

# Grade 2

## Wellness Promotion and Disease Prevention

- 1 Identify foods in each food group. [WE.2.1](#)
- 2 Explain the importance of good dental care and demonstrate good dental hygiene. [WE.2.2](#)
- 3 Discuss how community agencies work to prevent and control diseases. [WE.2.3](#)
- 4 Describe how immunizations and medicines help fight disease. [WE.2.4](#)

## Wellness Information and Services

- 5 Explore basic first aid. [WE.2.5](#)
- 6 Demonstrate when and how to use 9-1-1 emergency services. [WE.2.6](#)
- 7 Identify symptoms of poisoning and how to get help. [WE.2.7](#)

## Wellness Behaviors

- 8 Demonstrate knowledge of appropriate safety skills and equipment for recreational activities. [WE.2.8](#)
- 9 Describe behaviors and habits which may be dangerous at home, on the playground, or in the community. [WE.2.9](#)
- 10 Demonstrate proper food handling techniques (e.g., washing apples, washing hands, using clean utensils). [WE.2.10](#)
- 11 Describe the harmful effects of tobacco, alcohol, and other drugs. [WE.2.11](#)
- 12 Describe the importance of following directions for taking medicine and only taking medication under adult supervision. [WE.2.12](#)
- 13 Understand the influence digital and print media can have on health behavior. [WE.2.13](#)
- 14 Describe how to plan a healthy family meal. [WE.2.14](#)
- 15 Practice positive communication skills (e.g., healthy ways to express needs, wants, and feelings). [WE.2.15](#)
- 16 Demonstrate how to respond appropriately when being touched in an uncomfortable manner. [WE.2.16](#)
- 17 Discuss possible risky situations in various environments. [WE.2.17](#)

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**18 Identify situations resulting in hurt feelings and demonstrate appropriate coping skills.** WE.2.18