

Grade 2

Adopted 2007

Nutrition and Physical Activity

1: Core Concepts

- 1.1 Explain the importance of eating a variety of foods from all of the food groups.
 - 1.2 Classify foods into the food groups.
 - 1.3 Describe the characteristics of combination foods.
 - 1.4 Describe the characteristics of foods and beverages that should be limited.
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3: Health Behaviors

- 1.5 Provide examples of combination foods.
 - 1.6 Provide examples of foods and beverages that should be limited.
 - 1.7 Generate examples of a variety of physical activities that can be enjoyed when in or near the water.
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Alcohol, Tobacco, and Other Drugs

1: Core Concepts

- 2.1 Explain that all forms of tobacco products contain harmful chemicals, including the drug nicotine.
 - 2.2 Describe the impact of using tobacco, including that it is addictive.
 - 2.3 Describe the impact of consuming food or beverages that contain caffeine.
 - 2.4 Describe the impact of using alcohol, including that it changes how a person feels, thinks, and acts.
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3: Health Behaviors

- 2.5 Suggest alternative foods and beverages that are caffeine free.
 - 2.6 Demonstrate strategies to avoid exposure to secondhand smoke.
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Safety

1: Core Concepts

- 3.1 Describe safety precautions when in or near water.
- 3.2 Identify appropriate and inappropriate touch.
- 3.3 Explain that a child is not at fault if someone touches him or her in an inappropriate way.

2: Access Information

3.4 Demonstrate how to ask a trusted adult for help.

3: Health Behaviors

3.5 Apply wheeled recreation rules.

3.6 Demonstrate the use of wheeled recreation safety gear.

3.7 Apply strategies to avoid personally unsafe situations.

3.8 Demonstrate strategies to get away in cases of inappropriate touching or abduction.

Social and Emotional Health**1: Core Concepts**

4.1 Describe the characteristics of touch which is caring and important to positive relationships.

4.2 Analyze the importance of identifying and expressing feelings to maintain personal health and healthy relationships.

4.3 Describe situations that may elicit mixed emotions.

2: Access Information

4.4 Identify people who can help make decisions and solve problems.

6: Decision Making

4.5 Explain the decision making and problem solving steps.

4.6 Demonstrate the ability to make a decision or solve a problem using the steps.

7: Social Skills

4.7 Demonstrate ways to show respect for feelings, rights, and property of others.

4.8 Demonstrate effective listening and attending skills.

4.9 Recognize and express appropriately a variety of personal feelings.

4.10 Demonstrate the ability to manage strong feelings, including anger.

Personal Health and Wellness**3: Health Behaviors**

5.1 Demonstrate skills throughout the day to reduce the spread of germs.