



# Health

Grade Level: Kindergarten

Big Idea 1: All lessons, activities, experiments, projects and quizzes support the scientific process.

Sunshine State Benchmarks	Student Expectations	How Simply Science Health corresponds to Florida State Benchmarks and Access Points	In	Su	Pa
HE.K.C.1.1 (2)	Students are expected to understand healthy behaviors and the physical dimensions of health, like eating healthy or exercising.	<b>Ch. 1</b> Easy Reader: <a href="#">Healthy Eating</a> PixWriter: Retell Easy Reader <b>Ch. 2</b> Easy Reader: <a href="#">Exercise and You</a> PixWriter: Retell Easy Reader <b>Ch. 3</b> Easy Reader: <a href="#">I'm Feelin Good!</a> PixWriter: Retell Easy Reader <b>Ch. 4</b> Easy Reader: <a href="#">Staying Healthy</a> PixWriter: Retell Easy Reader	X	X	X
HE.K.C.1.3	Students are expected to understand how to prevent common diseases.	<b>Ch. 3</b> Activity: Washing Hands Practice PixWriter: Write About Washing Hands Sequence Activity: Acting Out Good Habits <b>Ch. 4</b> Easy Reader: <a href="#">Staying Healthy</a> PixWriter: Write About Easy Reader Project: A Healthier Me	X	X	X
HE.K.B.1.1	Students are expected to recognize health helpers in the community, like doctors or nurses.	<b>Ch. 5</b> Easy Reader: <a href="#">My Checkup With The Doctor</a> PixWriter: Retell Easy Reader Activity: Doctor or Patient Activity: Visiting the Nurse	X	X	
		<b>Ch. 5</b> Social Stories: Going to the Doctor Going to the Eye Doctor Going to the Dentist	X	X	X
SC.K.N.1.1	Students are expected to work with a partner to complete assignments.	<b>Ch. 3</b> Activity: Glitter Germs	X	X	X





# Health

Grade Level: First Grade

**Big Idea 1:** All lessons, activities, experiments, projects and quizzes support the scientific process.

Sunshine State Benchmarks	Student Expectations	How Simply Science Health corresponds to Florida State Benchmarks and Access Points	In	Su	Pa
<b>HE.1.C.1.1 (2)</b>	Students are expected to understand and identify healthy behaviors and the physical dimensions of health.	<b>Ch. 1</b> Activity: Making Healthy Food Choices <b>Ch. 2</b> Activity: Cleanliness Poster	X	X	
		<b>Ch. 1</b> Easy Reader: <a href="#">Healthy Eating</a> <b>Ch. 2</b> Easy Reader: <a href="#">Exercise and You</a> <b>Ch. 3</b> Easy Reader: <a href="#">I'm Feelin Good!</a> <b>Ch. 4</b> Easy Reader: <a href="#">Staying Healthy</a>	X	X	X
<b>HE.1.C.1.3 (4)</b>	Students are expected to understand ways to prevent common illnesses and childhood injuries.	<b>Ch. 4</b> Project: Interview the School Nurse PixWriter: Write About Nurse	X	X	
		<b>Ch. 3</b> Activity: Washing Hands Practice Activity: Acting Out Good Habits <b>Ch. 4</b> Easy Reader: <a href="#">Staying Healthy</a> PixWriter: Retell Easy Reader	X	X	X
<b>HE.1.C.1.5</b>	Students are expected to identify health care providers.	<b>Ch. 5</b> Lesson: "Visiting Doctors" PixWriter: Retell Lesson Activity: Where Did I Go?	X	X	
		<b>Ch. 5</b> Activity: Doctor or Patient Social Stories: Going to the Doctor Going to the Eye Doctor Going to the Dentist PixWriter: Write About Social Stories	X	X	X
<b>HE.1.P.1.1</b>	Students are expected to demonstrate good personal health habits and understand how these can help maintain personal health.	<b>Ch. 2</b> Easy Reader: <a href="#">Exercise and You</a> PixWriter: Retell Easy Reader Activity: Good Exercises <b>Ch. 3</b> Lesson: "Clean and Healthy" PixWriter: Retell Lesson Activity: Acting Out Good Habits <b>Ch. 4</b> Lesson: "I Don't Want To Be Sick!" PixWriter: Retell Lesson	X	X	
		<b>Ch. 1</b> Easy Reader: <a href="#">Healthy Eating</a> PixWriter: Retell Easy Reader <b>Ch. 3</b> Activity: Washing Hands Practice PixWriter: Write About Washing Sequence <b>Ch. 4</b> Easy Reader: <a href="#">Staying Healthy</a> PixWriter: Retell Easy Reader	X	X	X





