



K-12 Health

Adoption Guide Extended

For additional information (e.g. pricing, copyright, ISBN) and Idaho completed evaluations, please contact the curricular materials coordinator.

Materials in this guide are contracted from September 2017- December 31, 2022.

GRADES K-5

McGraw-Hill School Education, LLC

Health & Wellness

- **Grade K**
 - **Strengths:** Meets all of the health standards for Kindergarten. It provides a variety of activities to engage students, especially the activity corner section in the teacher edition. Diversity of pictures and colors. The fitness activities are engaging. The performance assessments are age appropriate. The unit and chapter planner scaffold the unit.
 - **Weaknesses:** Transparencies need to be updated to digital format.
 - **Key Features:** The Health & Wellness program introduces key concepts and builds upon prior knowledge in all grades. Topics are introduced at age-appropriate depth that sequentially builds students' knowledge and skills. The Health & Wellness Big Books, Content Readers, and Student Editions were designed to provide extensive reading and vocabulary development. This support is included in direct instruction to students and within teacher materials.

Health & Wellness

- **Grade 1**
 - **Strengths:** The text and pictures are well done, making it magazine-like for the learner. The pictures show children at first grade level. The cartoons and drawings are excellent for a first grade learner. All standards are met. The extra activities and activity corners had extensions and activities for varied learning levels. The health helpers section was a great addition for this level.
 - **Weaknesses:** The text and content was often k or pre-k and needed extensions for accelerated learners.
 - **Other:** Overall covered all content.

- **Key Features:** The Health & Wellness program introduces key concepts and builds upon prior knowledge in all grades. Topics are introduced at age-appropriate depth that sequentially builds students' knowledge and skills. The Health & Wellness Big Books, Content Readers, and Student Editions were designed to provide extensive reading and vocabulary development. This support is included in direct instruction to students and within teacher materials.

Health & Wellness

- **Grade 2**

- **Strengths:** The layout of the chapters with pacing, resources, vocabulary, and standards. The activities within the Teacher Center i.e. Clipboard and Activity Centers. Strong cross-curricular connections in each chapter.
- **Weaknesses:** Not all materials were supplied for review i.e. transparencies, posters, clipboard activities and CD's.
- **Key Features:** The Health & Wellness program introduces key concepts and builds upon prior knowledge in all grades. Topics are introduced at age-appropriate depth that sequentially builds students' knowledge and skills. The Health & Wellness Big Books, Content Readers, and Student Editions were designed to provide extensive reading and vocabulary development. This support is included in direct instruction to students and within teacher materials.

Health & Wellness

- **Grade 3**

- **Strengths:** The layout of the chapters with pacing, resources, vocabulary, and standards. The activities within the Teacher Center i.e. Clipboard and Activity Centers. Strong cross-curricular connections in each chapter.
- **Weaknesses:** Not all materials were supplied for review i.e. transparencies, posters, clipboard activities and CD's.
- **Key Features:** The Health & Wellness program introduces key concepts and builds upon prior knowledge in all grades. Topics are introduced at age-appropriate depth that sequentially builds students' knowledge and skills. The Health & Wellness Big Books, Content Readers, and Student Editions were designed to provide extensive reading and vocabulary development. This support is included in direct instruction to students and within teacher materials.

Health & Wellness

- **Grade 4**

- **Strengths:**
 - Text is written at grade level and covers all standards, goals and objectives.
 - Offers a variety of individual and group activities to reinforce concepts.
 - Leveled activities & ELL activities to meet needs of all learners.

- Cross-curricular links are provided for other academic disciplines.
- Worksheets use a variety of learning styles to engage students.
- **Weaknesses:**
 - It would be an advantage for the company if the reviewer received a hard copy of all accessible resources (transparencies, assessment book, clipboard activities...)
 - Accessing chapter lessons may be easier if pages were numbered in a traditional fashion (1-200 and not A45, B45, C45....)
- **Key Features:** The Health & Wellness program introduces key concepts and builds upon prior knowledge in all grades. Topics are introduced at age-appropriate depth that sequentially builds students' knowledge and skills. The Health & Wellness Big Books, Content Readers, and Student Editions were designed to provide extensive reading and vocabulary development. This support is included in direct instruction to students and within teacher materials.

