

# My Amazing Body, Grade 1

## Common Core State Standards for English/Language Arts Met

	L 1	L 2	L 3	L 4	L 5
<b>Reading Standards for Literature</b>					
<b>Key Ideas and Details</b>					
1. Ask and answer questions about key details in a text.		x	x		
2. Retell stories, including key details, and demonstrate understanding of their central message or lesson.		x	x		
3. Describe characters, settings, and major events in a story, using key details.		x	x		
<b>Craft and Structure</b>					
4. Identify words and phrases in stories or poems that suggest feelings or appeal to the senses.		x	x		
5. Explain major differences between books that tell stories and books that give information, drawing on a wide reading of a range of text types.		x	x		
6. Identify who is telling the story at various points in a text.		x	x		
<b>Integration of Knowledge and Ideas</b>					
7. Use illustrations and details in a story to describe its characters, setting, or events.		x	x		
<b>Range of Reading and Level of Text Complexity</b>					
10. With prompting and support, read prose and poetry of appropriate complexity for grade 1.		x	x		
<b>Reading Standards for Informational Text</b>					
<b>Key Ideas and Details</b>					
1. Ask and answer questions about key details in a text.	x			x	x
2. Identify the main topic and retell key details of a text.	x			x	x
3. Describe the connection between two individuals, events, ideas, or pieces of information in a text.	x			x	x
<b>Craft and Structure</b>					
4. Ask and answer questions to help determine or clarify the meaning of words and phrases in a text.	x			x	x
6. Distinguish between information provided by pictures or other illustrations and information provided by the words in a text.	x			x	x

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<b>Integration of Knowledge and Ideas</b>					
7. Use the illustrations and details in a text to describe its key ideas.	x			x	x
<b>Range of Reading and Level of Text Complexity</b>					
10. With prompting and support, read informational texts appropriately complex for grade 1.	x			x	x
<b>Writing Standards</b>					
<b>Text Types and Purposes</b>					
1. Write opinion pieces in which they introduce the topic or name the book they are writing about, state an opinion, supply a reason for the opinion, and provide some sense of closure.	x	x	x	x	x
2. Write informative/explanatory texts in which they name a topic, supply some facts about the topic, and provide some sense of closure.		x	x		
3. Write narratives in which they recount two or more appropriately sequenced events, include some details regarding what happened, use temporal words to signal event order, and provide some sense of closure.		x	x		
<b>Production and Distribution of Writing</b>					
5. With guidance and support from adults, focus on a topic, respond to questions and suggestions from peers, and add details to strengthen writing as needed.	x	x	x	x	x
<b>Research to Build and Present Knowledge</b>					
8. With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.	x	x	x	x	x
<b>Speaking and Listening Standards</b>					
<b>Comprehension and Collaboration</b>					
1. Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups.	x	x	x	x	x

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2. Ask and answer questions about key details in a text read aloud or information presented orally or through other media.	x	x	x	x	x
3. Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood.	x	x	x	x	x
<b>Presentation of Knowledge and Ideas</b>					
4. Describe people, places, things, and events with relevant details, expressing ideas and feelings clearly.	x	x	x	x	x
5. Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.	x	x	x	x	x

L = Lesson

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## Health Education Content Standards Met

	L 1	L 2	L 3	L 4	L 5
<b>Growth and Development</b>					
<b>Standard 1: Essential Concepts</b>					
1.1.G Describe how living things grow and mature.	x				x
1.2.G Identify anatomical names of major internal and external body parts.	x	x	x		
1.3.G Identify a variety of behaviors that promote healthy growth and development.	x	x	x	x	x
<b>Standard 2: Analyzing Influences</b>					
2.1.G Explain why sleep and rest are important for proper growth and good health.	x			x	

## Nutrition Education Competencies Met

	L 1	L 2	L 3	L 4	L 5
<b>1. Overarching Nutrition Competency: Essential Nutrition Concepts - All youth will know relationships among nutrition, physiology, and health.</b>					
1b. Know nutrition and health guidelines.	x	x	x	x	x
1c. Know factors affecting energy balance.			x		
1d. Describe how nutritional needs vary throughout the life cycle.		x			
1e. Identify the physiological processes in digestion, absorption, and metabolism of nutrients.	x				
1f. Explain the influence of nutrition and physical activity on health.		x			
1g. Know principles of handling (growing, harvesting, transporting, processing, storing, and preparing) foods for optimal food quality and safety.					x

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