

Grade 2

Adopted 2010

Mental and Emotional Health

1. Understand the relationship among healthy expression of emotions, mental health, and healthy behavior **2.MEH.1**

1. Identify appropriate standards for behavior **2.MEH.1.1**
2. Summarize behaviors that help to avoid risks **2.MEH.1.2**
3. Explain the influence of peers, the media, and the family on feelings and emotions. **2.MEH.1.3**
4. Explain the influence on self-concept on performance and vice versa. **2.MEH.1.4**
5. Summarize the potential negative effects of stress on the body and mind **2.MEH.1.5**

Personal and Consumer Health

1. Apply measures for cleanliness and disease prevention. **2.PCH.1**

1. Recall the benefits of good dental health **2.PCH.1.1**
2. Execute the proper techniques for brushing teeth **2.PCH.1.2**

2. Understand wellness, disease prevention, and recognition of symptoms. **2.PCH.2**

1. Summarize reasons and strategies for preventing contact with body fluids **2.PCH.2.1**
2. Explain the dangers associated with excessive sun exposure (e.g., sun burn, damage to eyes, skin cancer) and methods for protecting oneself from these dangers **2.PCH.2.2**

Interpersonal Communication and Relationships

1. Understand healthy and effective interpersonal communication and relationships. **2.ICR.1**

1. Classify behaviors as helpful or hurtful to friendships. **2.ICR.1.1**
2. Interpret the feelings of others and how to respond when angry or sad. **2.ICR.1.2**
3. Explain why it is wrong to tease others **2.ICR.1.3**
4. Recognize bullying behaviors and what to do if someone is bullied **2.ICR.1.4**
5. Exemplify how to communicate with others with kindness and respect. **2.ICR.1.5**

Nutrition and Physical Activity

- 1. Understand MyPlate as a tool for selecting nutritious foods** 2.NPA.1
 1. Recognize the interrelationship of parts of MyPlate 2.NPA.1.1
 2. Plan meals that are chosen for energy and health 2.NPA.1.2
 3. Classify activities in terms of their appropriateness for a healthy lifestyle 2.NPA.1.3

- 2. Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.** 2.NPA.2
 1. Summarize motivations for eating food, including hunger vs. satiety. 2.NPA.2.1
 2. Explain the importance of a healthy breakfast and lunch 2.NPA.2.2

- 3. Remember nutrition and fitness concepts to enhance quality of life.** 2.NPA.3
 1. Contrast a physically active and inactive lifestyle 2.NPA.3.1

Alcohol, Tobacco, and Other Drugs

- 1. Understand how to use household products and medicines safely.** 2.ATOD.1
 1. Classify uses of medicine or drugs as appropriate and inappropriate. 2.ATOD.1.1
 2. Summarize the health risks associated with inappropriate medicine and drug use. 2.ATOD.1.2
 3. Use goal-setting strategies to prevent the misuse of medicines or household products. 2.ATOD.1.3