Health & Wellness

- **Grade 5**
 - **Strengths:**
 - Text is written at grade level and covers all standards, goals and objectives.
 - Offers a variety of individual and group activities to reinforce concepts.
 - Leveled activities & ELL activities to meet needs of all learners.
 - Cross-curricular links are provided for other academic disciplines.
 - Worksheets use a variety of learning styles to engage students.
 - **Weaknesses:**
 - It would be an advantage for the company if the reviewer received a hard copy of all accessible resources (transparencies, assessment book, clipboard activities...)
 - Accessing chapter lessons may be easier if pages were numbered in a traditional fashion (1-200 and not A45, B45, C45....)
 - **Key Features:** The Health & Wellness program introduces key concepts and builds upon prior knowledge in all grades. Topics are introduced at age-appropriate depth that sequentially builds students' knowledge and skills. The Health & Wellness Big Books, Content Readers, and Student Editions were designed to provide extensive reading and vocabulary development. This support is included in direct instruction to students and within teacher materials.

The Children’s Health Market, Inc.

The Great Body Shop

- **Grade K**

- **Strengths:** The Program Guide with scope & sequence. The layout of the lessons with all the objectives. It is comprehensive, easy to use and age-appropriate. Students issues are well designed and user friendly. This curriculum uses best practice.
- **Weaknesses:** The technology connection was not listed in the Cross Curricular/Common Core Chart.
- **Key Features:** THE GREAT BODY SHOP is a comprehensive, evidenced-based health education curricular resource that is sequential, developmentally appropriate, culturally sensitive and medically accurate. THE GREAT BODY SHOP is aligned to the National Health Education Standards, Idaho Health Education Content Standards, National Sexuality Education Standards, and the core concepts recommended by CDC’s HECAT. TGBS is designed to build the essential critical thinking skills that support children in making responsible life-long decisions. Program materials include annually reviewed teacher and student materials, ten thematic skill-based units, assessments, engaging hands-on activities, cross-curricular activities, digital instructional materials, a strong family component, and a K Family CD for each child. TGBS is easy to use, engaging for students, and designed for one time per week.

The Great Body Shop

- **Grade 1**

- **Strengths:** The Program Guide with scope & sequence. The layout of the lessons with all the objectives. It is comprehensive, easy to use and age-appropriate. Students issues are well designed and user friendly. This curriculum uses best practice.
- **Weaknesses:** The technology connection was not listed in the Cross Curricular/Common Core Chart.
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The Great Body Shop

- **Grade 2**

- **Strengths:**

- A cross-curriculum common core chart is provided inside the front cover of each teacher guide for each unit which allows for quick access to cross curricular alignment.
- Several supplemental activities are readily available for teacher use.
- Individual lessons are scripted and very easy to follow for those who have limited experience in teaching health education.
- Characters enhance lesson relevance and the ability for students to relate actual life situations.
- Lesson worksheets and handouts are engaging and easily understood.
- Student issues are clear, concise and provide a great amount of information in small articles as well as a puzzle, word game and can be taken home to share information.
- Objective & subjective quizzes, assessment sheets and rubrics are provided for evaluation in each unit.
- A consistent format is found throughout all lessons.

