

Grade 2

Adopted 2008

Nutrition and Physical Activity

1: Essential Concepts - All students will comprehend essential concepts related to enhancing health.

- N. Classify various foods into appropriate food groups. 1.1.N
- N. Identify the number of servings of food from each food group that a child needs daily. 1.2.N
- N. Discuss the benefits of eating a nutritious breakfast every day. 1.3.N
- N. List the benefits of healthy eating (including beverages and snacks). 1.4.N
- N. Describe the benefits of drinking water in amounts consistent with current research-based health guidelines. 1.5.N
- N. Describe how to keep food safe from harmful germs. 1.6.N
- N. Identify a variety of healthy snacks. 1.7.N
- N. Identify and explore opportunities outside of school for regular participation in physical activity. 1.8.N
- N. Explain how both physical activity and eating habits can affect a person's health. 1.9.N

2: Analyzing Influences - All students will demonstrate the ability to analyze internal and external influences that affect health.

- N. Discuss how family, friends, and media influence food choices. 2.1.N

3: Accessing Valid Information - All students will demonstrate the ability to access and analyze health information, products, and services.

- N. Identify resources for reliable information about healthy foods. 3.1.N

4: Interpersonal Communication - All students will demonstrate the ability to use interpersonal communication skills to enhance health.

- N. Demonstrate how to ask family members for healthy food options. 4.1.N

5: Decision Making - All students will demonstrate the ability to use decision-making skills to enhance health.

- N. Use a decision-making process to select healthy foods. 5.1.N
- N. Compare and contrast healthy and less-healthy food choices for a variety of settings. 5.2.N

N. Identify safe ways to increase physical activity. 5.3.N

6: Goal Setting - All students will demonstrate the ability to use goal-setting skills to enhance health.

N. Set a short-term goal to choose healthy foods for snacks and meals. 6.1.N

N. Set a short-term goal to participate daily in vigorous physical activity. 6.2.N

7: Practicing Health-Enhancing Behaviors - All students will demonstrate the ability to practice behaviors that reduce risk and promote health.

N. Examine the importance of eating a nutritious breakfast every day. 7.1.N

N. Plan a nutritious meal. 7.2.N

N. Select healthy beverages. 7.3.N

N. Examine the criteria for choosing a nutritious snack. 7.4.N

N. Participate in physical activities with friends and family. 7.5.N

8: Health Promotion - All students will demonstrate the ability to promote and support personal, family, and community health.

N. Practice making healthy eating choices with friends and family. 8.1.N

N. Explain to others what is enjoyable about physical activity. 8.2.N

Alcohol, Tobacco, and Other Drugs

1: Essential Concepts - All students will comprehend essential concepts related to enhancing health.

A. Distinguish between helpful and harmful substances (including alcohol, tobacco, and other drugs). 1.1.A

A. Explain why household products are harmful if ingested or inhaled. 1.2.A

A. Identify that a drug is a chemical that changes how the body and brain work. 1.3.A

A. Explain why it is dangerous to taste, swallow, sniff, or play with unknown substances. 1.4.A

A. Explain why it is important to follow the medical recommendations for prescription and nonprescription medicines. 1.5.A

A. Identify rules for taking medicine at school and at home. 1.6.A

A. Identify refusal skills when confronted or pressured to use alcohol, tobacco, or other drugs (e.g., use a clear "no" statement, walk or run away, change subject, delay). 1.7.A

3: Accessing Valid Information - All students will demonstrate the ability to access and analyze health information, products, and services.

A. Identify parents, guardians, and trusted adults who can provide accurate information and guidance regarding medicines. 3.1.A

4: Interpersonal Communication - All students will demonstrate the ability to use interpersonal communication skills to enhance health.

- A. Demonstrate refusal skills to resist an offer to use drugs or inappropriate medicines. 4.1.A
 - A. Demonstrate communication skills to alert an adult about unsafe situations involving drugs or medicines. 4.2.A
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5: Decision Making - All students will demonstrate the ability to use decision-making skills to enhance health.

- A. Evaluate why one person's medicines may not be safe for another person. 5.1.A
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Mental, Emotional, and Social Health

1: Essential Concepts - All students will comprehend essential concepts related to enhancing health.

- M. Describe a variety of emotions. 1.1.M
 - M. Explain what it means to be emotionally or mentally healthy. 1.2.M
 - M. Explain the importance of talking with parents or trusted adults about feelings. 1.3.M
 - M. Identify changes that occur within families. 1.4.M
 - M. Identify characteristics of a responsible family member. 1.5.M
 - M. Identify feelings and emotions associated with loss or grief. 1.6.M
 - M. Discuss how to show respect for similarities and differences between and among individuals and groups. 1.7.M
 - M. List healthy ways to express affection, love, friendship, and concern. 1.8.M
 - M. Identify positive and negative ways of dealing with stress. 1.9.M
 - M. Describe how to work and play cooperatively. 1.10.M
 - M. Identify the positive ways that peers and family members show support, care, and appreciation for one another. 1.11.M
 - M. Describe the characteristics of a trusted friend and adult. 1.12.M
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2: Analyzing Influences - All students will demonstrate the ability to analyze internal and external influences that affect health.

- M. Identify internal and external factors that influence mental, emotional, and social health. 2.1.M
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3: Accessing Valid Information - All students will demonstrate the ability to access and analyze health information, products, and services.

- M. Discuss ways to obtain information from family, school personnel, health professionals, and other responsible adults. 3.1.M
 - M. Identify people in the community who are caring, supportive, and trustworthy. 3.2.M
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4: Interpersonal Communication - All students will demonstrate the ability to use interpersonal communication skills to enhance health.

M. Identify and demonstrate ways to express needs and wants appropriately. 4.1.M

M. Demonstrate how to ask for help from trusted adults or friends. 4.2.M

5: Decision Making - All students will demonstrate the ability to use decision-making skills to enhance health.

M. Use a decision-making process for solving problems with peers and family members. 5.1.M

6: Goal Setting - All students will demonstrate the ability to use goal-setting skills to enhance health.

M. Describe how to make a commitment to be a good friend. 6.1.M

7: Practicing Health-Enhancing Behaviors - All students will demonstrate the ability to practice behaviors that reduce risk and promote health.

M. Manage emotions appropriately in a variety of situations. 7.1.M

M. Show respect for individual differences. 7.2.M

M. Discuss suicide-prevention strategies. 7.3.M

8: Health Promotion - All students will demonstrate the ability to promote and support personal, family, and community health.

M. Object appropriately to teasing of peers that is based on personal characteristics. 8.1.M

M. Support peers in school and community activities. 8.2.M