

<p style="text-align: center;">Health Education Grade 2 Objectives and Content</p>

National Standards

The following standards are incorporated into each instructional unit where appropriate:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health
- Analyze the influences of family, peers, culture, media, technology, and other factors on health behaviors
- Access valid information, products, and services to enhance health
- Use interpersonal communication skills to enhance health and avoid or reduce health risks
- Use decision-making skills to enhance health
- Use goal-setting skills to enhance health
- Practice health-enhancing behaviors and avoid or reduce risks
- Advocate for personal, family, and community health.

UNIT I: Social and Emotional Health

MSC Standard: Students will demonstrate the ability to use mental health knowledge, skills, and strategies to enhance one’s self-concept and one’s relationship with others.

Objectives- The student will be able to:

- a. Define the term “emotions” and identify words that express a variety of emotions
 - Other words for happy, upset, calm, and surprised
- b. Demonstrate appropriate methods of communication
 - Communication for specific situations
 - Communicating anger
- c. Describe effective stress management strategies
 - Family stressors
 - Reactions to stress
- d. Identify choices available when making a decision
 - Factors that influence decisions
- e. Identify qualities valued in friendship
 - Positive and negative traits of media characters
- f. Describe the physical, social, and emotional growth process
 - From baby to now
 - From one year ago to now
 - Something you will be able to do next year that you can’t do now

Enrichment/Optional

- g. *Utilize strategies for nonviolent conflict resolution*
 - *Compromising*
 - *Talking it out*
 - *Taking turns.*

UNIT II: Safety, First Aid and Injury Prevention

MSC Standard: Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.

Objectives- The student will be able to:

- a. Practice responding appropriately to emergency situations
- b. Identify ways to stay safe outdoors
 - Biking and skating
 - Helmet use
 - Playground equipment
 - Water safety
 - Sun safety
 - Define the terms “stranger” and “acquaintance” and give examples of each
- c. Identify ways to stay safe around strangers and acquaintances
- d. Differentiate between good and bad secrets
- e. Identify adults who can help in an abusive situation

Enrichment/Optional

- f. *Identify first aid steps used in the treatment of minor injuries*
- g. *Identify items that may cause an allergic reaction*
 - *Things we breathe*
 - *Things we eat*
 - *Things we touch.*

UNIT III: Nutrition and Fitness

MSC Standard: Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.

Objectives- The student will be able to:

- a. Name the six major nutrients and a food source for each
 - Water
 - Fat
 - Vitamins
 - Minerals
 - Carbohydrates
 - Protein
- b. Utilize My Plate as a tool to plan a daily balanced diet
 - Identify an example of a single serving of a variety of foods from each food group
 - Explain the importance of breakfast to a healthy diet

Enrichment/Optional

- c. *Identify factors that may affect food choices*
 - *Culture*
 - *Environment*
 - *Personal preference*
 - *Cost*
 - *Health Benefits*
 - *Food Labels*
- d. *Explain the relationship between fitness and a healthy lifestyle*
- e. *Identify various physical activities in which students can participate that promote a healthy body.*

UNIT IV: Disease Prevention and Control

MSC Standard: Students will demonstrate the ability to apply prevention and treatment knowledge, skills, and strategies to reduce susceptibility and manage disease.

Objectives- The student will be able to:

- a. Recognize the importance of healthy dental hygiene habits
 - Consequences of poor dental hygiene
 - Childhood tooth loss
- b. Identify and practice healthy dental hygiene habits
 - Brushing
 - Flossing
 - Regular dental check-ups
 - Eating healthy foods
- c. Explain how to improve or maintain personal health
 - Regular doctor visits
 - Exercising
 - Adequate nutrition
 - Practicing good hygiene
 - Avoiding hazards

Enrichment/Optional

- d. *Show care, consideration, and respect to those who are affected with diseases*
- e. *Identify the consequences of healthy personal hygiene habits*
 - *Positive and negative consequences*
 - *The role of healthy hygiene habits in preventing diseases.*

UNIT V: Tobacco, Alcohol and Other Drugs

MSC Standard: Students will demonstrate the ability to use drug knowledge, decision-making skills, and health-enhancing strategies to address the nonuse, use, and abuse of medications, alcohol, tobacco, and other drugs.

Objectives- The student will be able to:

- a. Recognize that drugs are substances that affect the way the mind and body work
 - Helpful drugs (prescription and over-the-counter medicines)
 - Harmful drugs (tobacco, caffeine)
 - Various forms of tobacco (chew, smoking, smokeless)
- b. Identify safe ways of taking prescription and over-the-counter medicines
 - Functions of medicines
 - Prescription medicines
 - As directed by a health care professional
 - Administered by an adult
 - Over-the-counter medicines
 - As directed by a product label
 - Administered by an adult
- c. Identify foods and drinks that contain caffeine and recognize their effects on the body
 - Suggest alternative products that do not contain caffeine
- d. List products that contain tobacco
- e. Identify the effects of tobacco use, exposure, and nonuse on the body
 - Use
 - Diseases

- Difficulty breathing
 - Bad breath
 - Stained teeth and fingers
 - Smell
 - Early aging
 - Habit forming
 - Exposure
 - Asthma
 - More frequent colds
 - Smell
 - Benefits of not using tobacco
- f. Identify and practice resistance skills for unsafe medicine or drug use
- Difference between medicines and illegal drugs.