

Second Grade
Medina County Schools'
Course of Study
For
Health
2004

STANDARD 1: NUTRITION

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-2-N-1	1. Identify how different foods from the food pyramid, when eaten in moderation, build a healthy body.	<u>Life Science Indicator #5</u> : Explain that food is a basic need of plants and animals (e.g., plants need sunlight to make food and to grow, animals eat plants and/or other animals for food, food chain) and is important because it is a source of energy (e.g., energy used to play, ride bicycles, read, etc.). <u>Buehlers program</u>
H-2-N-2	2. Investigate the relationship between food groups and effects on the body.	
H-2-N-3	3. Develop awareness of peer pressure in social situations in making healthy food choices.	
H-2-N-4	4. Plan a meal using food from each food group.	

STANDARD 2: ALCOHOL, TOBACCO AND OTHER DRUGS

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-2-ATOD-1	1. Classify beverages as alcoholic and non alcoholic.	
H-2-ATOD-2	2. Explain the harmful effects of alcohol and tobacco (including second-hand smoke).	
H-2-ATOD-3	3. Practice saying “no” to alcohol and tobacco products in a variety of situations.	
H-2-ATOD-4	4. Demonstrate the safe use of medicines.	

STANDARD 3: GROWTH AND DEVELOPMENT

Instructional	Instructional Indicators	Resource/Instructional Activity
H-2-G&D-1	1. Investigate how the five senses help protect and maintain body systems.	<u>Classroom — Life Science Indicator #6:</u> Investigate the different structures of plants and animals that help them live in different environments (e.g., lungs, gills, leaves and roots).
H-2-G&D-2	2. Demonstrate how to make friends in different situations, at school, at home, and in the community.	
H-2-G&D-3	3. Practice effective listing skills for healthy relationships.	
H-2-G&D-4	4. Identify and describe different family structures, roles, responsibilities, and changes in the home.	

STANDARD 4: DISEASE PREVENTION AND CONTROL

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-2-DP&C-1	1. Implement behaviors which are health promoting and examine behaviors which lower the risk of disease.	
H-2-DP&C-2	2. Investigate role of diet and exercise in prevention of diabetes, obesity, and other health (quality of life) issues.	
H-2-DP&C-3	3. Practice different ways to prevent the spread of germs through skills of self-hygiene (e.g., bathing, hand washing, covering mouth, discarding tissues, not sharing food utensils, and hair brushes).	
H-2-DP&C-4	4. Describe how to properly take care of teeth through proper brushing and flossing, including how to prevent injury to teeth.	

**STANDARD 5: CONFLICT MANAGEMENT AND
INJURY PREVENTION AND CONTROL**

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-1-CM&IPC-1	1. Investigate a range of stress reducing strategies.	
H-1-CM&IPC-2	2. Describe ways to protect the skin from the sun.	
H-1-CM&IPC-3	3. Demonstrate what to do in potentially dangerous situations dealing with strangers.	
H-1-CM&IPC-4	4. Describe potential dangers of weapons in the community and at home.	