

Houghton Mifflin Reading Program Links to Health

Grade K
Readers: Teacher Read Aloud, Big Book, Little Big Books, Phonics Book, and <u>Higglety Pigglety: A Book Of Rhymes</u>
<p>Theme 1 - <i>Look at Us</i></p> <ul style="list-style-type: none"> ○ Hygiene link: <u>Here Are My Hands</u> ○ Feelings link: <u>How Do You Feel?</u> ○ Sharing: <u>We All Help Out</u>
<p>Theme 2 - <i>Colors All Around</i></p> <ul style="list-style-type: none"> ○ Nutrition link: <u>I Need A Lunch Box</u> ○ Physical Activity link: <u>I Went Walking</u> ○ Nutrition link: <u>What's My Favorite Color?</u>
<p>Theme 3 - <i>We're A Family</i></p> <ul style="list-style-type: none"> ○ Family link: <u>Jonathan And His Mommy</u> ○ Nutrition link: <u>Tortillas And Lullabies</u> ○ Family link: <u>Families</u> ○ Nutrition link: <u>The Amazing Little Porridge Pot</u> ○ Family link: <u>Baby Bears Family</u>
<p>Theme 4 - <i>Friends Together</i></p> <ul style="list-style-type: none"> ○ Friendship link: <u>Friends At School</u> ○ Family link: <u>My Dad And I</u> ○ Friendship link: <u>Friends Help Friends</u> ○ Nutrition link: <u>Stone Soup</u>
<p>Theme 5 - <i>Let's Count</i></p> <ul style="list-style-type: none"> ○ Nutrition link: <u>Feast For 10</u> ○ Nutrition link: <u>What's On The Menu</u> ○ Nutrition link: <u>Counting Noodles</u>
<p>Theme 6 - <i>Sunshine and Raindrops</i></p> <ul style="list-style-type: none"> ○ Nutrition link: <u>Chicken Soup With Rice</u>
<p>Theme 7 - <i>Wheels Go Around</i></p> <ul style="list-style-type: none"> ○ Helping link: <u>The Little Engine That Could</u> ○ Physical Activity link: <u>Cool Wheels</u>
<p>Theme 8 - <i>Down On The Farm</i></p> <ul style="list-style-type: none"> ○ Nutrition Link: <u>The Enormous Turnip</u> ○ Nutrition link: <u>Ice Cream: From Cows To Kids</u> ○ Nutrition link: <u>Dot Got A Big Pot</u>
<p>Theme 9 - <i>Spring Is Here</i></p> <ul style="list-style-type: none"> ○ Family/Physical Activity link: <u>Kevin And His Dad</u>
<p>Theme 10 - <i>A World Of Animals</i></p> <ul style="list-style-type: none"> ○ Nutrition link: <u>Which Pet?</u>

Grade 1
Reader: <u>Here We Go</u>
<p>Theme 1 - <i>All Together Now</i></p> <ul style="list-style-type: none"> ○ Friendship link: <u>"The More We Get Together"</u> (song) p. 84 ○ Physical Activity link: <u>The Big Hit</u> p. 88

<p>Theme 2 - <i>Surprise</i></p> <ul style="list-style-type: none"> o Nutrition link: Hot Fox Soup p. 190
<p>Reader: <u>Let's Be Friends</u></p>
<p>Theme 3 - <i>Let's Look Around</i></p>
<p>Theme 4 - <i>Family and Friends</i></p> <ul style="list-style-type: none"> o Friendship/Family link: Who's In A Family? p. 88
<p>Reader: <u>Surprises</u></p>
<p>Theme 5 - <i>Home Sweet Home</i></p>
<p>Theme 6 - <i>Animal Adventures</i></p>
<p>Reader: <u>Treasures</u></p>
<p>Theme 7 - <i>We Can Work It Out</i></p> <ul style="list-style-type: none"> o Friendship/Sharing/Getting Along link: That Toad Is Mine! p. 16 o Friendship/Sharing/Getting Along link: "Sharing" (poem) p. 41 o Safety link: Lost p. 46 o Nutrition link: "Blueberry Pancake" (recipe) p. 106 o Nutrition link: "The Food Groups" (feature) p. 108 o Helping link: The Lion and The Mouse p. 114
<p>Theme 8 - <i>Our Earth</i></p> <ul style="list-style-type: none"> o Nutrition link: Johnny Appleseed p. 184
<p>Reader: <u>Wonders</u></p>
<p>Theme 9 - <i>Special Friends</i></p> <ul style="list-style-type: none"> o Getting Along link: "The New Girl" (poem) p. 12 o Family link: When I Am Old With You p. 16 o Getting Along link: The New Friend p.52 o Feelings link: "Hope" (poem) p. 75 o Family link: The Surprise Family p.78
<p>Theme 10 - <i>We Can Do It</i></p> <ul style="list-style-type: none"> o Getting Along/Sharing/Problem Solving link: Two Greedy Bears p.142 o Getting Along/Friendship link: The Hat p.208

