

Oakwood City School District

Health - Second Grade

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HEALTHY EATING

- Eat the appropriate number of servings from each food group every day.
- Eat a variety of foods within each food group every day. Eat an abundance of fruits and vegetables every day.
- Eat healthy snacks.
- Explain the importance of choosing healthy foods and beverages.
- Identify a variety of healthy snacks.
- Describe the types of foods and beverages that should be limited.
- Demonstrate the ability to use goal-setting skills to improve healthy eating.

MENTAL AND EMOTIONAL HEALTH

- Express feelings in a healthy way.
- Engage in activities that are mentally and emotionally healthy
- Prevent and manage interpersonal conflict in healthy ways.
- Prevent and manage emotional stress and anxiety in healthy ways.
- Use self-control and impulse-control strategies to promote health.
- Get help for troublesome thoughts, feelings, or actions for oneself and others.
- Show tolerance and acceptance of differences in others.
- Establish and maintain healthy relationships.
- Explain the importance of talking with parents and other trusted adults about feelings.
- Identify appropriate ways to express and deal with feelings.
- Explain the relationship between feelings and behavior.
- Describe the difference between bullying and teasing.
- Explain the importance of respecting the personal space and boundaries of others.
- Explain why it is wrong to tease or bully others.
- Identify the benefits of healthy family relationships.
- Identify the benefits of healthy peer relationships.
- Demonstrate the ability to express feelings in healthy ways.

PERSONAL HEALTH AND WELLNESS

- Practice appropriate hygiene habits.
- Prevent damage from the sun.
- Practice behaviors that prevent infectious diseases

- State why hygiene is important to good health.
- State the steps for proper hand washing.
- List ways to prevent harmful effects of the sun.
- Describe what it means to be healthy.
- Identify different ways that disease-causing germs are transmitted.
- Identify ways to prevent the spread of germs that cause common infectious diseases.
- Demonstrate how to properly wash their hands.

VIOLENCE PREVENTION

- Manage interpersonal conflict in nonviolent ways.
- Manage emotional distress in nonviolent ways.
- Avoid bullying, being a bystander to bullying, or being a victim of bullying.
- Get help to prevent or stop violence including abuse, bullying, and fighting.
- Describe the difference between bullying and teasing.
- Explain why it is wrong to tease or bully others.
- Explain what to do if someone is being bullied.
- Demonstrate how to prevent or stop bullying.

SAFETY

- Apply safety rules and procedures to avoid risky behaviors and injury.
- Avoid safety hazards in the home and community.
- Identify safety rules for playing on playground, swimming, and playing sports.
- Describe how injuries can be prevented.
- Describe how to be a safe pedestrian.
- Identify safety hazards in the home.
- Identify how household products are harmful if ingested or inhaled.
- Identify safety hazards in the community.