# Health

Grade Level: Second Grade

Big Idea 1: All lessons, activities, experiments, projects and quizzes support the scientific process.

Sunshine State Benchmarks	Student Expectations	How Simply Science Health corresponds to Florida State Benchmarks and Access Points	In	Su	Pa
HE.2.C.1.1 (2)	Students are expected describe and understand aspects and dimensions of personal health.	Ch. 1 Activity: Making Healthy Food Choices Ch. 2 Activity: Good Exercises Activity: Exercise for All Seasons Ch. 3 Activity: Cleanliness Poster	X	X	
		Ch. 1 Easy Reader: <a href="#">Healthy Eating</a> Ch. 2 Easy Reader: <a href="#">Exercise and You</a> Ch. 4 Easy Reader: <a href="#">Staying Healthy</a>	X	X	X
HE.2.C.1.4	Students are expected to understand ways to prevent common childhood injuries.	Ch. 4 Easy Reader: <a href="#">Staying Health</a> Activity: Interview the School Nurse PixWriter: Write About Nurse	X	X	X
HE.2.C.1.5	Students are expected to understand when personal health care is needed.	Ch. 4 Activity: This Is How We Feel What's Wrong With Me? PixWriter: Write About Jackson, Carson, Ezra, Abby	X	X	
		Ch. 4 Easy Reader: <a href="#">Staying Healthy</a> Ch. 5 Easy Reader: <a href="#">My Checkup With the Doctor</a>	X	X	X
HE.2.B.1.1	Students are expected to identify trusted adults and professionals who can provide health care and advice.	Ch. 5 Easy Reader: <a href="#">My Checkup With the Doctor</a> Social Stories: Going to the Doctor, Going to the Eye Doctor, Going to the Dentist	X	X	X
HE.2.B.4.1	Students are expected to set short-term personal health goals and take steps to achieve these goals.	Ch. 4 Project: A Healthier Me	X	X	X
HE.2.P.1.1 (2)	Students are expected to demonstrate good personal health habits and understand how these can help maintain personal health.	Ch. 1 Easy Reader: <a href="#">Healthy Eating</a> Ch. 2 Easy Reader: <a href="#">Exercise and You</a> Activity: Good Exercise Ch. 3 Easy Reader: <a href="#">I'm Feelin Good!</a> Activity: Acting Out Good Habits Ch. 4 Easy Reader: <a href="#">Staying Healthy</a>	X	X	
		Ch. 3 Activity: Washing Hands Practice PixWriter: Washing Sequence	X	X	X





# Health

Grade Level: Third Grade

Big Idea 1: All lessons, activities, experiments, projects and quizzes support the scientific process.

