraw-Hill						
Phonological and Phonemic Awareness • Oral blending: initial consonants				•		
Letter Recognition and Print Awareness • Link sounds to letters • Recognize and make meaning of picture-to-text relationships • Recognize high-frequency (sight) words • Recognize print directionality	•	•	•	•	•	•
Listening/Viewing/Speaking • Learn concepts from pictures • Listen to details • Interact with peers	•	•	•	•	•	•
SRA/Open Court Reading—Unit 5: Stick to It Copyright © 2002, SRA/McGraw-Hill						
Phonological and Phonemic Awareness • Oral blending: initial consonant isolation • Identify phoneme positions in words						
Letter Recognition and Print Awareness • Link sounds to letters • Recognize and make meaning of picture-to-text relationships • Recognize high-frequency (sight) words	•	•	•	•	•	•
Vocabulary/Word Analysis • Learn classification words • Learn sensory words	•	•	•	•	•	•
Listening/Speaking/Viewing • Learn concepts from pictures • Listen to and repeat information	•	•	•	•	•	•
SRA/Open Court Reading—Unit 6: Red, White and Blue Copyright © 2002, SRA/McGraw-Hill						
Phonological and Phonemic Awareness • Phoneme replacement: initial consonants				•		

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Letter Recognition and Print Awareness <ul style="list-style-type: none"> • Link sounds to letters • Recognize print directionality • Recognize rhyming words 	•	•	•	•	•	•
Vocabulary/Word Analysis <ul style="list-style-type: none"> • Learn sensory words • Learn concept words 	•	•	•	•	•	•
Listening/Speaking/Viewing <ul style="list-style-type: none"> • Listen to rhythms and sounds • Describe and learn from pictures 	•	•	•	•	•	•
SRA/Open Court Reading—Unit 7: Teamwork Copyright © 2002, SRA/McGraw-Hill						
Phonological and Phonemic Awareness <ul style="list-style-type: none"> • Phoneme replacement: initial consonants 				•		
Letter Recognition and Print Awareness <ul style="list-style-type: none"> • Link sounds to letters • Review the alphabet 				•		
Vocabulary/Word Analysis <ul style="list-style-type: none"> • Learn classification words • Learn concept words • Learn sensory words 	•	•	•	•	•	•
Listening/Speaking/Viewing <ul style="list-style-type: none"> • Listen to rhymes • Learn from pictures • Share feelings aloud 	•	•	•	•	•	•
SRA/Open Court Reading—Unit 8: By the Sea Copyright © 2002, SRA/McGraw-Hill						
Letter Recognition and Print Awareness <ul style="list-style-type: none"> • Link sounds to letters 				•		
Vocabulary/Word Analysis <ul style="list-style-type: none"> • Learn classification words • Learn sensory words 	•	•	•	•	•	•