

HEALTH

GRADE TWO

STANDARDS

Nevada Grades K-12 Content Standards

- 1.0 Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- 2.0 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- 3.0 Students will demonstrate the ability to access reliable health information, products and services to enhance health.
- 4.0 Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks.
- 5.0 Students will demonstrate the ability to use decision-making skills to enhance health.
- 6.0 Students will demonstrate the ability to use goal-setting skills to enhance health.
- 7.0 Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
- 8.0 Students will demonstrate the ability to support/promote family, personal, and community health.

ESSENTIAL CONCEPTS, SKILLS, AND EXPERIENCES

PERSONAL HEALTH

It is expected that students will:

- (2) 1.1 identify personal health practices that promote physical, mental, and social health
 - sleep
 - healthy eating
 - exercise
 - personal hygiene
 - good posture
- (2) 1.2 identify various pressures which shapes a student's idea about personal health and distinguish between wise and poor choices
 - advertising
 - parents
 - friends
 - peers
 - community members
- (2) 1.3 apply the decision-making process to address various personal health topics
 - consumer product choices
 - hygiene
 - choosing friends

HEALTH GRADE TWO (continued)

- choosing dress
- (2) 1.4 compare health advertising in a variety of forms
 - billboards
 - television
 - public service announcements
 - print media

GROWTH AND DEVELOPMENT

It is expected that students will:

- (2) 2.1 identify major organs of the body
 - skin
 - heart
 - lungs
 - brain
 - stomach
- (2) 2.2 relate the five senses to the various body systems
- (2) 2.3 explain the differences of physical characteristics among people
 - height
 - weight
 - body size
 - body type
 - body shape
 - hair color
 - eye color
- (2) 2.4 identify and respect different intellectual decisions

NUTRITION AND PHYSICAL ACTIVITY

It is expected that students will:

- (2) 3.1 categorize a variety of foods into the six food groups in the food pyramid
 - grains
 - vegetables
 - fruits
 - oils
 - milk
 - meat and beans
- (2) 3.2 demonstrate healthy choices when given a variety of food options
- (2) 3.3 create a healthy meal using proper portion size
 - meat = deck of cards
 - fresh or canned fruit = fist
 - grains = computer mouse
 - milk (cheese) = 6 dice
 - raw or cooked vegetables = light bulb
- (2) 3.4 apply physically active alternatives to watching television or playing video games using an activity log

HEALTH GRADE TWO (continued)

- hiking
- biking
- swimming
- individual/team sports
- walking/running
- house cleaning

(2)7.4 identify positive health choices [NS 7.2.1]

SUBSTANCE USE AND ABUSE

It is expected that students will:

- (2) 4.1 identify and name some poisonous household substances and create an action plan in case of emergency i.e. poison control center, “911”, fire department
- bleach
 - floor cleaner
 - radiator fluid
 - fertilizer
- (2) 4.2 discuss when helpful drugs can be harmful
- not following directions on medicine
 - not following doctor’s directions
 - using someone else’s medication
 - consuming more than the prescribed amount
- (2) 4.3 identify potentially harmful situations and demonstrate basic refusal skills

SAFETY

It is expected that students will:

- (2) 5.1 identify address, major cross streets, and telephone number and the use of “911” for emergencies
- (2)5.2 identify hazardous conditions related to personal health and safety
- floods
 - accident scene
 - busy streets
 - bicycle safety precautions
- (2) 5.3 distinguish between strangers and trusted people who can be approached when in need of assistance
- (2) 5.4 explain basic first-aid procedures for superficial wound care (e.g., cuts, bumps, scrapes)

DISEASE PREVENTION

It is expected that students will:

- (2) 6.1 name common contagious diseases spread by germs
- cold
 - flu
 - pink eye
 - chicken pox

HEALTH GRADE TWO (continued)

- (2) 6.2 practice daily health habits to maintain proper hygiene
- (2) 6.3 demonstrate proper hand washing techniques to prevent the spread of germs and illness
- (2) 6.4 practice ways to communicate symptoms to an adult or a doctor when feeling sick
- (2) 6.5 recognize common health professionals who help treat common illnesses
 - eye doctor
 - nurse
 - dentist
 - pediatrician

ENVIRONMENTAL/CONSUMER HEALTH

It is expected that students will:

- (2) 7.1 investigate community resources which emphasize environmental health awareness
 - water district
 - energy department
 - Springs Preserve
 - recycling program
 - farmers' markets
- (2) 7.2 identify positive and negative health behaviors that may impact personal health and the environment
 - throwing away trash/littering
 - conserving water/wasting water
 - conserving electricity/wasting electricity
- (2) 7.3 identify environmental safety issues found within our local community
 - flood channels
 - pools
 - vacant homes
 - public parks
 - mine shafts
 - land with construction equipment