<p>Grade 2</p>
<p>Reader: <u>Adventures</u></p>
<p>Theme 1 - <i>Silly Stories</i></p> <ul style="list-style-type: none"> o Nutrition link: "Balance Diet" (feature) p. 16 o Nutrition link: Shopping p.18 o Feelings/Nutrition/Physical Activity link: Julius p.46 o Nutrition link: "Life On A Farm" (feature) p.80
<p>Theme 2 - <i>Nature Walk</i></p>
<p>Theme 3 - <i>Around Town: Neighborhood and Community</i></p> <ul style="list-style-type: none"> o Nutrition/Physical Activity link: Chinatown p.234 o Safety link: "Fire Safety Tips" p.292 and "Practice Fire Drills" (feature) p.294 o Family link: "Families, Families" (poem) p. 334
<p>Reader: <u>Delights</u></p>
<p>Theme 4 - <i>Amazing Animals</i></p> <ul style="list-style-type: none"> o Safety link: Officer Buckle and Gloria p.18

<p>Theme 5 - Family Time</p> <ul style="list-style-type: none"> o Family link: "Brother and Sisters" (poem) p.148 o Nutrition link: "Inside a Bakery" (feature) p.154 o Nutrition link: <u>Jalapeño Bagels</u> p.156 o Safety link: "Welcome to the Kitchen" (feature) p.180 o Feelings link: "A Bad Day" (poem) p.182 o Feelings link: <u>Carousel</u> p.184 o Nutrition link: "My Grandmother's Thunder Cake" (recipe) p. 255
<p>Theme 6 - Talent Show</p>

<p>Grade 3</p>
<p>Reader: <u>Rewards</u></p>
<p>Theme 1 - Off To Adventure</p> <ul style="list-style-type: none"> o Family/Physical activity link: <u>The Waterfall</u> p.94
<p>Theme 2 - Celebrating Traditions</p> <ul style="list-style-type: none"> o Family link: <u>The Keeping Quilt</u> p. 133 and "Family tree" (activity) p.153 o Family/Physical activity link: <u>Anthony Reynoso Born To Rope</u> p.162 o Nutrition link: "Healthy Recipe's From Ghana" (recipe) p. 204 o Physical Activity link: <u>Dancing Rainbows</u> p.209
<p>Theme 3 - Incredible Stories</p> <ul style="list-style-type: none"> o Nutrition link: "Working On The Farm" (feature) p.316
<p>Reader: <u>Horizons</u></p>
<p>Theme 4 - Animal Habitats</p>
<p>Theme 5 - Voyagers</p> <ul style="list-style-type: none"> o Family/Feelings link: <u>Yunmi and Halmoni's Trip</u> p.143 o Physical Activity link: Biographies (various sports heroes) p.208
<p>Theme 6 - Smart Solutions</p> <ul style="list-style-type: none"> o Problem Solving link: <u>Pepita Talks Twice</u> p.245 o Problem Solving link: "Working Together" (feature) p.278 o Feelings link: <u>Ramona Quimby Age 8</u> p.311

<p>Grade 4</p>
<p>Reader: <u>Traditions</u></p>
<p>Theme 1 - Journeys</p>
<p>Theme 2 - American Stories</p> <ul style="list-style-type: none"> o Family link: <u>Tanya's Reunion</u> p. 187 o Physical Activity link: "Fun and Games For family Gathering" (feature) p.214
<p>Theme 3 - That's Amazing!</p> <ul style="list-style-type: none"> o Physical Activity link: "Let's Have A Ball" (feature) p.356

<p>Theme 4 - Problem Solvers</p> <ul style="list-style-type: none"> o Feelings link: "New In The Neighborhood" (poem) p.390 o Feelings link: <u>My Name Is María Isabel</u> p.393 o Family link: <u>Marven Of The Great North Woods</u> p. 416 o Physical Activity link: "Snow Runners" (feature) p. 446
<p>Theme 5 - Heroes</p> <ul style="list-style-type: none"> o Violence Prevention link: <u>Happy Birthday Dr. King!</u> p. 535 o Nutrition link: <u>Sabroso!</u> (recipe) p.580 o Physical Activity link: <u>Lou Gehrig: The Luckiest Man</u> p. 584
<p>Theme 6 - Nature: Friend and Foe</p> <ul style="list-style-type: none"> o Nutrition link: <u>Salmon Summer</u> p. 635 and "Food Web" (activity) p. 649 o Family link: <u>Skylark</u> p. 689

Grade 5
Reader: Expeditions
<p>Theme 1 - Nature's Fury</p> <ul style="list-style-type: none"> o Safety link: <u>Earthquake Terror</u> p. 28
<p>Theme 2 - Give It All You've Got!</p> <ul style="list-style-type: none"> o Physical Activity link: <u>Michelle Kwan, Heart Of A Champion</u> p.138 o Feelings link: <u>La Bamba</u> p.162 o Feelings link: "Facing Fear" (poem) p. 182 o Feelings/Physical Activity link: <u>The Fear Place</u> p.184
Theme 3 - Voices Of The Revolution
<p>Theme 4 - Person To Person</p> <ul style="list-style-type: none"> o Friendship/Family link: <u>Mariah Keeps Cool</u> p.344 o Nutrition link: "Plan A Healthy Diet" (activity) p. 359
<p>Theme 5 - One Land Many Trails</p> <ul style="list-style-type: none"> o Physical Activity link: Autobiography: <u>Hit A Grand Slam!</u> p. 588
Theme 6 - Animal Encounters

Note -

1st – 5th grade levels have additional readers like: Phonics Library, Practice Readers, Little Big Books, Little Readers for Guided Reading, I Love Reading Books, Leveled Readers, Theme Paperbacks, Reader Library, and Level To The Core . These individual books contain health links such as: family, nutrition, dental, feelings, and physical activity. Home/Community Connections piece for teachers have letters that go home with extensions some involving health links.