Sunshine State Benchmarks	Student Expectations	How Simply Science Health corresponds to Florida State Benchmarks and Access Points	In	Su	Pa
HE.3.C.1.1	Students are expected describe and understand healthy behaviors that lead to good personal health.	<b>Ch. 1</b> Lesson: “Good Food” PixWriter: Retell Lesson Activity: What Kinds of Food Do You Eat? <b>Ch. 2</b> Lesson: “Exercise For A Healthy Body” PixWriter: Retell Lesson Activity: Good Exercises <b>Ch. 3</b> Lesson: “Clean and Healthy” PixWriter: Retell Lesson	X	X	
		<b>Ch. 1</b> Easy Reader: <u>Healthy Eating</u> PixWriter: Retell Easy Reader <b>Ch. 2</b> Easy Reader: <u>Exercise and You</u> PixWriter: Retell Easy Reader <b>Ch. 3</b> Easy Reader: <u>I’m Feelin Good!</u> PixWriter: Retell Easy Reader	X	X	X
HE.3.C.1.4	Students are expected to understand and explain common childhood health problems.	<b>Ch. 3</b> Lesson: “Clean and Healthy” PixWriter: Retell Lesson <b>Ch. 4</b> Lesson: “I Don’t Want To Be Sick” PixWriter: Retell Lesson Activity: What’s Wrong With Me?	X	X	
		<b>Ch. 4</b> Activity: Interview the School Nurse PixWriter: “Write About Nurse” Easy Reader: <u>Staying Healthy</u>	X	X	X
HE.3.C.1.4	Students are expected to understand the importance of regular checkups to maintain good health.	<b>Ch. 5</b> Lesson: “Visiting Doctors” PixWriter: Retell Lesson Activity: Charades	X	X	
		<b>Ch. 5</b> Easy Reader: <u>My Checkup With The Doctor</u> Social Stories: Going to the Doctor, Going to the Eye Doctor, Going to the Dentist	X	X	X
HE.3.C.2.4	Students are expected to understand how certain rules can promote health and prevent disease, such as washing hands.	<b>Ch. 3</b> Lesson: “Clean and Healthy” PixWriter: Retell Lesson Activity: Daily Morning Routine PixWriter: Write About Routine Experiment: What Makes Cavities? PixWriter: Write About Cavities	X	X	
		<b>Ch. 3</b> Easy Reader: <u>I’m Feelin’ Good!</u> Activity: Where Are the Germs? Activity: Acting Out Good Habits	X	X	X





# Health

Grade Level: Fourth Grade

Big Idea 1: All lessons, activities, experiments, projects and quizzes support the scientific process.

Sunshine State Benchmarks	Student Expectations	How Simply Science Health corresponds to Florida State Benchmarks and Access Points	In	Su	Pa
HE.4.C.1.1	Students are expected to understand that there is a relationship between healthy behavior and personal health.	<b>Ch. 1</b> Lesson: “Good Food” PixWriter: Retell Lesson Activity: What Kinds of Food Do You Eat? <b>Ch. 2</b> Lesson: “Exercise For A Healthy Body” Activity: Good Exercises` <b>Ch. 3</b> Lesson: “Clean and Healthy”	X	X	
		<b>Ch. 1</b> Easy Reader: <u>Healthy Eating</u> Project: Fruit On a Stick PixWriter: Write About Fruit on a Stick <b>Ch. 2</b> Easy Reader: <u>Exercise and You</u> <b>Ch. 3</b> Easy Reader: <u>I’m Feelin Good!</u>	X	X	X
HE.4.C.1.2	Students are expected to give examples of physical health, such as getting daily exercise.	<b>Ch. 1</b> Activity: Healthy School Lunches PixWriter: Write About Lunches, Thank You Note <b>Ch. 2</b> Project: Exercise Journal PixWriter: Write Exercise Journal Activity: Exercise For All Seasons Activity: Class Book <b>Ch. 5</b> Project: Smile, Smile, Smile	X	X	X
HE.4.C.1.4	Students are expected to understand ways to prevent common childhood illnesses and injuries.	<b>Ch. 3</b> Lesson: “Clean and Healthy” <b>Ch. 4</b> Lesson: “I Don’t Want To Be Sick” Activity: What’s Wrong With Me? PixWriter: Write About Jackson, Carson, Ezra, Abby	X	X	
		<b>Ch. 4</b> Activity: Interview the School Nurse PixWriter: Write About Nurse Easy Reader: <u>Staying Healthy</u>	X	X	X
HE.4.C.1.5	Students are expected to understand and define different health care providers, products, and services.	<b>Ch. 5</b> Lesson: “Visiting Doctors” PixWriter: Retell Lesson Activity: Charades Worksheet: Matching Tools	X	X	
		<b>Ch. 5</b> Easy Reader: <u>My Checkup With The Doctor</u> Social Stories: Going to the Doctor, Going to the Eye Doctor, Going to the Dentist	X	X	X
HE.4.B.4.1	Students are expected to create a personal health goal and work towards accomplishing it.	<b>Ch. 4</b> Project: A Healthier Me	X	X	X





# Health

Grade Level: Fifth Grade Big Idea 1: All lessons, activities, experiments, projects and quizzes support the scientific process.