- **Weaknesses:**

- Lessons are limited in use of technology

- **Key Features:** THE GREAT BODY SHOP is a comprehensive, evidenced-based health education curricular resource that is sequential, developmentally appropriate, culturally sensitive and medically accurate. THE GREAT BODY SHOP is aligned to the National Health Education Standards, Idaho Health Education Content Standards, National Sexuality Education Standards, and the core concepts recommended by CDC's HECAT. TGBS is designed to build the essential critical thinking skills that support children in making responsible life-long decisions. Program materials include annually reviewed teacher and student materials, ten thematic skill-based units, assessments, engaging hands-on activities, cross-curricular activities, digital instructional materials, a strong family component, and a K Family CD for each child. TGBS is easy to use, engaging for students, and designed for one time per week.

The Great Body Shop

- **Grade 3**

- **Strengths:**

- A cross-curriculum common core chart is provided inside the front cover of each teacher guide for each unit which allows for quick access to cross curricular alignment.
- Several supplemental activities are readily available for teacher use.
- Individual lessons are scripted and very easy to follow for those who have limited experience in teaching health education.

- Characters enhance lesson relevance and the ability for students to relate actual life situations.
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- Objective & subjective quizzes, assessment sheets and rubrics are provided for evaluation in each unit.
- A consistent format is found throughout all lessons.
- **Weaknesses:**
 - Lessons are limited in use of technology
- **Key Features:** THE GREAT BODY SHOP is a comprehensive, evidenced-based health education curricular resource that is sequential, developmentally appropriate, culturally sensitive and medically accurate. THE GREAT BODY SHOP is aligned to the National Health Education Standards, Idaho Health Education Content Standards, National Sexuality Education Standards, and the core concepts recommended by CDC’s HECAT. TGBS is designed to build the essential critical thinking skills that support children in making responsible life-long decisions. Program materials include annually reviewed teacher and student materials, ten thematic skill-based units, assessments, engaging hands-on activities, cross-curricular activities, digital instructional materials, a strong family component, and a K Family CD for each child. TGBS is easy to use, engaging for students, and designed for one time per week.

The Great Body Shop

- **Grade 4**

- **Strengths:** The curriculum covers all standards multiple times throughout the units. The Extended Activities serve as a great resource for teachers to implement variety into lessons. Teachers have the flexibility to assign activities that will take different amounts of time and reach a variety of student learners. Student Issues are colorful and the information is chunked easily for understanding. This allows for flexible time management and implementation into a daily schedule. The “Family Connection” in each student issue bridges learning from school to home. Families have the choice to be involved in their child’s learning when the student takes the student issue home each month.
- **Weaknesses:** Although all standards are met, at times they are haphazardly strung together. Some of the activities and articles are labeled inaccurately in the evaluation tool the publisher completed making the teacher evaluation very labor intensive. For instance the activity in Unit Stay Drug Free Build Your Assets Activity 17 “Your Refusal Skill” was labeled by the publisher Activity 4. This inaccurate labeling happened numerous times throughout units could be very overwhelming. There is a Spanish version available, but there are ELL students other than Spanish speakers who would not be able to decode amount of text in the Student Issues.

- **Other:** The curriculum would be manageable for a general education or health teacher to implement, but would prove challenging for a P.E. teacher to implement.
- **Key Features:** THE GREAT BODY SHOP is a comprehensive, evidenced-based health education curricular resource that is sequential, developmentally appropriate, culturally sensitive and medically accurate. THE GREAT BODY SHOP is aligned to the National Health Education Standards, Idaho Health Education Content Standards, National Sexuality Education Standards, and the core concepts recommended by CDC's HECAT. TGBS is designed to build the essential critical thinking skills that support children in making responsible life-long decisions. Program materials include annually reviewed teacher and student materials, ten thematic skill-based units, assessments, engaging hands-on activities, cross-curricular activities, digital instructional materials, a strong family component, and a K Family CD for each child. TGBS is easy to use, engaging for students, and designed for one time per week.

