



Health  
Second Grade

**1.0 Students will comprehend concepts related to health promotion and disease prevention.**

- 1.1 Demonstrate ways to have a good self-concept.
- 1.2 Identify the major body systems.
- 1.3 Identify ways to prevent the spread of germs.
- 1.4 Identify some causes of allergies.

**2.0 Students will demonstrate the ability to access valid health information and health-promoting products and services.**

- 2.1 Identify food labels.
- 2.2 Identify safety rules for using medicines.
- 2.3 Identify a safe behavior in situations that involve medicines and poisons.

**3.0 Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.**

- 3.1 Give examples of the six actions that show character.
- 3.2 Define stress and identify the steps for managing stress.
- 3.3 Identify various ways a family can change.
- 3.4 Categorize foods and beverages into food groups.
- 3.5 Create a day's menu by applying serving size information from recommended servings.
- 3.6 Differentiate between good and bad secrets. Secrets to tell and to keep.
- 3.7 Write a personal safety plan.
- 3.8 Recognize that tobacco, caffeine, and alcohol have harmful effects.

**4.0 Students will analyze the influence of culture, media, technology and other factors on health.**

- 4.1 Tell questions to ask when looking at ads.

**5.0 Students will demonstrate the ability to use interpersonal communication skills to enhance health.**

5.1 Discuss ways to be a good friend.

**6.0 Students will demonstrate the ability to use goal setting and decision making skills to enhance health.**

6.1 Recognize differences among people.

6.2 Introduce rules for gun safety.

6.3 Describe habits that prevent heart disease.

6.4 Describe ways to prevent cancer.

**7.0 Students will demonstrate the ability to advocate for personal, family and community health.**

7.1 Discuss ways to keep the environment healthful.

7.2 Tell why natural resources are important.

7.3 Discuss how to stay safe outdoors.

7.4 Explain how to stay safe in bad weather.