

Grade 2

Health Standards

Nutrition and Physical Activity

Standard 1 : Essential Concepts

1.1.N Classify various foods into appropriate food groups.

1.2.N Identify the number of servings of food from each food group that a child needs daily.

1.3.N Discuss the benefits of eating a nutritious breakfast every day.

1.4.N List the benefits of healthy eating (including beverages and snacks).

1.5.N Describe the benefits of drinking water in amounts consistent with current research-

based health guidelines.

1.6.N Describe how to keep food safe from harmful germs.

1.7.N Identify a variety of healthy snacks.

1.8.N Identify and explore opportunities outside of school for regular participation in physical

activity.

1.9.N Explain how both physical activity and eating habits can affect a person's health.

Standard 5: Decision Making

5.1.N Use a decision-making process to select healthy foods.

5.2.N Compare and contrast healthy and less-healthy food choices for a variety of settings.

5.3.N Identify safe ways to increase physical a

Standard 6: Goal Setting

6.1.N Set a short-term goal to choose healthy foods for snacks and meals.

6.2.N Set a short-term goal to participate daily in vigorous physical activity.

Standard 7: Practicing Health-Enhancing Behaviors

7.1.N Examine the importance of eating a nutritious breakfast every day.

7.2.N Plan a nutritious meal.

7.3.N Select healthy beverages.

Standard 7: Practicing Health-Enhancing Behaviors

7.2.M Show respect for individual differences.

Standard 8: Health Promotion

8.1.M Object appropriately to teasing of peers that is based on personal characteristics.

Next Generation SS

Grade 2

Ecosystems: Interactions, Energy, and Dynamics

LS2.A: Interdependent Relationships in Ecosystems

k-4th

Science in Personal and Social Perspectives

Content Standard F

As a result of activities in grades K-4, all students should develop understanding of

- Personal health
- Characteristics and changes in populations
- Types of resources

- Changes in environments
- Science and technology in local challenges

Developing Student Understanding

Students in elementary school should have a variety of experiences that provide initial understandings for various science-related personal and societal challenges. Central ideas related to health, populations, resources, and environments provide the foundations for students' eventual understandings