The Great Body Shop

- **Grade 5**

- **Strengths:** This is a comprehensive curriculum. There is most certainly evidence that all standards are being covered. There are so many different collaborative, individual, and exciting activities that can be added. There are many cultures represented. There are so many learning styles that can be accommodated. The rich text and photos make it appealing to the reader.
- **Weaknesses:** Publishers should consider including more information on finding assistance/help within the community. The most difficult part of this evaluation was the inconsistency in the activities. Many of the activities numbers did not correspond with the correct activity in the teacher's manual. This made the research take much, much longer than necessary.
- **Other:** The student magazines are beautiful and amazing. Very well done. The accessibility is of high quality.
- **Key Features:** THE GREAT BODY SHOP is a comprehensive, evidenced-based health education curricular resource that is sequential, developmentally appropriate, culturally sensitive and medically accurate. THE GREAT BODY SHOP is aligned to the National Health Education Standards, Idaho Health Education Content Standards, National Sexuality Education Standards, and the core concepts recommended by CDC's HECAT. TGBS is designed to build the essential critical thinking skills that support children in making responsible life-long decisions. Program materials include annually reviewed teacher and student materials, ten thematic skill-based units, assessments, engaging hands-on activities, cross-curricular activities, digital instructional materials, a strong family component, and a K Family CD for each child. TGBS is easy to use, engaging for students, and designed for one time per week.

GRADES 6-8

McGraw-Hill School Education, LLC

Teen Health

- **Grades 6-8**

- **Strengths:** The online resources for the teacher and the student enhances many aspects of the curriculum. The teacher resources includes online lesson plans and ways to adjust and add your own lesson plans. The teacher can assign and manage classes and assignments. There are assessment resources, a project center and a fitness zone for the teacher. The online resources for students include online text, videos, ways to collaborate with peers, resources, project center and fitness zone. There are a variety of learning styles represented in most lessons and the content is relevant and up-to-date. The book breaks down each lesson into 6th, 7th and 8th grade so that the same book could potentially be used for 3 years. All of the glossary is in both English and Spanish. The rich text and photos made the text appealing.
- **Weaknesses:** The online piece is needed to creating the diversity of learning styles. Districts without online access for all students may not be able to implement the fullness of the curriculum. Some training on the online resources may be needed. More information needed on community assistance and where to seek help. More information on internet safety.
- **Key Features:** Each chapter in the Student Edition offers activities that demonstrate the link to the Idaho Health Standards. Each lesson includes multiple writing activities in lesson previews, lesson activities, and features. Lesson Reviews and Chapter Assessments include critical writing questions. Further, the Big Ideas included with each lesson, and the Main Ideas that summarize sections of text help to clarify for students the main concepts to be covered in the material.

The Children’s Market, Inc.

The Great Body Shop

- **Grade 6**

- **Strengths:** Beautiful and differentiated text and visuals. The family take home magazine is definitely a great asset. The family connections and inclusion of all cultures and learning styles is an amazing piece. Information is concise and exciting. The inclusion and cross referencing within so many different subjects makes it cover so much. There are many interesting activities that engage all different learning styles. The content is also available to many differentiated learners.
- **Weaknesses:** The evaluation tool provided by The Children’s Health Market had errors. One title did not match up in the tool to the name of the unit. (TG603 and SI603 “Eat Smart “and Look Good” is actually “Eat Right, Feel Great”). Many of the activities listed

were different number references than the actual number in the teacher's guide. This made reviewing far more difficult and time consuming. Both of the Allergies and Asthma and HIV and AIDS units seemed like they could be included as a part of a larger unit, rather than on their own; communicable or non-communicable diseases could house these within.

- **Other:** Overall, covered all content.
- **Key Features:** THE GREAT BODY SHOP is a comprehensive, evidenced-based health education curricular resource that is sequential, developmentally appropriate, culturally sensitive and medically accurate. THE GREAT BODY SHOP is aligned to the National Health Education Standards, Idaho Health Education Content Standards, National Sexuality Education Standards, and the core concepts recommended by CDC's HECAT. TGBS is designed to build the essential critical thinking skills that support children in making responsible life-long decisions. Program materials include annually reviewed teacher and student materials, ten thematic skill-based units, assessments, engaging hands-on activities, cross-curricular activities, digital instructional materials, a strong family component, and a K Family CD for each child. TGBS is easy to use, engaging for students, and designed for one time per week.

