

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
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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

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

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