Sunshine State Benchmarks	Student Expectations	How Simply Science Health corresponds to Florida State Benchmarks and Access Points	In	Su	Pa
<b>HE.5.C.1.1</b>	Students are expected to understand that there is a relationship between healthy behavior and personal health.	<b>Ch. 1</b> Lesson: “Good Food” PixWriter: Retell Lesson Activity: What Kinds of Food Do You Eat? <b>Ch. 2</b> Lesson: “Exercise For A Healthy Body” Activity: Good Exercises` <b>Ch. 3</b> Lesson: “Clean and Healthy”	X	X	
		<b>Ch. 1</b> Easy Reader: <u>Healthy Eating</u> Project: Fruit On a Stick PixWriter: Write About Fruit on a Stick <b>Ch. 2</b> Easy Reader: <u>Exercise and You</u> <b>Ch. 3</b> Easy Reader: <u>I’m Feelin Good!</u>	X	X	X
<b>HE.5.C.1.2</b>	Students are expected to give examples of physical health, such as getting daily exercise.	<b>Ch. 1</b> Activity: Healthy School Lunches PixWriter: Write About Lunches, Thank You Note <b>Ch. 2</b> Project: Exercise Journal PixWriter: Write Exercise Journal Activity: Exercise For All Seasons Activity: Class Book <b>Ch. 5</b> Project: Smile, Smile, Smile	X	X	X
<b>HE.5.C.1.4</b>	Students are expected to understand ways to prevent common childhood illnesses and injuries.	<b>Ch. 3</b> Lesson: “Clean and Healthy” <b>Ch. 4</b> Lesson: “I Don’t Want To Be Sick!” Activity: What’s Wrong With Me?	X	X	
		<b>Ch. 4</b> Activity: Interview the School Nurse PixWriter: Write About Nurse Easy Reader: <u>Staying Healthy</u>	X	X	X
<b>HE.5.C.1.5</b>	Students are expected to understand the benefits of regular health care maintenance.	<b>Ch. 5</b> Lesson” “Visiting Doctors Activity: Charades	X	X	
		<b>Ch. 5</b> Social Stories: Going to the Doctor, Going to the Eye Doctor, Going to the Dentist	X	X	X
<b>HE.5.B.4.1</b>	Students are expected to create a personal health goal and work towards it.	<b>Ch. 4</b> Project: A Healthier Me	X	X	
<b>HE.5.P.1.1 (2) (3)</b>	Students are expected to demonstrate behaviors that maintain or improve personal health and avoid health risks.	<b>Ch. 1</b> Activity: What Kinds of Food Do You Eat? <b>Ch. 2</b> Activity: Exercise Journal PixWriter: Write Exercise Journal <b>Ch. 3</b> Activity: Daily Morning Routine PixWriter: Write About Routine	X	X	
		<b>Ch. 1</b> Easy Reader, <u>Healthy Eating</u> ; Activities: Making Healthy Food Choices Fruit On A Stick PixWriter: Write About Fruit	X	X	X





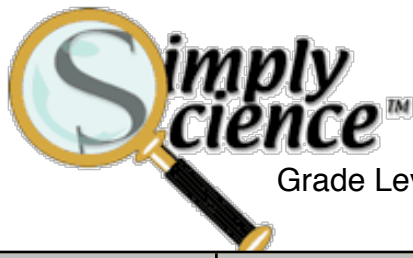
# Health

Grade Level: Sixth Grade

Big Idea 1: All lessons, activities, experiments, projects and quizzes support the scientific process.

