

Grade Two Health Education Curriculum Overview

Core Unit	MLR	Essential Understandings / Key Concepts
Nutrition <ul style="list-style-type: none"> • Food Guide My Plate • Six Basic Nutrients • Healthy Food Choices • Dietary Guidelines • Daily Tips 	C1a D1a D1b D1c F2	<ul style="list-style-type: none"> - MyPlate is a guide to help make healthy food choices. - Family lifestyle, school food programs and the availability of food affect what we eat.
Safe Touch <ul style="list-style-type: none"> • Safe and Unsafe Touch • Everyday Safety Skills (BIKE SAFETY) • Assertiveness Techniques 	A6 B1 B2 C2a E1e	<ul style="list-style-type: none"> - There are safety strategies for dealing with abusive family situations. - A person's body belongs to him or her. - Situations that threaten personal safety should be communicated to a trusted adult. - There are individuals in your school and community who can help with unsafe situations. - Students need personal safety skills to better protect themselves in different situations. - Situations that threaten personal safety should be communicated to a trusted adult.
Communication <ul style="list-style-type: none"> • Friendships • Bullying 	C3	<ul style="list-style-type: none"> -Children cope with family change in various ways.
Here's Looking At You	A6 C2b	<ul style="list-style-type: none"> -Drugs, including alcohol, are substances that change how the body works. -Medicines are used to control and cure disease and disorders, if they are used properly. - Tobacco use is harmful to health.
Personal Health <ul style="list-style-type: none"> • Self-Esteem 	E1a	<ul style="list-style-type: none"> - There are healthy ways for people to express their needs, wants and feelings throughout life. - Expressing feelings in a healthy way promotes personal well-being.
Daily Motor Break	A2	<ul style="list-style-type: none"> - Physical activity benefits the physical, emotional, mental and social components of health.