

Helena Public Schools
Grade 2
Classroom Teacher
Health and Wellness

Health Maintenance & Enhancement

- Describe how people grow & change throughout life (physically, mentally, emotionally & socially)
- Identify feeling of hunger and feelings of fullness
- Identify a trusted adult to notify of hunger in the home
- Recognize the Food Guide Pyramid & understand the concept of a balanced meal or snack
- Identify healthy food choices and snacks in each of the six food groups
- Recognize that eating healthy & being active will help maintain a healthy body
- Identify proper portion size in each food group
- Identify the basic parts of the Nutrition facts label on packaged foods
- Understand the importance of breakfast & healthy snacks
- Begin to evaluate the role of beverages in the diet, with an emphasis on dairy & water
- Recognize the importance of whole grains & fiber in the diet
- Illustrate proper food safety procedures (e.g., washing hands, not touching other's food, double dipping, washing fruits and vegetables)
- Identify how food fits into individual cultures & society
- Identify & encourage feelings of hunger & feeling full & mindful eating (appetite) exercises
- Select foods that are nutrient-dense to provide the body with long lasting energy for thinking & physical activity (i.e. eating fruits/vegetables versus candy/chips)
- Recognize the four basic rules of food handling (i.e., clean, cook, chill, separate)
- Recognizes safety hazards
- Becomes familiar with community health professionals and their jobs
- Identify safety rules & procedures and demonstrate self control
- Demonstrates self-directed behavior without external rewards
- Describe what causes disagreements / fights & how to avoid them
- Define refusal skills (strategies that help you say no) & assertive skills (skills that allow you to behave with confidence)
- Identify positive influences in a person's life (e.g. school community, family)
- Identify healthy activities that can relieve uncomfortable feelings & emotions

Functions & Interrelationships of Systems

- Illustrate the functions of the five senses (e.g., iris, ear canal, olfactory bulb, taste buds, nasal cavity) & explain how the five senses are used in personal & social environment (e.g., gathering information, making observations, drawing conclusions)
- Introduce how nutrition & exercise maintain healthy brain function
- Describe how muscles affect overall health (e.g., burning calories, good posture, healthy heart)
- Identify the major components & functions of the Integumentary system (i.e., skin, hair, nails)
- Identify the major components (e.g., blood vessels, heart) & functions (e.g., transport blood throughout the body) of the cardio- respiratory system
- Identify the parts of the digestive system
- Identify the cause & effect of one's actions on others
- Recognize that boys & girls can do the same chores at home
- Identify appropriate ways to express needs, wants, & feelings
- Identify a variety of feelings & situations that may require adult assistance
- Respect the rights & feelings of others
- Understand children need help from adults to make decisions
- Understand all decisions have consequences, positive and/or negative
- Understand children learn most of their values from parents, other family members, community, cultural, religious teachings and their peers
- Understand that people communicate in many ways

Risk Assessment & Reduction

- Recognize the positive lifestyle behaviors (e.g., sunscreen physical activity, diet, sleep, stress management)
- Demonstrate by setting personal goals that reinforce healthy self-behavior i.e., hand washing, water drinking, sleep, eating healthy foods
- Describe common safety rules & laws (e.g., playground, bus, bicycle, pedestrian, vehicle)

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- List common emergencies & steps to take in each situation
- Recognizes hazardous substance symbols
- Identify substances in the home according to proper use
- Identify substances that pollute the air & harm your lungs
- Recognize the effects of noise pollution on the body (e.g., loud music, headsets)
- Recognize the harmful effects of poor air quality or extreme temperature to the body (e.g., asthma, allergies, hypothermia)