



HEALTH
SECOND GRADE



Health – Grade 2
17.00300

Course Description: Health literacy is the capacity of individuals to obtain, interpret and understand basic health information and services and the competence to use such information and services in the ways which enhance health. The health literate person is a critical thinker and problem solver, a responsible, productive citizen, a self-directed learner and an effective communicator.

Course Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health

- a. The learner will describe the relationship between germs and communicable diseases.
- b. The learner will recognize ways to prevent disease by keeping the home, school and community clean.
- c. The learner will state and demonstrate health practices that prevent the spread of disease.
- d. The learner will identify and discuss non-communicable health problems and their care in children (e.g. asthma, diabetes, sickle cell, epilepsy, etc).
- e. The learner will explain the effects of heredity and environment on growth and development.
- f. The learner will distinguish between primary and permanent teeth.
- g. The learner will recognize the multiple dimensions of health (health triangle).
- h. Describe ways to prevent common childhood injuries.
- i. The learner will describe the harmful effects of tobacco products on the health of a user and nonuser.
- j. The learner will explain how food choices affect your body (energy, teeth, weight, mood).

Course Standard 2

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors

- a. Discuss how the family influences personal health practices and behaviors.
- b. Describe how the media can impact health behaviors.

Course Standard 3

Students will demonstrate the ability to access valid information and products and services to enhance

- a. The learner will explore effective strategies to cope with changes that may occur in families (pregnancy, birth, death, marriage, divorce, relocation and unemployment).
- b. The learner will locate school and community helpers to help them enhance healthy behaviors.

Course Standard 4

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks

- a. Demonstrate healthy ways to express needs, wants, and feelings.
- b. Demonstrate listening skills to enhance health.

Course Standard 5

Students will demonstrate the ability to use decision-making skills to enhance health

- a. Describe a health-related situations.
- b. Identify health-related situations when assistance is needed.

Course Standard 6

Students will demonstrate the ability to use goal-setting skills to enhance health

- a. Implement actions to achieve a short-term personal health goal.
- b. Identify individuals who can assist in helping achieve a personal goal.

Course Standard 7

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks

- a. Demonstrate healthy practices and behaviors to maintain or improve personal health.
- b. Demonstrate behaviors that avoid or reduce health risks.

Course Standard 8

Students will demonstrate the ability to advocate for personal, family, and community health

- a. Make requests to promote health and wellness.
- b. Encourage peers to make positive choices.