The Great Body Shop

- **Grade 7**

- **Strengths:** The curriculum covers all standards multiple times throughout the units. The Extended Activities serve as a great resource for teachers to implement variety into lessons. Teachers have the flexibility to assign activities that will take different amounts of time and reach a variety of student learners. Student Issues are colorful and the information is chunked easily for understanding. This allows for flexible time management and implementation into a daily schedule. The "Family Connection" in each student issue bridges learning from school to home. Families have the choice to be involved in their child's learning when the student takes the student issue home each month.
- **Weaknesses:** Although all standards are met, at times they are haphazardly strung together. Some of the activities and articles are labeled inaccurately in the evaluation tool the publisher completed making the teacher evaluation very labor intensive. For instance Fitness and Nutrition activity "Team Up with the USDA" is Activity 9 in the unit, but in the publisher's evaluation it was labeled Activity 2. This inaccurate labeling happened numerous times throughout units could be very overwhelming. There is a Spanish version available, but there are ELL students other than Spanish speakers who would not be able to decode amount of text in the Student Issues.
- **Other:** The curriculum would be manageable for a general education or health teacher to implement, but would prove challenging for a P.E. teacher to implement.
- **Key Features:** THE GREAT BODY SHOP is a comprehensive, evidenced-based health education curricular resource that is sequential, developmentally appropriate, culturally sensitive and medically accurate. THE GREAT BODY SHOP is aligned to the National

Health Education Standards, Idaho Health Education Content Standards, National Sexuality Education Standards, and the core concepts recommended by CDC's HECAT. TGBS is designed to build the essential critical thinking skills that support children in making responsible life-long decisions. Program materials include annually reviewed teacher and student materials, ten thematic skill-based units, assessments, engaging hands-on activities, cross-curricular activities, digital instructional materials, a strong family component, and a K Family CD for each child. TGBS is easy to use, engaging for students, and designed for one time per week.

The Great Body Shop

- **Grade 8**

- **Strengths:** Colorful take home magazine that engages students and families. Many different cultures represented. Wide variety of health topics and lessons. Easy to follow Teacher editions for each group of lessons. These make it easy for a classroom teacher to use and implement.
- **Weaknesses:** No information on selected health topics: examples, internet safety, and where to find resources within your community for mental health. TGM24Cycle of Life: Activity: "Hygiene" was only one paragraph and doesn't cover the complex issue of teen hygiene.
- **Other:** The submitted review by the publisher was very frustrating to work with as none of the "Activities" number references were correct. This caused many extra hours to find where the activity was actually located.
- **Key Features:** THE GREAT BODY SHOP is a comprehensive, evidenced-based health education curricular resource that is sequential, developmentally appropriate, culturally sensitive and medically accurate. THE GREAT BODY SHOP is aligned to the National Health Education Standards, Idaho Health Education Content Standards, National Sexuality Education Standards, and the core concepts recommended by CDC's HECAT. TGBS is designed to build the essential critical thinking skills that support children in making responsible life-long decisions. Program materials include annually reviewed teacher and student materials, ten thematic skill-based units, assessments, engaging hands-on activities, cross-curricular activities, digital instructional materials, a strong family component, and a K Family CD for each child. TGBS is easy to use, engaging for students, and designed for one time per week.