Sunshine State Benchmarks	Student Expectations	How Simply Science Health corresponds to Florida State Benchmarks and Access Points	In	Su	Pa
HE.6.C.1.1	Students are expected to understand how personal health is affected by healthy and unhealthy behaviors.	Ch. 1 Lesson, “Good Food” Activity: What Kinds of Food Do You Eat? Ch. 2 Lesson: “Exercise For A Healthy Body” Activity: Good Exercises Ch. 3 Lesson: “Clean and Healthy”	X	X	
		Ch. 1 Easy Reader: <u>Healthy Eating</u> Project: Fruit On a Stick PixWriter: Write About Fruit on a Stick Ch. 2 Easy Reader: <u>Exercise and You</u> Ch. 3 Easy Reader: <u>I’m Feelin Good!</u>	X	X	X
HE.6.C.1.2	Students are expected to understand how the dimensions of health are interrelated.	Ch. 1 Lesson, “Good Food” Ch. 3 Lesson: “Clean and Healthy”	X	X	
		Ch. 1 Easy Reader: <u>Healthy Eating</u> PiWriter: Retell Easy Reader Ch. 3 Activity: “Dirty Dan”	X	X	X
HE.6.C.1.5	Students are expected to understand common childhood illnesses and injuries.	Ch. 3 Lesson: “Clean and Healthy” Ch. 4 Lesson: “I Don’t Want To Be Sick!” Activity: What’s Wrong With Me?	X	X	
		Ch. 4 Activity: Interview the School Nurse PixWriter: Write About Nurse Easy Reader: <u>Staying Healthy</u>	X	X	X
HE.6.C.1.6	Students are expected to understand the benefits of regular health care maintenance.	Ch. 5 Lesson: “Visiting Doctors” Activity: Charades	X	X	
		Ch. 5 Social Stories: Going to the Doctor, Going to the Eye Doctor, Going to the Dentist	X	X	X
HE.6.C.1.8	Students are expected to understand that infection can cause some health conditions, such as the flu.	Ch. 3 Lesson: “Clean and Healthy” Ch. 4 Lesson: “I Don’t Want To Be Sick” Experiment: Skin is Protection PixWriter: Write About Apples	X	X	
		Ch. 4 Easy Reader: <u>Staying Healthy</u> Worksheet: Symptoms Activity: What’s Wrong With Me?	X	X	X
HE.6.B.4.2	Students are expected to create a personal health goal and work towards it.	Ch. 4 Project: A Healthier Me	X	X	X





# Health

Grade Level: Seventh Grade

Big Idea 1: All lessons, activities, experiments, projects and quizzes support the scientific process.

Sunshine State Benchmarks	Student Expectations	How Simply Science Health corresponds to Florida State Benchmarks and Access Points	In	Su	Pa
<b>HE.7.C.1.1</b>	Students are expected to understand how personal health is affected by healthy and unhealthy behaviors.	<b>Ch. 1</b> Lesson, “Good Food” Activity: What Kinds of Food Do You Eat? <b>Ch. 2</b> Lesson: “Exercise For A Healthy Body” Activity: Good Exercises <b>Ch. 3</b> Lesson: “Clean and Healthy”	X		
		<b>Ch. 1</b> Easy Reader: <u>Healthy Eating</u> Project: Fruit On a Stick PixWriter: Write About Fruit on a Stick <b>Ch. 2</b> Easy Reader: <u>Exercise and You</u> <b>Ch. 3</b> Easy Reader: <u>I’m Feelin Good!</u>	X	X	
<b>HE.7.C.1.2</b>	Students are expected to understand how the dimensions of health are interrelated.	<b>Ch. 1</b> Lesson, “Good Food” <b>Ch. 3</b> Lesson: “Clean and Healthy”	X	X	
		<b>Ch. 1</b> Easy Reader: <u>Healthy Eating</u> PixWriter: Retell Easy Reader <b>Ch. 3</b> Activity: “Dirty Dan”	X	X	X
<b>HE.7.C.1.5</b>	Students are expected to understand common childhood illnesses and injuries.	<b>Ch. 3</b> Lesson: “Clean and Healthy” <b>Ch. 4</b> Lesson: “I Don’t Want To Be Sick!” Activity: What’s Wrong With Me?	X	X	
		<b>Ch. 4</b> Activity: Interview the School Nurse PixWriter: Write About Nurse Easy Reader: <u>Staying Healthy</u>	X	X	X
<b>HE.7.C.1.6</b>	Students are expected to understand the benefits of regular health care maintenance.	<b>Ch. 2</b> Project: Heart Rate PixWriter: Write About Heart Rate <b>Ch. 5</b> Lesson: “Visiting Doctors” Activity: Charades	X	X	
		<b>Ch. 5</b> Social Stories: Going to the Doctor, Going to the Eye Doctor, Going to the Dentist	X	X	X
<b>HE.7.C.1.8</b>	Students are expected to understand infectious diseases, how they are spread, and how to prevent their spread.	<b>Ch. 3</b> Lesson: “Clean and Healthy” <b>Ch. 4</b> Lesson: “I Don’t Want To Be Sick” Experiment: Skin is Protection PixWriter: Write About Apples <b>Ch. 5</b> Activity: Check for Plaque	X	X	X
		<b>Ch. 3</b> Activity: Glitter Germs PixWriter: Write About Glitter <b>Ch. 4</b> Easy Reader: <u>Staying Healthy</u> Activity: Symptoms; What’s Wrong With Me? PixWriter: Write About Jackson, Carson, Ezra, Abby	X	X	X