GRADES 9-12

Goodheart-Wilcox Publisher

Essential Health

- **Grades 9-12**
 - **Strengths:** This text meets the Idaho State Standards.
 - **Weaknesses:** Differentiation of teaching and learning styles not recognizable.
 - **Other:** Sexuality piece that includes birth control methods and sexual lifestyles are not in the Essential Health text.
 - **Key Features:** *Essential Health* is the most up-to-date, skills-based text available for high school health and wellness classes. With its engaging writing and numerous supporting activities, this text presents the study of health and wellness as a dynamic discussion, relevant to students' lives. In addition to standard topics (nutrition, fitness, hazardous substances, mental health), this title contains in-depth coverage of substance abuse in the context of changing laws, cyber-bullying, and other online safety issues, sleep, body image, e-cigarettes, and more. Content and skills are aligned to the National Health Education Standards.

Comprehensive Health

- **Grades 9-12**
 - **Strengths:** This text is a completely comprehensive health textbook. It meets the Idaho State Standards. It has technology components, on line teaching resources and it current with research.
 - **Weaknesses:** Needed inclusion for special needs students or differentiation of teaching and learning styles.
 - **Other:** This text contains two chapters about human sexuality. 1st Chapter includes methods of birth control. The 2nd chapter addresses human sexuality and addresses alternative life styles.
 - **Key Features:** *Comprehensive Health* is the most up-to-date, skills-based text available for high school health and wellness classes. With its engaging writing and numerous supporting activities, this text presents the study of health and wellness as a dynamic discussion, relevant to students' lives. In addition to standard topics (nutrition, fitness, hazardous substances, mental health), this title covers pregnancy prevention and sexuality, and is also aligned to the National Sexuality Education Standards. As with *Essential Health*, it contains the same in-depth coverage of substance abuse in the context of changing laws, cyber-bullying and other online safety issues, sleep, body image, e-cigarettes, and more. Content and skills are aligned to the National Health Education Standards.

McGraw-Hill School Education, LLC

Glencoe Health

- **Grades 9-12**
 - **Strengths:** The curriculum is comprehensive and covers all standards multiple times throughout the text. Good variety of text lessons and activities. Lessons allow for critical thinking, active learning and real life scenarios Resources are easily accessed and consistently available throughout the units. Has differential instruction for all learning types including ELL, TAG. Online learning opportunities are available throughout the text.
 - **Weaknesses:** Few subjects not addressed in textbook: dangers of vaping, use of an AED, birth control methods and protection from STIs.
 - **Other:** Comprehensive “Abstinence Only” curriculum.
 - **Key Features:** Glencoe Health was developed as a program that involves engagement and application of the 10 Health Skills that are based on the National Health Education Standards. Ideas are not presented in isolation, but in the context of application to scenarios that are presented through the content and in the resources and through student personal application. This exists in each lesson and in the multitude of projects that have been embedded in the lessons and are available as resources in the program. The projects types include: Hands on Health, Real World Connections, Teens Making A Difference, Career Spotlight, Community Service, Health Skills Activities, Tech Know Projects, Web Quests and MyPlate Activities. These projects require students to research, and apply the skills in various contexts.

McGraw-Hill School Education, LLC

Pearson Health

- **Grades 9-12**
 - **Strengths:** Having the human sexuality companion supplement allowed for more in-depth study. The organization of the teacher edition was easy to use and understand. It has differentiated ideas in every lesson to accommodate a variety of learning styles. The videos are current and relevant in addition to an appropriate length for all classroom environments.
 - **Weaknesses:** Vaping and hands-only CPR are not addressed. How to use and AED is briefly addressed in the appendix, but not explained with any demonstration of where to put shock pads.
 - **Other:** The human sexuality supplement would not be able to stand alone as a health curriculum. It needs to accompany the text.
 - **Key Features:** *Pearson Health* makes the study of health exciting and relevant for students and gives teachers the resources they need to support the content and academic achievement. An unmatched array of ancillaries and technology, including a

variety of differentiated instruction components, enables *Pearson Health* to meet the needs of every student at every learning level. Pearson Health helps students develop the skills they need as they work to improve their personal and interpersonal health. Each health skill, appearing once in every chapter, is taught and then reinforced, ensuring that students master these essential life skills.

For Questions Contact

Content & Curriculum
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