# Health

Grade Level: Eighth Grade

Big Idea 1: All lessons, activities, experiments, projects and quizzes support the scientific process.

Sunshine State Benchmarks	Student Expectations	How Simply Science Health corresponds to Florida State Benchmarks and Access Points	In	Su	Pa
HE.8.C.1.1	Students are expected to understand the relationship between a healthy lifestyle and one's personal health.	<b>Ch. 1 Lesson</b> "Good Food" Activity: What Kinds of Food Do You Eat? <b>Ch. 2 Lesson</b> : "Exercise For A Healthy Body" Activity: Good Exercises <b>Ch. 3 Lesson</b> : "Clean and Healthy"	X	X	
		<b>Ch. 1 Easy Reader</b> : <u>Healthy Eating</u> PixWriter: Retell Easy Reader <b>Ch. 2 Easy Reader</b> : <u>Exercise and You</u> PixWriter: Retell Easy Reader <b>Ch. 3 Easy Reader</b> : <u>I'm Feelin Good!</u> PixWriter: Retell Easy Reader	X	X	X
HE.8.C.1.2	Students are expected to understand how the dimensions of health are interrelated.	<b>Ch. 1 Lesson</b> ,: "Good Food" PixWriter: Retell Lesson <b>Ch. 3 Lesson</b> : "Clean and Healthy" PixWriter: Retell Lesson	X	X	
		<b>Ch. 1 Easy Reader</b> : <u>Healthy Eating</u> PixWriter: Retell Easy Reader <b>Ch. 3 Activity</b> : "Dirty Dan"	X	X	X
HE.8.C.1.2	Students are expected to understand common childhood illnesses and injuries.	<b>Ch. 3 Lesson</b> : "Clean and Healthy" PixWriter: Retell Lesson <b>Ch. 4 Lesson</b> : "I Don't Want To Be Sick!" PixWriter: Retell Lesson Activity: What's Wrong With Me?	X	X	
		<b>Ch. 4 Activity</b> : Interview the School Nurse PixWriter: Write About Nurse Easy Reader: <u>Staying Healthy</u>	X	X	X
HE.8.C.1.6	Students are expected to understand the importance of health-care checkups.	<b>Ch. 5 Lesson</b> : "Visiting Doctors" PixWriter: Retell Lesson Activity: Charades Worksheet: Matching Tools Activity: Where Did I Go?	X	X	
		<b>Ch. 5 Easy Reader</b> : <u>My Checkup With The Doctor</u> PixWriter: Retell Easy Reader Social Stories: Going to the Doctor, Going to the Eye Doctor, Going to the Dentist	X	X	X

